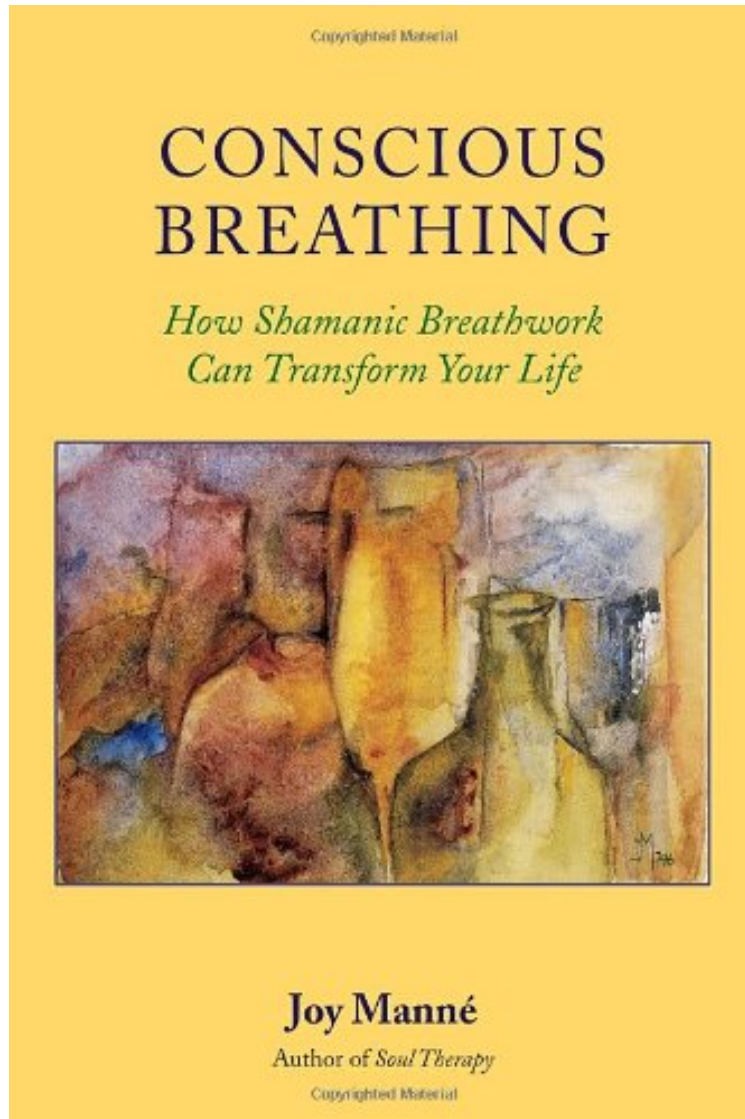


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# Conscious Breathing: How Shamanic Breathwork Can Transform Your Life

Joy Manne Ph.D.

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**Joy Manne Ph.D. : Conscious Breathing: How Shamanic Breathwork Can Transform Your Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Conscious Breathing: How Shamanic Breathwork Can Transform Your Life:

0 of 3 people found the following review helpful. Lost-In-The-Psychological-FunhouseBy Wyfy Issente(a completely re-edited review, because i initially had this book confused with another one of basically the same far-fetched mumbo-

