



Ten Keys To Success Using Breath

Shanthi Yogini

10 Keys to Success Using Breath

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Introduction

Most of us have a limited understanding of what success is. We associate success with financial prosperity. Finance is just a small part of success. There are indeed higher dimensions to success.

“Is it not something that happens in future after I have reached my goal or achieved my target” you may ask.

Let us understand more about success.

According to the dictionary, some definitions of success are:

- To turn out well
- Accomplishment of an aim or purpose
- Attainment of a desired object or end
- Favorable or desired outcome
- The attainment of wealth, favor, or eminence
- The attainment of popularity or profit

On reading these, I thought *“No wonder, people are deceived into thinking of success the way they are thinking.”*

It is interesting to note that there is a wide gap between what common people striving for success think success is, and what rich and influential people, who are considered successful, think success is.

Let us begin to think of success the way rich and influential people think.

Let us take a seed. What is success for a seed?



Seed of Sequoia Tree

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It is when the seed can grow into a tree to the fullest height and girth it is capable of. Being the tree it is meant to be is the fullest expression of a seed. It is the highest possibility for a seed.



Sequoia Trees

It is not just an achievement for the seed. It is the final destiny for the seed as determined by nature, by the intelligence of the universe and the order of life.

The seed is simply living to its fullest potential when it becomes a tree. In doing that, it also happens to be of help to others.

In the same way, for you, success is living life to your *fullest potential*, to your *highest possibility* and it is your *final destiny* as determined by the intelligence of the universe, the higher power, the order of life or whatever name you like to call it. By simply living like that, you also impact lives.

You experience success (highest potential) in your personal life and business / professional life through various layers of your personality:

At the Physical level, your success or highest potential is having the highest possible health, being youthful, having a long life or abundant energy.

At the Mental level, your success or highest potential is having a calm mind or positive attitude.

At the Intellectual level it is having one pointed focus.

At the Social level, it is having improved relationships.

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At the Spiritual level, it is being intuitive, living in your highest potential in all the previous layers, or being creative.

Let us first discuss 10 Success traits that encompass the above layers:

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Key 1 to Success : Excellent Health

When you are successful in the physical layer, you have excellent health. Looking at it the other way, when you work towards having excellent health, it becomes a key to success.

Success, which means, operating at your highest potential involves many activities which demand a lot of energy, stamina and strength. These are possible only with an excellent health. You have to lay the foundation before building the structure.

Right Breathing ensures Excellent Health

The essential fuel for the body is AIR. The oxygen in the air keeps all the internal systems and the organs in excellent condition. Right breathing means more oxygen intake and thus better health.

Key 2 to Success : Graceful Aging

When you are successful in the physical layer, you look younger and you are aging gracefully. Looking at it the other way, when you work towards aging gracefully, you can operate at your highest potential, which is success. Thus aging gracefully becomes a key to success. Imagine your limbs and internal organs like heart and kidneys working like you are 10 years or even 20 years younger!

Right Breathing ensures Graceful Aging

When you breathe right, more oxygen enters the body, repairing and healing the internal organs. Thus physically you feel you are younger than you were 5, 10 or 20 years back. Also, more oxygenated blood flows into the facial region, making the face look young.

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Key 3 to Success : A Long Life

When you are successful in the physical layer, you live disease-free and hence long. Looking at it the other way, when you work towards lengthening your life span, you can operate at your highest potential, which is success. How much more time you will have in life to do the things you always wanted to do and to leave a tremendous impact on this earth!

Right Breathing Ensures a Long Life

When your breath slows down, you are breathing less number of times in a minute, in a day, and in a year. This means the number of breaths allocated to you lasts for many more years, increasing your life span. The secret is that your life span is decided not by the number of years allocated to you, but by the number of breaths allocated to you.

Key 4 to Success : A calm mind

When you are successful in the mental layer, you experience calmness. Looking at it the other way, when you work towards maintaining calmness, you can operate at your highest potential, which is success. Inner strength, confidence, patience and perseverance are all vital for you for a successful work life and also to excel in your hobbies. These empowering qualities can emanate only in calmness.

Right Breathing Ensures a calm mind

When you learn to breathe slowly through right breathing techniques, you are less apt to feel stressed or tensed. So you will be calmer.

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Key 5 to Success : Positive Attitude

When you are successful in the mental layer, you tend to have positive attitude in life. Looking at it the other way, when you work towards having positive attitude, you can operate at your highest potential, which is success.

When you plan for some action items with certain end in mind, often times, they may NOT turn out the way you expect. It is easy to end up being frustrated. But when viewed with a different attitude, they could become learning experiences. Remember, in life no experience is ever a waste.

Right Breathing Ensures Positive Attitude

When your mind is calm through right breathing, you have the patience and strength to look at events and objects with a different perspective. You don't feel contracted to look at the glass as half empty, but instead feel expanded to look at the glass as half full. This is positive attitude in life.

Key 6 to Success : Clarity

When you are successful in the intellectual layer, you tend to have clarity. Looking at it the other way, when you work towards having clarity, you can operate at your highest potential, which is success.

Every moment, life demands from us a choice or decision – Should I eat this or that? Should I spend my next hour doing this or that? And so on... These require clarity of thinking, so that there are no regrets or guilt feelings later.

Right Breathing Ensures Clarity

Through right breathing, the mind calms down and works with clarity. The oxygen filled blood flows to the brain and sharpens it for its peak efficiency.

