

# *Breathe Into Being* **AWAKENING TO WHO YOU REALLY ARE**

## **A Five-Day Retreat With Author & Teacher Dennis Lewis**

June 27 – July 2, 2010, at famed [Esalen Institute](http://www.esalen.org), Highway 1, Big Sur CA.

**Esalen** is a place with global beauty and reach. It is a place, as Thomas Wolfe said about America, where miracles not only happen, but where they happen all the time. Situated on 120 acres of fertile land carved out between mountain and ocean, Esalen is blessed by a cascading canyon stream and hot mineral springs gushing out of a seaside cliff. People come from all over the world to discover the expansiveness of the mind and heart, the wisdom of the body, and the poetry of the blood. They come to discover the miracle of self-aware consciousness in their lives.

### **Breathe Into Being**

The ever-increasing speed, stress, and disharmony of the modern world not only conditions us to a way of living in which the future is often assumed to be more important than the present, but also cuts us off from the immediate experience of ourselves as living, breathing beings. As a result, many of us live the lives of unconscious, breathless automatons, rushing faster than time itself into an imaginary future and seldom present to the mystery and miracle of who we really are—right now and here. For many of us in our busy, anxiety-filled lives, our breathing is so constricted and incomplete that it undermines our health, our vitality, and our consciousness. Such breathing also deprives us of one of the great joys of living on this earth: the expansive sensation of a free, easy, boundless breath that engages the whole of ourselves and opens us to the fullness of life.

Using insights, ideas, and practices from his widely acclaimed books, especially his latest book—[Breathe Into Being: Awakening To Who You Really Are](http://www.dennislewis.org)—Dennis will take you on an inner and outer journey of presence and awakening. Through guided self-enquiry, as well as through self-sensing practices, breathing exercises, and special movements, sounds, and postures, you will learn how your breath can be a gateway into “who you really are.” You will also learn *Humming Breathing Qigong*, Dennis’ qigong practice that he taught publically for the first time at last year’s National Qigong Conference.

Based on his many years of study in the traditions of Taoism, Advaita, and the Gurdjieff Work, Dennis will help you free your breathing in new conditions of comfort and ease and release constricting and disharmonious mental, physical, and emotional energies and tensions. The deep work of self-awareness that he offers will help you become conscious of your body as a sacred temple—a temple within which you can awaken to your fundamental nature.

**Information on reservations and accommodations:** <http://www.esalen.org>

**Dennis Lewis**, a longtime student of the Gurdjieff Work, Taoism, and Advaita, is co-editor with Jacob Needleman of *Sacred Tradition & Present Need* and *On the Way to Self Knowledge*. He is the author of *Free Your Breath, Free Your Life*; *The Tao of Natural Breathing*; the three-CD audio program *Natural Breathing*, and *Breathe Into Being: Awakening to Who You Really Are*. Lewis teaches regularly at Esalen Institute and has also taught at The New York Open Center, The Kripalu Center for Yoga & Health, the National Qigong Conference, and many other venues.

**Learn more at <http://www.dennislewis.org>**

