



Breathe into Being: Awakening to Who You Really Are

Dennis Lewis

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Following up on author Dennis Lewis' previous books on breathing, this represents his most straightforward, nurturing approach to the subject. Divided into brief, accessible chapters, the book features short, simple breathing exercises that lead readers to a profound awareness of their essential being through the miracle of the breath as it manifests in the body. Lewis presents breathing as an ever-present gateway to awakening to the true self. Based on his extensive teachings and workshops as well as his engagement with various traditions including Taoism, Advaita, and the Gurdjieff Work, *Breathe into Being* helps readers awaken to a larger perspective to receive new, direct impressions of the truth of their lives. Readers also become conscious of their bodies as a sacred temples that can lead to the source of all being; release constricting physical and emotional tensions; and enhance breathing itself in new self-created conditions of comfort, openness, and ease of being.

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