

Fearlessly



Authentic<sup>®</sup>



7

Powerful Benefits

of

TM

Dragon Breathwork

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**"Breathe To Live  
Breathwork To Come ALIVE"**

**-Meera Jain**

**Welcome Fellow Adventurer!!**

**Are you ready to discover the power of  
Dragon Breathwork?**

**Based on years of research and experimentation  
with hundreds of clients, I have found  
Dragon Breathwork to be one of the simplest and  
yet most dynamically powerful modalities to  
release stress and tension, reset the nervous system  
and regulate our emotions rapidly and effectively.**





**Consider this E-Book your ticket to begin taking control of your mental health and wellbeing.**

**Whether you are new to Breathwork or a seasoned practitioner, you will find valuable information and resources here.**

**By learning Dragon Breathwork and participating in my Healing Circle Sessions, you can banish stress and anxiety, release negative emotions and unresolved trauma, heal physical pain and even enhance your creativity and connect with pure, ecstatic joy.**

**It all starts with your breath – by consciously becoming aware of our breath and intentionally breathing in a certain way, we give ourselves permission to become happier and healthier.**

**So, let's dive in and see what magic we can unlock together.**





**I facilitate a number of Breathwork Techniques. All of them are powerful, but there are 3 things I absolutely love about Dragon Breathwork™**

- 1) Ease of Use (even for a child)**
- 2) Produces Fast Results**
- 3) Can Be Practiced Anytime Anywhere**

**Dragon Breathwork is also an important element of my Energy-Based Psychotherapy System - a new system / therapy that gets rapid transformational results with most of our internal conflicts.**





**Here is a bit more about  
me and my work .....**

**Hi, I'm Meera Jain – Your Personal Transformation & Authenticity Specialist and Integrative Mental Health & Trauma Resolution Specialist!!**

**I assist my clients to unlock their full potential by transforming their anxieties into freedom and joy.**

**Regardless of your current struggles or the depth of pain you may be feeling, I offer a wealth of valuable knowledge, tools, coaching, and transformative results. For over 20 years, I have worked with hundreds of clients to transform a vast array of issues, spanning from stress, anxiety, depression, unresolved trauma to fear, shame, and anger.**

**Through my work, I have discovered that inner child healing and ancestral medicine are essential components of healing 75% of our suffering and reclaiming our true selves.**

**Amongst my clients, I am well-known for being able to transform many struggles in ONE session or Intensive.**





# **My Professional Background**

**After finishing my postgraduate studies in Oxford, UK; I worked as an Assistant Clinical Psychologist for the NHS in mental health and learning disabilities.**

**Discontent with the nature of conventional medicine and therapy, I began experimenting with integrating two fields I had mastered -**

**Psychotherapy and Subtle Energy Work and this resulted in the creation of 'Energy - Based Psychotherapy'. Both my signature programs 'Fearlessly Authentic' and 'Transforming Stress, Anxiety & Burnout' are the culmination of Energy-Based Psychotherapy, where a systematic format is used to resolve a particular problem.**

**My Transforming Stress, Anxiety & Burnout Program was evaluated in partnership with Brigham Young University and showed 10 positive outcomes. Just to put things into perspective, there are only 5 other therapies in the world that are effective in the treatment and recovery of mental health disorders such as Anxiety and Depression, but none of them claim total transformation.**





## **My WHY?**

**Growing up, I was taught that the key to real, lasting happiness was through Self-Realization. To me, the words Authenticity, Self-Realization, Self-Actualization, and Individuation all mean similar things, and I believe it's the ultimate goal for each and every one of us on our own unique healing journey.**

**As a child, I was heavily influenced by my grandparents and their spiritual beliefs. But things took a drastic turn when I experienced narcissistic emotional abuse at the hands of certain relatives in my life. The trauma fractured my self-esteem and confidence, leaving me with feelings of rejection, unworthiness, inability to speak up or be heard, powerlessness, and invisibility.**





**Desperate to find healing, I turned to psychology and spirituality, asking the question "How can We Transform Our Suffering?" I attended countless workshops and spent a small fortune on therapists and energy healers, but it wasn't until I integrated the two fields individually that true healing began.**

