

PRESS RELEASE

Breathe Into Being: Awakening to Who You Really Are, by Dennis Lewis



The chaos of the modern world has pushed our schedules to the max. The workday greets us with a toxic sea of rush-hour traffic with no end in sight; and we have a myriad of deadlines to meet and contracts to sign. Qigong, meditation, and self-inquiry teacher Dennis Lewis believes the time has come to go beyond our narrow perspectives and experience *the breath of presence* in our lives. In this refreshing and easy-to-use guide, author Dennis Lewis instructs us how to restore calmness and clarity through rediscovering the mystery and miracle of our own breath and being.

A long time practitioner of Taoism, Advaita and the Gurdjieff work, Lewis shares his understanding of natural breathing and consciousness to bring readers face to face with their true and present self. He demonstrates how the breath can help untie the unnecessary physical and emotional knots that constrict our life force and how it can help restore physical, emotional, mental, and spiritual harmony.

Breathe into Being is a book that can help us transform our lives. The book offers breathing, self-sensing, and consciousness practices that are short and attainable, while maintaining rich, insightful content. Learn how so many of us unconsciously hold our breath, and how to correct this surprising and unhealthy tendency! Discover the body's various breathing spaces and how to most effectively work with your diaphragm. Determine where your structural tensions lie and how to sense the spine and re-connect with your center of gravity. Both body and mind emerge refreshed and at peace, bringing spiritual vitality and awareness throughout.

Whereas most books on breathing explore breath work as a means for achieving some *future* goal, *Breathe into Being* proves an invaluable tool for managing those real-life instances *right now*, 'in the present moment,' when mounting emotional stress and tensions can peak so suddenly.

Breathe into Being* is "A refreshingly simple, straightforward, and enjoyable exploration of the connections between body, breath, awareness, and presence. This user-friendly guidebook will help you be more embodied and awake."--John Welwood, author of *Toward a Psychology of Awakening

Dennis Lewis earned a degree in the philosophy of religion before working as a computer programmer/analyst, book editor, and public relations executive. After leaving the corporate world, he studied a number of healing arts. A long-time student of Taoism, Advaita, and the Gurdjieff Work, Dennis Lewis teaches natural breathing, qigong, and meditation. You can find Dennis on Facebook () and Twitter (.

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