

解放的人生：爱元气呼吸法

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FOREWORD

I had spent close to 30 years sharing my own brand of breathwork and had already authored another book in 2012 but never once did I mention breathing or breathwork in that book.

I noticed a gap between what people could read about my work and what I was actively doing out in public. People were asking when I was going to write a book about breathwork. I decided it was time. I spent a week in Puerto Rico writing everything I could think of about Effji Breathwork.

Later I felt there seemed to be something missing. I realized that to really fully explain the process of the breath work, I needed some way to talk more deeply about the nature of trauma and conditioning and its effect on our well being, especially our psychology.

I needed to fully explain the pervasive power that trauma can have on our lives as well as the negative conditioning that leads us away from peace and prosperity for ourselves and those around us.

I try to cover some very important topics that I felt were not covered enough, namely the importance of not just understanding trauma and healing trauma but working through resistance to change and the role that Effji Breath plays in that process. This book isn't only about releasing trauma but providing an opportunity for the process of confronting resistance and healing to in-and-of itself be an empowering experience.

As I started to write about the process itself it became obvious that so much of how I arrived at my method didn't just come from working with people, it was working with my own

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近 30 年来，我一直都在传播爱元气呼吸法（Effji Breathwork），然而 2012 年撰写的另一本书里并未涉及呼吸或呼吸法。

我发现自己虽然做了大量的个体以及团体临床实践工作，但人们却对此知之甚少。经常有人问我什么时候写一本关于呼吸的书，现在是时候了。我在波多黎各待了一个星期，写下了能想到的关于爱元气呼吸法的一切。

但是后来我感觉好像少了什么东西。我意识到，要想充分、透彻地解释呼吸工作的过程，还需要一些内容来更深入地探讨创伤和条件反射的本质，及其对我们的幸福，特别是心理层面的影响。

我需要充分解释创伤可能对我们的生活所产生的普遍影响，以及不良的条件反射导致我们和身边的人无法获得平静和幸福。

我试图涵盖一些非常重要但之前阐释不足的话题，比如不仅要了解创伤和疗愈创伤，而且要克服内在对于改变的阻力，以及解释爱元气呼吸法在这一过程中发挥的作用。这本书不仅仅是关于释放创伤，还为直面阻力和进行疗愈提供机会，让这些内在历程（process）本身成为强大的体验。

当我开始着手书写内在历程这部分的时候，愈发清晰地感觉到，如今这套呼吸法的形成，不仅源于我与他人互动的经验，

history.

Thus, this book is a combination of telling some of my story, explaining the process of healing trauma and finally sharing what my technique, Effiji Breathwork is about.

What I didn't include in that book was my relationship, my deep and unabiding relationship to Chinese Internal Martial Arts, Taoism and my eventual love affair with China itself.

It therefore is really a fascinating synchronicity that this book is in your hands. Never could I have imagined that the place that brought so much healing to me would eventually publish my work. It was neither through the Effiji world nor through my work or my study of Internal Martial Arts that I met Luna Yue Ren who introduced my work in China. YuanFen.

I began to study internal martial arts, specifically Tai Chi, with my teacher in San Francisco, George Xu (Gu Ming) in 1999. I spent a lot of time diligently studying with George, living in his home, and meeting many masters who came over from China. When he finally held a training camp in 2014 with many masters from all over China I went and had a life changing experience. It was a feeling of coming home. I went back to study every three months for five years immersing myself.

The last trip to China just before the pandemic culminated in me writing this book. This is not a coincidence how much my time in China influenced the way I look at my work and here we are, you, mandarin speakers in China reading this book. Yuanfen.

I hope you gain great insight and benefit and perhaps we will meet in person in the future.

Elijah Nisenboim

也来自于我自己的人生经历。

因此这本书涵盖了我自己的一些故事，解释了疗愈创伤的内在历程，最后介绍我创立的爱元气呼吸疗法。

我在之前写的书中未曾提及我与中国的内家武术（Chinese Internal Martial Arts）以及道家传统之间 20 多年的关系，还有我与中国的情缘。

可以说，您现在手中的这本书是一种迷人的巧合。我此前从未想过，中国，这个给我带来如此多治愈的国家最终会出版我的作品。因为与任月博士的相遇，她于 2022 年开始在中国宣传我的呼吸法，不能不说是神奇的缘分啊！

1999 年，我在旧金山跟随乔治·徐（徐谷鸣）老师学习内家武术，特别是太极。我住在老师家里，拜见了来自中国的大师，勤学苦练功夫。2014 年，乔治老师与来自中国各地的许多大师一起举办训练营，我也参加了，获得了回家般的归属感，这次经历改变了我的人生。之后的五年里，每三个月我都会回中国来学习一段时间，并沉浸其中。

2019 年，最后一次中国之行促使我写下了这本书。在中国的经历对我有着深远的影响，而你们——中国读者们正在读这本书，这一定是上天注定的缘分。

希望你们读完此书能有所收获，期待我们在未来有机会见面。

伊利亚·尼森波姆

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