**Crushed by years of turmoil and anxiety, my search for inner peace led me down many paths. But no matter how much I invested in therapists, healers, workshops, and retreats, I couldn't shake the negative patterns that were holding me back. It wasn't until a personal breakdown forced me to integrate my own knowledge of depth and transpersonal psychotherapies with a number of alternative modalities in a unique way that true transformation began. With this unique blend of expertise, I finally found a way to heal myself from the inside out.**





**Peeling away the layers of pain wasn't easy. I had to work through feelings of rejection, powerlessness, anger, sadness and more. But as I shed these burdens, I began to feel freer. My anxiety transformed, and I felt alive again.**

**Now, I wake up each morning feeling peaceful, but with a zest for life. My self-awareness and self-connection allow me to help others transform their own stories of suffering, and I'm grateful for each joyful moment. My passion for my work and seeing clients transform keeps me driven every day.**

**My journey towards Fearlessly Authenticity is a work in progress, and my life isn't perfect. But I'm gracefully creating the life of my dreams. A life filled with community, selfless service, abundance and loving relationships.**





## **Client Luv**

**Over the years, as I have worked with hundreds of clients, I have been able to develop a deeper understanding of the connection between our human psyche and our human energy system.**

**This understanding penetrates into mental health, human suffering, authenticity, the journey of our soul and much more. Whilst the core of my work focuses on Authenticity, much of my work is to prepare my clients for the Inner Child Healing Intensive and Ancestral Healing, as this is the most essential work we must all undertake on our path to becoming authentic. This is where the most significant transformations happen.**



**To access client testimonials,  
please go to:**

**<https://vault.mentalwellnessinitiative.org/reviews>**



**“Breathwork is the art and science of breathing consciously and intentionally to enhance our physical, emotional, mental and spiritual wellbeing.”**

**Breathwork is a collection of techniques that may encompass deep breathing, rapid breathing, breath retention, and other practices that involve conscious manipulation of the breath.**

**Breathwork is the new meditation and modern yoga!!**

**Breathwork is like a superpower that we all have access to if only we know how to use it! Just imagine being able to tap into your body's natural healing mechanisms simply by taking a few conscious breaths.**

**Breathwork is our ability to transform our health and our lives!!**



# **Dragon Breathwork**

## **Benefit #1**

### **1) Stress Reduction**

**Stress is a prevalent issue in today's society and also the leading cause of many health problems, including anxiety, depression, heart disease, diabetes and IBS. The good news is that Dragon Breathwork can be a powerful tool to help reduce stress and its effects; enhancing our physical and emotional health and wellbeing.**

**Dragon breathwork can help calm our mind and release any negative emotions. It activates our parasympathetic nervous system, which works in opposition to the fight-flight response and encourages our muscles and body to relax; whilst lowering our heart rate, blood pressure, and cortisol levels.**





# **Dragon Breathwork**

## **Benefit #2**

### **2) Positive Impact on Physical Health**

**Dragon Breathwork can have a significant impact on your physical health. By practicing this deep dynamic breathing, you increase your lung capacity, deliver more oxygen to your body's cells, and improve your overall energy levels.**

**Dragon Breathwork can also help control your blood pressure, reduce inflammation, and boost your immune system's functioning. These benefits lead to a healthier physical body and a more robust immune system, making you less vulnerable to illnesses and diseases.**





# Dragon Breathwork

## Benefit #3

### 3) Enhanced Mental Clarity

Regular practice of a Dragon Breathwork can help improve mental clarity and focus. When you perform deep breathing exercises, you activate your brain's prefrontal cortex, which is responsible for decision-making, concentration, and problem-solving.

By controlling your breath, you can increase your awareness and clarity, reducing brain fog and improving your mental performance.





