



The Revelation of the Breath: A Tribute to Its Wisdom, Power, and Beauty (SUNY series in Transpersonal and Humanistic Psychology)

Sharon G. Mijares

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Celebrates and instructs in the healing power of breath.

Faced with unrelenting stresses from daily news, relationships, health, and financial conditions, and unsatisfied with the temporary and side-effect-riddled relief that pharmaceuticals provide, millions are finding measures of peace and positive energy through mindful breathing practices. In this book, Stanislav Grof, Neil Douglas-Klotz, Sharon G. Mijares, Sonia Gilbert, Sheldon Kramer, Ilse Middendorf, Michael Sky, Puran Bair, and other well-known experts and international workshop leaders take up a wide range of Western, Eastern, and Middle Eastern breathing practices, describing the historical development of these techniques and philosophies, and providing examples of modern practices, stories of healing, and specific exercises for application.

“...shows us what a profound tool for well-being, healing, and creativity our breath can be when used consciously ... this book is highly concentrated—a lot comes through in each short chapter. It is not excessively complex or technical. It speaks to the professional and to the layperson.” — AHP Perspective

“Breathing is taken for granted in today’s busy world, yet it is vital to all sentient beings. The Revelation of the Breath approaches the topic from a variety of perspectives, all of them contributing toward an appreciation of one’s breath not only for survival but for transformation. I suspect that readers of this incredible book will never breathe in quite the same way again.” — Stanley Krippner, coeditor of Varieties of Anomalous Experience: Examining the Scientific Experience

Sharon G. Mijares is a practicing psychologist and teaches at National University and Brandman University. She is the coeditor (with Gurucharan Singh Khalsa) of Psychospiritual Clinician’s Handbook: Alternative Methods for Understanding and Treating Mental Disorders; editor of Modern Psychology and Ancient Wisdom: Psychological Healing Practices from the World’s Religious Traditions, and coauthor (with Aliaa Rafea, Rachel Falik, and Jenny Eda Schipper) of The Root of All Evil: An Exposition of Prejudice, Fundamentalism, and Gender Imbalance.

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