Co-author of the international bestseller MINDFULNESS



## the art of breathing

The secret to living mindfully.

Just don't breathe a word of it ...

Dr Danny Penman



## CONTENTS

- 12 IN THE BEGINNING
- 22 BREATHING
- 36 MINDFULNESS
- 50 HAPPINESS
- 60 CURIOSITY
- 76 **PLAYFULNESS**
- 84 AWARENESS
- 98 INSIGHTFULNESS

Download meditations from www.franticworld.com/breathing



Six paragliders are circling like eagles on powerful currents of rising air. Far below, a cluster of children gaze with open mouths as the giant parachutes dive and swoosh silently above their heads.

## Then, suddenly, something starts to go wrong.

One of the paragliders is hit by a powerful gust of wind, turning the canopy inside out. The pilot starts spinning, spiralling like a sycamore seed towards the earth.



After an eternity, the young man smashes into the hillside. He lies face down on the ground. Broken.

But he is alive. After a moment of stunned silence, he begins screaming in agony. It will be at least thirty minutes before the paramedics arrive. And another hour to reach hospital.



Alone, he knows that he can't afford to lose consciousness in case he never again awakens. So he begins forcing himself to breathe.

Slowly. Deeply. With a supreme effort of will, he focuses his mind away from his broken body and onto his breath. In. Out.

Inch by inch, the agony recedes. Before, finally, he reaches a state of calm tranquillity.

Of pure mindfulness.

I was the young man who crashed his paraglider.



The art of breathing saved my life.

For thousands of years, people have used the art of breathing for equally profound effects on the mind and body.

Some have used it for relief from chronic pain. Many more to cope with anxiety, stress and depression. Some claim it led to spiritual enlightenment.

But I'm as spiritual as a housebrick ...

... so I use it to help me appreciate the bittersweet beauty of everyday life.



Your breath is the greatest asset you have. It's naturally meditative and always with you. It reflects your most powerful emotions and allows you to either soothe or harness them. It helps you to feel solid, whole, and in complete control of your life while grounding you in the present moment, clarifying the mind, and unshackling your instincts.

The art of breathing kindles a sense of wonder, awe, and curiosity – the very foundations of a happier and more meaningful life.

It grants you the courage to accept yourself with all of your faults and failings. To treat yourself with the kindness, empathy and compassion that you truly need, and helps you to look outwards and embrace the world. When you've mastered the art of breathing, you will finally be at peace with yourself and the world.

