

Emotional & Spiritual Transformation Resources

A collection of videos, podcasts, books, and a breathwork playlist to support your journey.

Dive in!

LECTURES, QUICK RESETS & TALKS

 [Daniel Schmachtenberger – Emergence](#)

 [Alan Watkins – Being Brilliant Part 1](#)

 [Alan Watkins – Being Brilliant Part 2](#)

 [Polyvagal Reset](#)

 [Vagus Nerve - 10 Min Reset](#)

 [5 Minute+ Guided Breathwork Channel](#)

 [Gentle Breathing - 10 Min Technique](#)

 [Change Your Breath, Change Your Life – Lucas Rockwood](#)

 [Wayne Dyer - Change your Thoughts](#)

 [The Fundamentals of Alchemy](#)

 [Brené Brown – The Power of Vulnerability](#)

PODCASTS

 [Huberman Lab – Breath](#)

 [Zach Bush & Blu – Co-Creation](#)

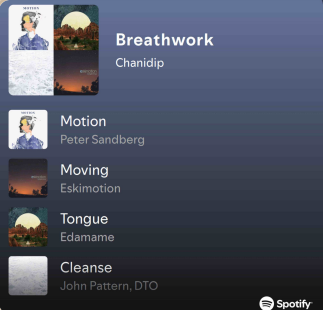
 [Gabor Maté – Childhood](#)

 [Dopamine Discussion](#)

 [Nassim Hamein & Vishen – Physics & Spirituality](#)

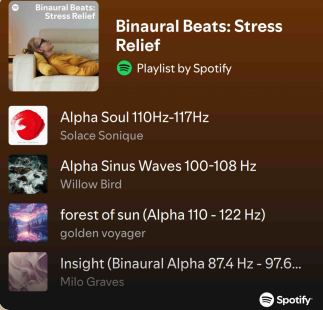
 [Huberman Lab - Control your Vegus Nerve](#)

BREATHWORK PLAYLIST



 Spotify
Breathwork
Playlist · Chanidip · 31 items





 Spotify
Binaural Beats: Stress Relief
Playlist · Spotify · 150 items · 286.4K saves



RECOMMENDED BOOKS

Waking the Tiger Peter Levine	Why Zebras Don't Get Ulcers Robert Sapolsky	The Power of Now Eckhart Tolle
Breath James Nestor	No Bad Parts Richard Schwartz	The Body Keeps the Score Bessel A. Van der Kolk
Breaking the Habit of Being Yourself Joe Dispenza	The Alchemist Paulo Cohello	The Four Agreements Don Miguel Ruiz
The Magic of Surrender Kute Blackson	Becoming Supernatural Joe Dispenza	The Untethered Soul Michael A. Singer
Frequency Penny Pierce	The Emotion Code Bradley Nelson & Tony Robbins	A Course in Miracles Marianne Williamson
The Game of Life & How to Play It Florence Scoval Shinn	The Autobiography of a Yogi By Paramahansa Yogananda	The Kybalion Three Initiates
No Bad Parts Richard Schwartz	Tao Te Ching Lao Tzu	The Myth of Normal Gabor Maté