jumbo, claiming way-too-much about what special breathing can do. Not recommended !!! Yes, conscious breathing works- its an ancient practice. Way too much of a psychoanalytic spin was put on breathwork results. The nitty-gritty, gutsy reality of the breathing became "lost-in-the-psychological-funhouse". . And, as to actually "Transforming Your Life" through shamanic breathwork?????.....that's ridiculous !!!!!Try reading "The Science of Yoga", for a realistic presentation of what breathwork can achieve....and the benefits really are significant....but they just aren't what this book purports them to be.41 of 44 people found the following review helpful. Not quite self-help...By prof\_it\_eMy situation being in search of a tool that can help me with Shamanic Journeying - am a bit weak in the drumming/ visualising thing and understand breathwork might help induce the desired trance state. The blurb above suggests this book demonstrates how breathwork can be applied to among others, the shamanic experience.By page 81 I am feeling a bit discouraged. So far it seems some background has been supplied on the subject with an emphasis on origin, terminology and protocol. It feels like I have attended a very short lecture aimed at people that are interested in running (politically correct) breathwork (workshops). There seems to be a general vagueness at this stage concerning whether one can pursue this independently, with emphasis being on a facilitator/client orientation. I have noted fleeting insignificant parallels drawn between breathwork and shamanism.By the time I reach it, I am doubting there will be anything in the book that I can use, but because Part Three is titled Beginning Breathwork, I understand perhaps an actual breathwork "how-to" will now be divulged...The next chapter: Grounding and Awareness provides pointers to prospective breathworkers and exercises for prospective breathers. Some case histories are thrown in to demonstrate elements/ problem areas of Grounding and Awareness, as well as some of the spin-offs. I'm keen to get to the part that says okay, Grounding and Awareness; check, next step.Instead there are more pointers aimed at the prospective breathworker, and a whole bunch of case histories, and I am really starting to loose my patience. Then potential hazards with breathwork (and how to deal with them). Breath Mastery starts off with a whole bunch more case histories, moves on to some exercises/ experiments and wraps up with more parallels with Shamanism.That Shamanism provided a framework within which Joy could interpret her interest in breathwork gets explained, so its not quite a "This is how Shamans use this to enter trance" thing.I'm in two minds about this book at this point. Maybe at another stage it will grab me and progress in my journey will be impossible without it, but at this stage it just frustrates me.I did kind of feel reassured that at least some of the things I wish to achieve can be achieved with this tool, its just this book felt more like it was ABOUT the tool and was not actually THE tool (but then maybe it was never meant to be...).9 of 11 people found the following review helpful. NoBy Isantislol I can see that many other people have reviewed the book with some similar things to say. I have titled my review no, because thats all I could think to say. No, the book is not about shamanic breathing, its hardly about breathing at all. It is in that she has amassed a bunch of expereinces from her practice in breathwork. But there is no information on breathing itself in the book. And you will not be conscious of anything in the book aside from the fact that you are reading pure disinformation and were mislead. This is a very frustrating feeling. I did read most of the book before giving up, but the book is extremely redundant, in addition to being cryptic and not fulfilling its purpose. It is just a set of experiences, and these experiences are not even told in full story format, so you do not even get the entertainment aspects of reading a story. Its really just a set of notes that have been arranged into a book, which is an extremely exhausting read. Sorry if you were as excited to buy this as I was, but at least you dont have to go through what those who have read it did.

Conscious Breathing presents contemporary Breathwork methods in a comprehensive, structured way for modern readers. Emphasizing the practice as a way to access the most elevated states of consciousness and the deepest states of meditation, author Joy Manne shows how Breathwork can be applied to transpersonal, existential, past life, chakra, Kundalini, shamanic, and other experiences. Using detailed examples, case histories, and exercises, Conscious Breathing covers basic grounding and awareness, advanced breath and body-centered explorations, and explorations of biblical and religious teachings.

"In Conscious Breathing, Joy Mann offers a practical, down-to-earth account of Breathwork and shamanism, two areas of experience that are immeasurably valuable yet often inaccessible to the average reader. Joys style flows easily and her years of experience as a breathworker and teacher inform every page of this very comprehensive book."- Catherine Dowling, M.A., H. Dip. Ed.; author of Rebirthing and Breathwork: A Powerful Technique for Personal Transformation"Joy Manns contribution to research and scholarship in the field of Breathwork has been outstanding. This latest book is an essential reference for all students, practitioners, and trainers, and is a guide for anyone wishing to understand the scope and power of the breath."- Ann Harrison, M.A., Dip. Ed.; Breathwork practitioner and trainer; president of the Australian Association for Professional Rebirthers; vice president of the International Breathwork AssociationAbout the AuthorJoy Mann has a degree in Psychology and a Ph.D. in Buddhist Psychology. She has practiced Vipassana meditation since 1965. From 1989 to 1995 she ran her School of Personal and Spiritual Development, which focused on Breathwork as the central method. Mann currently sees individual clients and leads groups in Switzerland, where she lives. She teaches internationally, concentrating on Poland in particular.Mann is a

leading researcher and author in the fields of Breathwork and Buddhist Psychology, with numerous articles to her name on both subjects as well as the relationship between them. She has also published philological and textual studies on Theravada Buddhist literature in Pali. She is the founder and editor-in-chief of the peer-review Internet journal, *The Healing Breath: A Journal of Breathwork Practice, Psychology, and Spirituality*, available through [www.Healing-BreathJournal.org](http://www.Healing-BreathJournal.org), and is a founding member of the International Breathwork Foundation ([www.ibfnetwork.org](http://www.ibfnetwork.org)), whose newsletter she edited from 1997 to 2001.