

Your Six Truths To Empowered Living



Unlimited Breath™ Manual

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This book covers Your Six Truths to Empowered Living and is the foundation of Unlimited Breath.

Your Six Truths to Empowered Living are six fundamental truths that you can use to reach the state of Empowered Living. These Six Truths are also necessary ingredients of the Empowered Living state.

The advantage of evolution

In the past, most people didn't have the knowledge or possibility to choose to live in the present. They were unable to experience heaven on earth because they were too involved in their day-to-day dealings with survival and were limited by social expectations. Even now, most people are having too much trouble and pain - or not enough of an urge - to recognize the need for personal evolution and self-discovery to lead to a meaningful life.

It really is a luxury to have the space and inclination to live a meaningful life with awareness of your physical body, your emotions, your wisdom and your spirituality.

Breathing techniques have been used for thousands of years for healing and as a spiritual journey. The techniques have often gone under different names related to yoga and secret doctrines. New breathing techniques have also been developed, particularly since the early seventies; some of these are Rebirthing, Vivation, Transformational Breath, Holotropic Breathing, Unlimited Breath, etc.

Until recently it was only the very dedicated and fortunate who were able to experience the healing techniques that use the breath. Today, millions of people have used breathing techniques to heal themselves and to satisfy their thirst for understanding themselves and their lives.

The origin of Unlimited Breath

Unlimited Breath is a healing modality that provides an inspiring way of living. The originator of Unlimited Breath, Arne Rantzén, has poured his many years of accumulated healing, learning, and teaching into Unlimited Breath and this manual. Some of the sources sparking the creativity to mold healing into its finest form have been Tibetan Buddhism, a multitude of bodywork healing systems, western medicine, the Loving Relationships Training (LRT), Rebirthing, Rebirthing 2000 Training, International Seminar Leadership Training (ISLP), Association of Rebirthing Trainers International (ARTI), A Course in Miracles, and most of all, the All-Pervading Wisdom.

Natural Breathing is all you need

Since using the breath is so powerful, many healing modalities and health practitioners use it. Some use it for spiritual awakening and others use it as a healing tool. Many have found that using the breath in a variety of ways creates many different results.

Unlimited Breath takes the power of breath to its full potential. Through Unlimited Breath you will experience all the benefits induced by these breathing methods. As a result, Unlimited Breath will not only help you accomplish all of your desires for health and happiness but also satisfy your spiritual needs. Unlimited Breath is the fastest way to get to a conscious life.

A short description of Unlimited Breath

Unlimited Breath is a breathing process that rejuvenates your body, opens up your emotions, and awakens your spirit to celebrate your divinity.

Unlimited Breath advocates breathing fully, without alteration, in the way breathing was given to you. The unobstructed breath has an inherent tendency to create health by itself. This modality honors your perfect source.

By learning to breathe consciously and fully you can transform incomplete experiences from the past into accepted enjoyable experiences in the present. Natural Breathing leads you to improve the quality of your life – with more happiness, a better attitude, and greater success in your physical universe.

Letting go of sub-ventilating improves your whole life

Breathing fully is essential to living a vibrant life to your full potential in the same way that good driving skills are necessary to keeping your car functioning well and driving smoothly. If your car malfunctions, consumes too much fuel, and the brakes needing frequent replacement, you will take it to your car mechanic to be fixed.

In the same way, you seek the help of your health practitioner when you don't feel good. After being fixed you continue driving your car until you find that another repair is due. After your car brakes have been repaired too many times your car mechanic will inform you that it is unusual that it needs repairs so often.

The car mechanic performs some test drives, and the car seems to be normal, so the mechanic asks you to test drive it with him. As you start driving, your professional helper immediately notices the problem. You have not let go of the emergency brake. Driving with your emergency brake on increases the fuel consumption and quickly wears down the brakes. When you let it go, your car leaps forwards, goes faster, takes less gas, and needs fewer repairs.

The same thing happens when you let go of sub-ventilating and holding your breath. First, the increase of energy, passion, and aliveness surprises you, but then it becomes exciting to be fully engaged with your life. Soon, you also notice that your general health has improved and your plans manifest more quickly.

Unlimited Breath teaches you to let go of your brake and resistance to Life-force, allowing your aliveness to emerge, so you can enjoy the ride of your life.

The benefits of Unlimited Breath

- ◆ Unlimited Breath connects you with your Natural Breathing.
- ◆ Unlimited Breath releases sub-ventilating.
- ◆ Unlimited Breath corrects your mis-learned breathing.
- ◆ Unlimited Breath connects you with your creativity.
- ◆ Unlimited Breath opens you up to more energy, aliveness, and rejuvenation.
- ◆ Unlimited Breath provides a heightened sense of awareness of everything except time.
- ◆ Unlimited Breath makes it easy to let go, change, and start afresh.
- ◆ Unlimited Breath clears out tensions, discomforts, and symptoms.
- ◆ Unlimited Breath is an effective stress management technique releasing stress-related symptoms and diseases.
- ◆ Unlimited Breath increases your compassion, acceptance, and love for people.
- ◆ Unlimited Breath works holistically:
 - Spiritually you deepen your sense of divinity, expand your sense of well-being, and clarify your sense of purpose. A feeling of peace and tranquility is achieved.
 - Physically, you dissolve cellular blocks and let go of numbness, stress, and strain. You feel safe in your body and increased love for it.
 - Emotionally, you relax, accept, and feel safe with your feelings. You release suppressed feelings from the past without drama or trauma. Then, you experience an increase of love and passion.
 - Mentally, you become aware of and change negative attitudes so you can have more positive experiences and true understanding.

You who evolve your life are courageous and an inspiration

The process of healing yourself completely, releasing your past, and creating your desired future, probably takes years of commitment with time, money, effort and dedication along with the courage to meet yourself. Unlimited Breath is the gentle, easy, fast, natural, and loving support that uses your own breathing and your own consciousness to transform issues and re-connect with the infinite power of your source.

Just studying this book and engaging in this workshop series is a powerful statement of your willingness to enhance your life and to live according to your Optimum Living. Your willingness means that you actually choose Optimum Living. Acknowledge your courage and inspiration. When you breathe, you inspire others to breathe and be alive.

Your common sense

Unlimited Breath does not go beyond your common sense. So, never substitute your common sense for un-experienced, wishful beliefs.

You need to be aware of your beliefs about your health status and your healing path. Your decisions and actions are correct when you base them according to your current beliefs. Change comes naturally after an inner transformation has occurred.