

Your Facilitator:



Rusty Barrier, Ph.D.

Rusty is a Psychotherapist, Hypnotherapist, Traditional Naturopathic Practitioner, Reiki Master, Ordained Interfaith Minister and Certified Transformational Facilitator. He blends his deep understanding of the Principles of Oneness with an easy-going and grounded wisdom that activates and enhances the innate, inner knowledge of everyone with whom he works.

He has presented *Daleth Breathwork* seminars to various conferences including the Aids, Medicine, & Miracles Conference, the International Conference for Attitudinal Healing and the AMTA National Education Conference.

Currently Rusty resides in Plano, Texas with his Twin Flame Dr. Tricia Seymour.

What People Say:

This is one of the most extraordinary experiences I have ever encountered. I now feel balanced, relaxed, capable and confident, healed and forgiven, attuned and at peace with both my inner self and the outside world.

Ed Mayhew, Founder
Foundation for Alternative Care & Treatment

I found the experience to be very rewarding. I came away feeling "lighter" and positive about the experience.

Kelly J. Peters *Dermascope Magazine*

My life has become more joyous, effective and well, just FUN!

Flicka Rahn
Opera Singer

*The results for me personally were an ability to go so deep within that I finally got the quiet space where I was in touch with my inner guides and tapped into the river of knowledge. I was in such a state of bliss, **I absolutely didn't want it to end.***

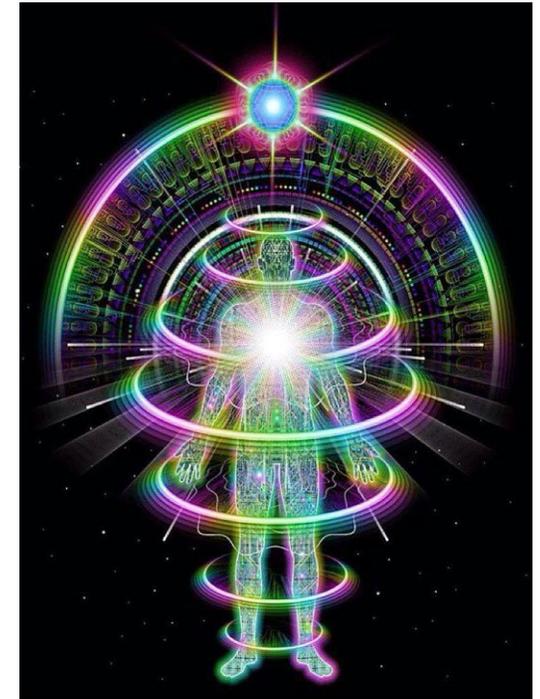
Diana Petoskey
Nutritional Expert

I released so much trapped stress and emotion in just one breath session, that my psychiatrist no longer felt it was necessary for me to be on Prozac.

Nan Murray
Author

Daleth Breathwork works by itself and/or in conjunction with other therapies.

Daleth *Breathwork*



**A Tool
for
Personal Mastery**

The Benefits...

- awakens your potential
- allows you to experience greater joy
- reconnect you to your Divine Self
- improves circulation
- allows you to access more energy
- deepens relaxation
- resolves stress & anxiety
- strengthens your immune system
- clears emotional & energetic blocks
- resolves body memories
- helps you to gain clarity of purpose
- alleviates worry
- integrates mind, body, & spirit

Daleth Breathwork...

Daleth Breathwork is designed to assist the participant in gaining a greater sense of health, well-being and balance in an ever changing world.

According to Dr. Alfred Coodley of the University of Southern California Medical School, "Stress is a major contributing factor in 100% of all disease". In our culture, 90% of the population have a restricted breathing pattern, causing them to remain in a state of fight or flight, and creating chronic tension in their body.

Daleth Breathwork is a self-empowerment tool designed to give the participant the ability to reclaim mastery over their life by opening the inner doorways to the innate wisdom of their own body and Soul. This dynamic tool is for everyone who wants to quickly and efficiently transform old, nonproductive habits and thoughts patterns into a life of freedom and joy.

The continued use of *Daleth Breathwork* leads to an increased sense of peace and happiness in life. It truly facilitates the awakening of the Divine Human within.

Breath is the bridge which connects life to consciousness, which unites your body to your thoughts

Thich Nhat Hahn

Who it Works for:

- Executives •
- Artists • Actors •
- Doctors • Nurses •
- Students • Athletes •
- Couples • Individuals •
- Massage Therapists •
- Personal Trainers •
- Psychotherapists •
- Chiropractors •

The breath is the gateway between the visible and invisible worlds

Babaji

For information and/or
appointment call:

Rusty Barrier, Ph.D.

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