



Unlimited Breath™

By Sarah Blodgett

Stepping into the Driver's Seat of My Life!

I recently returned from an Unlimited Breath Intensive Workshop, ten days where I learned how breathing fully is essential to living a vibrant, healthy, and successful life, in the same way as good driving skills are necessary to keep one's car cruising. I feel I have stepped into the driver's seat of my life and I'm taking off.

Arne Rantzén, founder and teacher of Unlimited Breath, uses the analogy of driving a car to illustrate that the way people breathe affect how they live their lives. He explains, "If your car malfunctions, for example, the brakes need repairing, and it consumes a lot of fuel, you take it to your mechanic to be fixed, just as you visit your Unlimited Breath practitioner when you want to improve your passion for life. After being fixed, you continue driving your car until you find that the brakes need repairing again. Your mechanic tells you that it is unusual that it needs repairs so often. During his test drives, the car seems to be normal, so the mechanic asks you to test drive it with him.



As you start driving he immediately notices the problem. You drive with your emergency brake on. When you release the brake,

your car leaps forwards, goes faster, uses less gas and needs fewer repairs, and it is much more fun to drive."

Arne goes on to explain, "Unlimited Breath teaches you to let go of the "brake" on your breathing, so you can enjoy a happier, more successful life. Normally, we only breathe minimally, enough to "get by", but we aren't aware of it. This is called sub-ventilating, and you breathe below your potential capacity. Through Unlimited Breath, your practitioner helps you let go of the "emergency brake" on your breathing. When you let go of sub-ventilating, first the increase of energy, passion and aliveness surprises you, then it becomes exciting to get fully engaged with your life. Soon, you also notice that your health improves and it becomes easy to live your dreams."

Take a Breathing Test Drive

There is an easy, fast "test drive" you can take to realize the power of breathing, which will give you an experience of what Arne is speaking about, called "Taking a breathing snack." Through this exercise you will have a physical experience that is a safe experience of your heightened Life-force. When you are ready, find a comfortable quiet space to sit and focus on your breathing. Take ten deep, full breaths; breathing through your mouth and inflating your upper chest. Notice what do you feel and enjoy the tingling that



appears. Please, don't go further than this without the presence of an Unlimited Breath Practitioner. Mastering the power of breathing takes proper guidance.

What is Natural Breathing?

Those powerful breaths is the technique of Natural Breathing, which I learned to do in both private sessions and the Unlimited Breath workshop. When you jog, you are emotional, or deeply relaxed, your breathing changes; you are breathing more than you normally do, you are thinking less, and you are more "aware." This is similar to the basic concepts of Natural Breathing. Natural Breathing happens when you relax and surrender. When you are relaxed and don't *do* anything with your breathing, it does something for you.

What is so special with Natural Breathing?

Natural breathing is like cleaning up your engine's carburetor and putting a bigger muffler on your car. The airflow increases and

Dead people don't breathe.
Breathing is essential, and the basic requirement of life.

the car accelerates faster and runs more efficiently.

What I love about Unlimited Breath is that it restores natural breathing. Taking in more oxygen enhances the metabolism in my body, energizes me and makes me feel more alive.



What I learned is that at different times of my life, such as a car accident that I was in as a child, I got the breath knocked out of me. This confined my breathing and in turn contracted my life, as the experience got held in my body and I started to sub-ventilate, to avoid the feeling that I associated with my accident. With Unlimited Breath sessions I am expanding my breathing capacity, and releasing the blocked experience, and increasing my enjoyment, excitement and success, living life more fully.

Rebecca from Des Moines says, "My biggest problem was that I used to see myself as a victim of life, where everything was inflicted upon me, with no hope for something better. Through Unlimited Breath my breathing has become easier and I can breathe deeper. I now feel empowered and energized."

What are the Benefits of Unlimited Breath?

Just like increasing the airflow in

my car helps it be more efficient and enjoyable to drive, the oxygen inhaled during Unlimited Breath nourishes my cells and gets them more activated, boosts metabolism, and makes the release of toxins more efficient. I learned in the workshop that seventy percent of toxins leaves the body through the breath, much more than sweat, urine and feces combined. This makes breathing the most efficient way to cleanse the body, restoring natural health and becoming more alive.



