

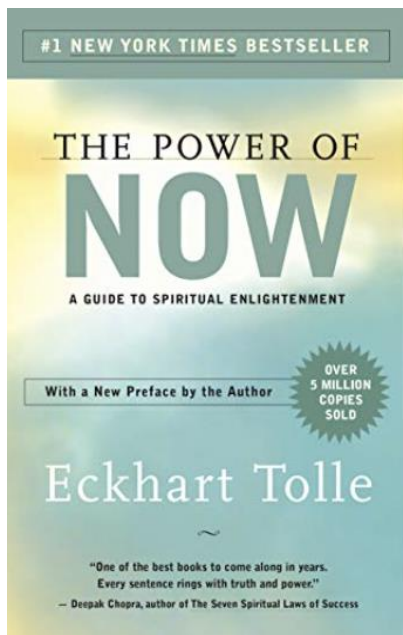
# Breath 24/7 Foundational Content



This is the best of the bunch in terms of the Foundational Information anyone needs to get started. Yet we promise there are plenty more “Info Bundles”, “Book Reviews/Suggestions” and “Content Links” on subjects like Fasting, Lucid Dreaming, Martial Arts Havering, Grounding and much more to come...

## The Power of Now

*The Power of Now*, by Eckhart Tolle, was the very first personal development book I read over 12 years ago. The material is totally life changing but for my first time, I found it a bit difficult to read. It took me a long time to digest the content, so I recommend listening to the beautiful narration by Eckhart himself.



The Power of Now is widely considered to be the foundational work you need to get started when it comes to becoming consciously aware of your thoughts and feelings.

The book teaches you how to first become consciously aware of your thoughts and feelings without judgement- then how to separate emotion from them. After clearing the mind, you can ultimately change the narrative into something positive.

*(This first step can be emotionally jarring-Its likely you will realise you have a constant stream of useless and negative thoughts running on a loop. A loop that doesn't match your true self of personality that has simply been left unchecked for years or decades)*

The reality is “the present moment is all we really have” yet most people are forever lost in thought and totally unaware of their thoughts and feelings. This book is the first step you need to take towards waking up yet for those of you with analytical minds thinking of picking up your first personal development book (doctors, scientists, engineers and anyone emotionally tied to Newtonian Physics and Darwinian Law etc) I’d start with Joe Dispenzas work.

Combined their work gives you everything you need to understand the mechanics of the mind and to reprogrammed yourself with a far more upbeat internal soundtrack. The Power of the Now give you the spiritual side of waking up and Joes work gives you the science.

We now have both sides of the coin – so make the most of it and try reading and practicing both I hope these books help you as much as they did me.

## Book Review

<https://fourminutebooks.com/the-power-of-now-summary/>

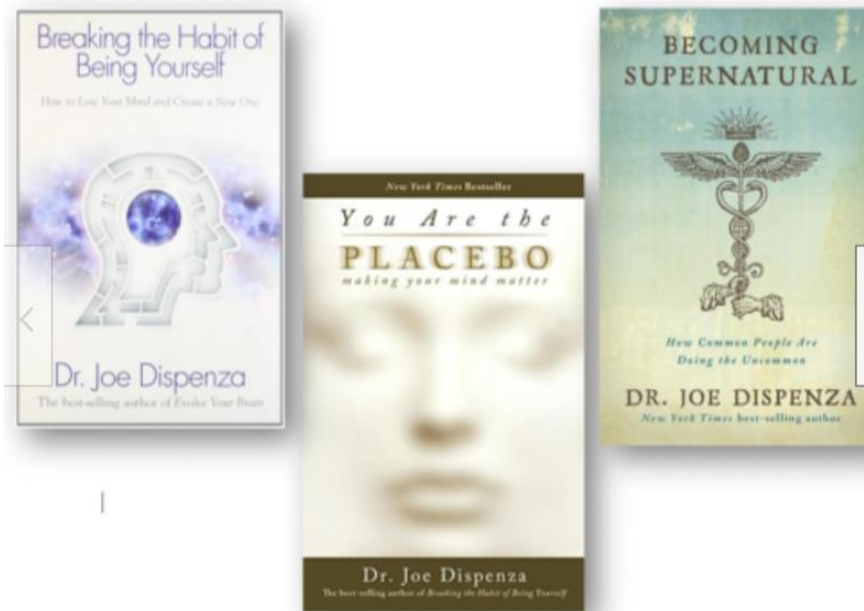
### Joe Dispenza & Epigenetics

These next suggestions highlight Joe Dispenza's ground-breaking work on Epigenetics. Epigenetics is a new multi fascinated science that among other things has proven that we as a species are not slaves to our genetic destiny's and in essence, we can heal anything with the power of the mind via mediation.

