### Research-Driven Critique Essay

**Choose 2 readings from the link provided and complete the outline: for PARTS 2 & 3, please following the guidelines:**

[BEST SELF - Holistic Health & Conscious Living (bestselfmedia.com)](https://bestselfmedia.com/)

**PART 1 – PROVIDE THE LINK FOR THE SOURCE YOU CHOOSE**

**Argument Sources**

* **https://bestselfmedia.com/breath-prayer/**

**Narrative Sources**

* **https://bestselfmedia.com/becoming/**

**PART 2 – WRITE A SUMMARY (8 TO 10 LINES)**

**One paragraph (ARGUMENT) - ANSWERS TO AN ISSUE SUPPORTED BY EVIDENCE**

**Breath prayers is combined of two powerful practices breathing and prayer, therefore it is considered as one of the most constructive methods to calm anxiety. Numerous studies have proven breath praying practice as a tool for relieving anxiety, depression, insomnia and so on as it helped in reducing stress and assisting in pain management. The first powerful practice “breathing” is a direct connecter of our parasympathetic nervous system. Therefore, it is also called bridge between brain and the body (Tucker, 2023). Similarly, prayer is also an equally important practice. In breath praying technique, prayers expose our feelings to the god. As breathing is the bridge between brain and body, prayer is a bridge from our heart to the god’s heart. Moreover, if breathing can help us to realign our nervous system, prayer can realign our soul. Therefore, when breathwork is combined with prayer, it serves as a powerful tool to harmonize the brain, body, mind and soul.**

**One paragraph (NARRATIVE) - TELLS A STORY**

**Before our feet touch the ground in the morning, most of the day there are lot of things going inside our head like a checklist: work to do whole day, organizational tasks and agendas. During this period of solitude when the world is still and peaceful, our thoughts and emotions can overwhelm and hinder our ability to act. Our mind often becomes a playground of chaotic and negative thinking. We should never let the chaos of the mind take over our thoughts. Self-awareness is our job (Noel,2023). The chaotic cycle challenges the notion of our value and fulfillment in our lives. If we acknowledge this pattern, we can break the cycle of perpetuating pain and instead promote healing and understanding inside us. We should reflect on our journey of becoming our best self and encourage a sense to diminish the negativity. The more we embrace our personal growth, the more transformative power evolves inside us.**

**PART 3 – WRITE STRENGTHS AND FLAWS (6 TO 8 LINES)**

**Argument STRENGTHS (positive points)**

**According to Tucker (2023), one of the earliest known breath prayers prayed by these early Christians, is known as “The Jesus Prayer” and is based on Luke 18:13: “Lord Jesus Christ, have mercy on me. (p.6)” The statement gives a clear understanding of the Christians culture prayers supported by the reference that can be found on p.18 of Pray like you Breathe, by Houston Heflin. Another strong argument is “Breathing is often called the bridge between the brain and the body.” It provides its supporting details with strong clarification as the author writes, “Breathing gives us a direct connection to the vagus nerve in our parasympathetic nervous system — the system that regulates our stress response.”**

**Argument FLAWS (negative points)**

**Tucker (2023) states, “Christian breath prayers have been around for centuries, but they aren’t common in a lot of faith communities”. This is an example of hasty generalization, while the sentence continues, the author assumes that the readers may be leery of breathing techniques based on the reader’s background. Another flaw argument is “Prayer gives us a direct connection to God. Breathing may be a bridge between the brain and the body, but prayer is a bridge from our heart to His.” This statement can be defined as false analogy as the statement compares prayer to breathing and asserts the prayer like a spiritual breath.**

**Narrative STRENGTHS**

**Noel (2023) in the p.1 of “BECOMING: Beyond Achieving, Acquiring, Doing…Who Are You Becoming?” narrates the common and relatable description of the morning mental state. It provides a common experiences of many individuals, which taps into a narrative strength. The author paints a picture of the chaotic thoughts and limited thinking that can flood the mind early in the morning, this captures a common experience that many can relate to. Moreover, there is another narrative strength in p.15, where author states “Healing our wounds heals the world, truly.” The narrative strength in this statement lies in its empowering and transformative message about personal healing because it emphasizes the transformative power of self-healing.**

**Narrative FLAWS**

**In p.11 of the article the author oversimplifies the complexities of life and prioritizes personal growth above all other responsibilities and obligations. The flaw lies in the assumption that "who you are becoming and evolving into" is the single most important aspect of life. While personal growth is significant, it is just one component among many that contributes to a well-rounded and fulfilling life. Another same time of narrative flaw can be found in p.16 where author defines personal growth as a quick straightforward process that can be accomplished with a simple morning routine or a single small action. This creates unrealistic expectations for individuals who are genuinely committed to personal growth.**

**PART 4 – REFERENCES**

**ARGUMENT**

**Tucker, J. (2023). Breath Prayer: An Ancient Practice to Calm Anxiety and Strengthen Your Faith.**

**NARRATIVE**

**Noel, K. (2023). BECOMING: Beyond Achieving, Acquiring, Doing…Who Are You Becoming?**