Unlimited Breath has also helped me grow up emotionally. I was taught to push away "bad" emotions, to put a smile on my face and deny what I was really feeling. This means I was living a safe existence, less engaged with life. I learned that I was protecting myself by breathing only minimally. Now that I am breathing and living life more fully, I can accept and allow my emotions and bring more passion to my moment by moment existence. I feel that through Unlimited Breath I am becoming more of who I truly am.

Other people have used Unlimited Breath to restore health. Elaine of Boston healed a chronic shoulder problem for which surgery was recommended. "After one session, I didn't have to use my brace or

my pain medication. Within 24 hours after my session, my shoulder was completely healed. I was amazed. So was my Physical Therapist. Now he's tried Unlimited Breath too."

Unlimited Breath Private Sessions and Workshops

My first encounter with Unlimited Breath was to give myself the wonderful gift of a series of "Ten Conscious Living Unlimited Breath Sessions" with an Unlimited Breath Practitioner. Through these sessions I saw clearly how I was fearful and holding myself back from life. I was supported how to breathe more fully and learn to get into the "driver's seat" of my life with more excitement, passion and success.

After the private sessions and learning to be more engaged with life, I was ready to take the next step on my journey to a more enjoyable, conscious life. I signed up for an Unlimited Breath Intensive Workshop, "Your Six Truths to Empowered Living". Instead of driving my own car, I hopped on a bus with other people, supporting each other, learning more about how Unlimited Breath works and having a breathing session each day. It was an amazing experience.

I spoke to another workshop participant, Karine from Ft. Lauderdale, who said, "The Unlimited Breath Workshop Intensive is the biggest self-growth experience that I ever had in my life. The teaching format allowed

People are starting to realize that heaven can be here on earth and now!

me to break thru my usual mental BS and see my personal truth. I am so grateful to Unlimited Breath for offering me this incredible journey into my soul and I see now that I am able to apply every day the wisdom that I learned from this amazing and powerful teaching."

How Unlimited Breath Changes Lives

Through both private sessions and the workshop, I have fundamentally changed the way I live my life, and met others who have done the same. Jonathan of Boston says "I've spent most of my life doubting myself and looking outside myself for answers. I've had gurus and therapists to guide me. I've continued to feel the need to trust my own wisdom but actually hearing and comprehending my inner guidance has always been difficult. Unlimited Breath has connected me with a level of inner knowing that I have not experienced before in my life. Receiving guidance from a guru or therapist didn't compare to the experience of the deep inner voice speaking through me like a wise elder. That was undeniable, profound and visceral. I feel relief and excitement having discovered such a profound level of knowingness in myself."

What I have learned through my experiences is that we all have a tendency to try to change things in life we are unhappy about by changing the outside, which is only temporary. This is like being unhappy with my car because it eats up gas and requires constants brake repairs. If I try to fix

the problem by selling that car and buying a new one, but am still driving with the emergency brake on, I will soon be back at the mechanics and paying too much for fuel. I haven't addressed the root of the problem, driving with the emergency brake on.

Now I realize that the only way to have a different experience in my life is to investigate my own inner self to create a change, which then is reflected on the outside. Using the car example, if I want a thrilling, enjoyable driving experience, I don't just get a better car but look at what I can change inside myself to create what I want. When I realize that I can let go of the emergency brake, my driving experience changes whether I use the same car or get a new one.

"I believe that Unlimited Breath is for everybody. It's effective, practical, simple, and uses a common-sense approach to health and happiness!"

Through Natural Breathing, I have learned how to permanently change how I live life from the inside, which is then reflected as a change of my outer world. One big realization I had was how I expected that having a boyfriend would make me happy. When one relationship didn't work out, I touched my fear of being lonely, and wanted to find a new relationship to feel better. Now I am taking the time to be happy with myself, develop

my own personal relationship with me, so I can be happy whether I have a boyfriend or not.

Unlimited Breath: A Unique Experience

I wish I could express to you more fully the benefits of Unlimited Breath, but without actually experiencing it for yourself, you can't really know how fun and easy it is to step into your own driver's seat. I love Unlimited Breath for how it empowers me to engage with life, and I would like to inspire you to check it out for yourself. Through Unlimited Breath workshops and private sessions, I hope to see you pass me on the highway, breathing deeply, releasing the brake, stepping fully on the gas. Let's see where our newly energized lives take us!