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Key 7 to Success : One Pointed focus

When you are successful in the intellectual layer, you tend to have one pointed focus. Looking at it the other way, when you work towards having more focus, you can operate at your highest potential, which is success.

One task at a time with NO distractions can double your productivity and cut your time in half to complete any project. When you are distracted, restless, or worried, you can't be effective. You run the risk of "feeling stuck" or worse still "quitting". To be productive and successful in the world you can afford neither.

Right Breathing Ensures One Pointed focus

Right breathing requires you to focus on the in-going and the out-going breath. So, your mind is not distracted with other thoughts and to-do-lists. You gain the ability to be totally focused on the task in hand.

Key 8 to Success : Good Relationships

When you are successful in the social layer, you tend to have a good relationship with everyone. Looking at it the other way, when you work towards having a good relationship with everyone, you can operate at your highest potential, which is success.

Meaningful relationships are important to consider life as a success. Having millions of dollars in bank and feeling lonely in life is by no means success.

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Right Breathing Ensures Good Relationships

Right breathing improves awareness. Improved awareness enhances relationships. Awareness of feelings, the likes and dislikes of others contributes to developing and sustaining meaningful relationships.

Key 9 to Success : Creativity

When you are successful in the spiritual layer, you tend to be creative. Creativity is connected to the Creator. Looking at it the other way, when you work towards increasing your creativity, you can operate at your highest potential, which is success.

Creativity is not just in arts, but creativity goes a long way in your success. It could be a new and efficient way of doing something or a new project idea. Being creative helps you to stand out from the crowd and is a major factor for financial success too.

Right Breathing Ensures Creativity

A calm mind is a creative mind. Since proper deep breathing makes your mind calm, and keeps it there, you are assured of enhanced creativity.

Key 10 to Success : Intuition

When you are successful in the spiritual layer, you tend to operate out of intuition. Looking at it the other way, when you work towards activating your intuition, you can operate at your highest potential, which is success.

Intuition is your inner voice that tells you the right thing to do in a situation. Top level executives make major decisions, purely based on their intuition. You can also call it your inner gut.

When you train yourself to follow your intuition, success is inevitable. The challenge is to know the difference between intuition and inner chatter.

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Right Breathing Ensures Intuition

Right breathing puts your entire focus on your breath which is happening in the present. Being in the present connects you to your intuitive self.

Conclusion

Thus, to be successful in personal and business / professional life, meaning, to operate in your highest potential and to live your best possible life, the above 10 keys contribute a lot.

Breath is life.

Practicing simple breathing even for a few minutes caters to the above 10 keys to success. Breath influences every aspect of your life.

Find a good teacher to learn more breathing techniques apart from the basic technique you are learning. Please learn them correctly. You cannot play around casually with your breath. It is very powerful.

If you need my help in learning other breathing techniques, write to Namaste@yogaforhappiness.com

Do let me know which of the 10 keys to Success was easy for you using your breath.



Good Luck!

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About Shanthi:



Shanthi Yogini is a Yoga Liberator, with a mission to promote “Spirituality through Yoga” and “Spiritual Leadership through Yoga”. She trains world-class teachers in authentic, pristine and purest form of Yoga. Her movement called “Liberate Yoga! Liberate You! Liberate the World!” emphasizes that Yoga is currently diluted and chained to mere fitness exercises and needs to be freed, if we are to break free from all limitations and live to our highest potential. She is the founder of Yoga for Happiness Academy.

Shanthi lives and teaches Yoga way of life. The teachers graduating out of the Academy are inspired to hold high ideals in their life, and have deep understanding of the fundamentals of YogaH (Yoga) and VedaH (Veda, which is the source of Yoga).

Shanthi, a former software engineer, comes from a lineage of Yoga Masters who have ALL been strict vegetarians for generations, living a Yoga way of life.

Shanthi offers training in-person, online and via digital home-study courses. She also offers short term Yoga-training (as short as one “Power Hour”) to encourage an independent and confident personal Yoga-practice for individuals.

Shanthi recommends 2- minute Yoga practices to incorporate spirituality in life. She and her daughter love to camp, trek and dance together. Shanthi is #1 international best-selling author of “*Happiness: The Key to Success - Twelve MEDITATION Steps to Uncover Your Joy, Healing and Success*”.

For a FREE download of the book, visit <https://www.HappinessTheKeytoSuccess.com>

Shanthi is also an Interactive Workshop Presenter, Art & Culture Educator, Trained Classical Dancer, Speaker, Coach, Storyteller, and Child Education Activist.

If you need any help or have any questions, feel free to contact Shanthi through email: [Namaste@ yogaforhappiness.com](mailto:Namaste@yogaforhappiness.com)

The statements or references made in this report are for educational purposes only and are not intended as medical advice. The reader is advised to consult with a medical professional prior to embarking on any medical health regimen. It is also NOT advisable to practice any breathing technique on your own without proper guidance from a qualified teacher. Yogic breathing practices are very powerful and carry the risk of creating physical and mental illness if practiced incorrectly, such as holding the breath incorrectly.

Additional Resource

The below Home Study Course by Shanthi is practical implementations of breathing with the movement.

(1) **YogaLaasyam: Yoga-Dance-Story for Mind-Body Happiness**

<http://yogaforhappiness.us/>