

Buteyko Breathing Course Success Story

This course is an absolute miracle. Very soon after I started doing one on one Skype sessions with Linda, I noticed changes in my body and immediate reducing of symptoms which progressed as the time went on.

I was chronically extremely tired all the time, had heavy chest pains from muscle contractions, couldn't take a deep breath, had hyperactive brain, erratic heartbeat and breathing patterns, irritable bowel, weak immune system, constant feeling of not having enough oxygen in my body, constant mucus production, excessive throat clearing, shortness of breath, poor concentration, itchy skin, quite severe psoriasis, heavy menstrual pains, losing too much hair, constantly gravitating toward a fearful psychological state and an overflow of negative thoughts. I also felt dizzy and extremely exhausted very quickly after a more stressful period at work or because of a flu.

All of these symptoms have lessened by 80% and I believe that with regular exercises they will reduce even more. I wasn't familiar with the term hyperventilation until I signed up for a Buteyko course. Now I know this is what was causing all of my symptoms. With Linda's help I now understand why I was suffering, how did it happen and what to keep doing to end this vicious cycle of stress, bad social conditioning, bad personal choices and extremely bad quality of life. Soon after the beginning of the course I started noticing how I can see things better, hear better and feel better. My senses became heightened and clearer. I started feeling more and more joy because I was finally able to take a normal breath without the powerless feeling of gasping for air.

I instantly became more conscious and aware of how I am the one causing these symptoms to myself and was able to recognise that I need to take more responsibility for my life and stop giving away my power to others.

Linda pointed out to me a few things that helped me change my deep, unconscious and damaging beliefs of self-sabotage while allowing myself to believe that it's not my attitude that is negative but always the outer circumstances like my job or people around me. Even though all I learned was a few very simple breathing exercises what I received from this course was a miracle that I was looking for decades. You need to be happy first, relaxed first and in alignment with the abundance first to attract the achievement of your big goals in your reality. I know now that I am in control and I create my fate, with my choices, every day. Breathe properly first, take ownership for your inner world first, then everything else.

At first, I pushed myself too much as well but I soon realized that I need to take more time with things, with processing and releasing old emotional traumas which come as a natural consequence of these exercises. I had a very difficult and traumatic childhood and I am letting it go very slowly. Everyone is different and needs to listen to their own body and capabilities. Overall, I feel great because this course radically changed my life for the better.

Thank you, Linda. Highly recommend!

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