



# Brain Respiration: Making Your Brain Creative, Peaceful, and Productive

*Ilchi Lee*

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## **Brain Respiration: Making Your Brain Creative, Peaceful, and Productive** Ilchi Lee

"Are you the master of your brain?" asks this groundbreaking new book by Ilchi Lee, renowned spiritual leader and foremost authority on Brain Respiration, a scientific system of developing the potential of the human brain through mental and physical stimulation utilizing the power of Ki life energy.

"Change Your Brain, Change Your Life, And Change The World" so goes the familiar theme in this book, which emphasizes the importance of being aware of and in control of your brain functions in order to fulfill not only your individual promise but your potential as a human being. Brain Respiration focuses on the brain because there is no other way for a human being to experience reality other than through the functioning of the brain.

The human brain is the nexus for the meeting of body, mind, and spirit. Through conscious practice of Brain Respiration, you will develop a "Power Brain," a brain characterized as peaceful, creative, and productive.

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