One chapter of work literally saved my life. After several years of sticking to a dedicated fitness, meditation and personal development routine and having tried all the medicines and met with every type of healer you can imagine I had an incredible breakthrough. I woke up one morning and my mind

was totally free of thought. I was experiencing the bliss state described in the early chapters of The Power of Now (see below). For several hours, I literally couldn't draw thought. My mind and body were totally present and at peace. Most noticeably, all my senses went into overdrive, my sight, hearing, and sense of smell all heightened and the world around me looked shiny and new, it had a sparkle to it.

Then something totally unexpected happened. My body started shutting down and I felt like I was experiencing a "come down/crash". My stomach and back issues went into overdrive, I had aches and pains all over and felt like id aged 60 years in an hour as I hobbled around the house. I started smoking and eating semi uncontrollably. My body felt horrendous and then my mind was drawn back into the darkness. Id suffered from suicidal thoughts my whole life yet on this day, I was truly ready to throw in the towel. I thought to myself "is that it, all the training, reading, medicine, therapy, cold exposure and breathwork for this, for a measly couple of hours of bliss state". I rolled a joint thinking it could be my last and turned the page of Joes book. The very next chapter described the effects of switching off a constant stream of negative chemicals that can be produced by people that suffer from conditions like depressions, anxiety, and PTSD. My mind was free of negative thought and in a bliss state, yet id switched off the tap of negative chemical that my cells/body were now thoroughly addicted to. Like a heroin addict switching off the supply of heroin my body was now going into withdrawals. The following pages described exactly what I was experiencing



“the darkness before the dawn” and offered me a practical guide on how to get myself out of this hole and claw myself up to the next level. It truly did save my life!

Joes work also covers fascinating subjects like the Placebo affects and nicely demystifies Spontaneous Remission aka Instantaneous Healing. Personally, I used to have alopecia (hair loss), headaches, nightmares, stomach issues and chronic back pain. The combination of The Wim Hof Method, working with energetic healers, practicing Joe’s visualization methods, and learning the mechanics of the mind has cured me of all my physical ailments. I’ve changed over my genetic destiny, witnessed instant physical change and healed myself from the conditions that my doctors were mystified by for over 20 years.

### Book Review

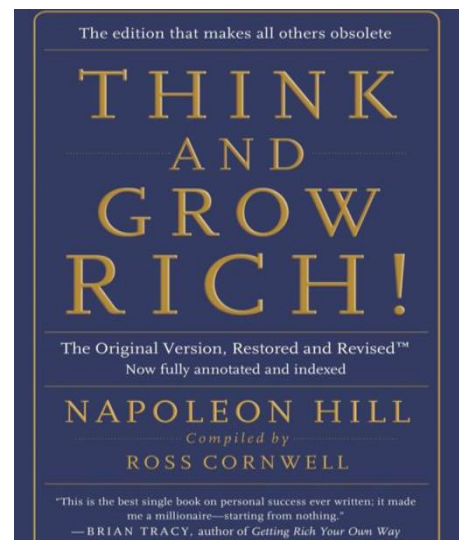
<https://www.youtube.com/watch?v=OYTT781yoIQ>

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## Think and Grow Rich

*Think and Grow Rich* by Earl Nightingale is the bedrock of personal development and the content that predates *The Secret*. It was published in 1937 and is widely considered to be the first personal development book written for the modern age. The powerful work is universal and still holds true today. In summary, it is a close study of the world changing individuals of the era, like Henry Ford and Edison, and how they brought about success through visualization aka Manifestation. How they saw their future in their mind repeatedly before it came into their waking reality.

It’s a fascinating read and a life changing book for anyone that wants to understand and unlock the key to life success.



### Book Review

<https://fourminutebooks.com/think-and-grow-rich-summary/>

## Wim Hof Method (book)

Wim Hof aka The Ice Man is in the Guinness Book of Records 26 times for achieving the incredible and performing the impossible with his body and mind. Wim is probably most famous for climbing Mount Everest without any cloths on (no shoes or socks) and for proving that his method allows him to bounce off disease and infection.

Wim details how he got frost bite after the exhibition. The doctors told him “your going to lose the foot” then using his method he healed himself at an impossible rate.

Wim can also go into the Ice , allow his core body temperature to fall. Then when he is just a degree or two away from the danger zone, he can raise his core temperature using his method.

What stood out the most is the fact that Wim has proven that he can bounce off infections and disease during clinical study and that he can teach his method to anyone in a matter of days.

Attached is a link to Wim Hof’s most recent book. It’s the best of the bunch in terms of offering a condense overview of the science and healing benefits behind cold exposure and breathwork, plus it gives great insight into Wim Hof’s personal journey of becoming the Ice Man. Finally, it offers an A-Z of various breathing techniques that all have a different effect on the body. There are techniques that increase your physical endurance, cure hangovers, ease chronic pain and much more.

### Book Review

<https://www.youtube.com/watch?v=KJnzPvhHogw>

[Click here for the Wim Hof Method app](#)

<https://www.wimhofmethod.com/wim-hof-method-mobile-app>