# **Dragon Breathwork**

## **Benefit #4**

### **4) Improves Sleep**

**Dragon Breathwork is a great tool for improving the quality of our sleep. This deep rhythmic breathing induces a calm and quiet mind, which is essential to falling asleep and staying asleep through the night. This means we fall asleep more easily, reduce the number of times we might wake up through the night and we experience a more restful sleep.**

**Regularly practicing Dragon Breathwork reduces symptoms of insomnia and helps us achieve a restful and restorative sleep, which is an absolutely crucial ingredient to our overall health and wellness.**





# **Dragon Breathwork**

## **Benefit #5**

### **5) Increases Self Awareness**

**Dragon Breathwork can also enhance our self-awareness, which is the key to personal growth and development. The deep dynamic breathing exercises help us become more present, allowing us to explore our thoughts and emotions more deeply, hence creating the opportunity for cathartic release and healing.**

**By increasing our self-awareness, we can gain a deeper insight and understanding into our inner world, the unconscious habits and patterns that dominate us, develop a more mindful attitude, and live a more joyful and fulfilling life.**





# Dragon Breathwork Benefit #6

## 6) Enhanced Creativity

As we release repressed emotions and buried pain with Dragon Breathwork, our brains can have a positive impact on our creativity. By performing the deep breathing exercises, it increases the amount of oxygen entering our brains, which can boost our creativity, imagination, and problem-solving skills.

By practicing Dragon Breathwork regularly, we can tap into our inner creativity, enhance our intuition, and unlock our full potential.





# **Dragon Breathwork Benefit #7**

## **7) Personal Growth & Development**

**Dragon Breathwork can be a powerful tool for spiritual growth and development. A regular Dragon Breathwork practice trains us to easily enter a meditative state, connect with our inner self, and deepen our spiritual practice.**

**Through Dragon Breathwork, we are able to explore our consciousness, connect with the divine, and tap into a higher level of awareness, leading to personal and spiritual growth and development.**





# Dragon Breathwork Technique

- 1) Stand up with your feet placed shoulder width apart.
- 2) Drop your chin as if you were a puppet and there was a string holding your head up.
- 3) Start bouncing up and down on your knees and shaking your hands as if you were shaking things out.
- 4) Now, add a dynamic breathing exercise to the movements. Breathe in through your nose – quick short inhale and breathe out through your mouth with the ‘HA’ sound – a quick short exhale.
- 5) You can add a visualization to this process – bringing down the light into you with the inhale and shaking things out with the exhale.
- 6) Use the Dragon Breath when difficult emotions are coming up. You can breathe for 5 minutes or 20 minutes.





**Just a friendly reminder to claim your second gift - two amazing videos that complement this ebook and get you all set up for an incredible Healing Circle experience with yours truly.**

**And to make things even easier, I've thrown in some handy worksheets on the following pages, perfect for tracking your progress and reflecting on your before-and-after experience. You won't want to miss out on this!.**





# Dragon Breathwork

## Practice Pre-Assessment

Please answer the following questions before doing the Dragon Breath Practice.

Date: \_\_\_\_\_ Time: \_\_\_\_\_

On a scale of 1 to 10, (where 1 is extremely low and 10 is extremely high) how would you currently rate your levels of stress, anxiety and sadness?

Stress      1 2 3 4 5 6 7 8 9 10

Anxiety    1 2 3 4 5 6 7 8 9 10

Sadness    1 2 3 4 5 6 7 8 9 10

What other negative emotions can you feel in this moment?

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Any Other Comments / Notes

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# Dragon Breathwork

## Practice Post-Assessment

Please answer the following questions after doing the Dragon Breath Practice.

Date: \_\_\_\_\_

Time: \_\_\_\_\_

On a scale of 1 to 10, (where 1 is extremely low and 10 is extremely high) did your levels of stress, anxiety and sadness change?

Stress      1 2 3 4 5 6 7 8 9 10

Anxiety    1 2 3 4 5 6 7 8 9 10

Sadness    1 2 3 4 5 6 7 8 9 10

What other negative emotions can you feel in this moment?

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Any Other Comments / Notes

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## **So, What's Next??**

**Let's keep this simple, shall we.....**

**There are two things you can do next:**

- 1) Mark your calendar for our weekly Healing Circle (Tuesdays at 7:30pm CT), so you don't miss these sessions.**
- 2) Make sure to check your email for the link to join the Healing Circle Sessions. I can't wait to see you join me on this transformative journey.**