

Jake Paul's Breathwork Coach Shares the Practice He's Using to Win!

Los Angeles, California Nov 23, 2021 ([Issuewire.com](https://www.issuewire.com)) - YouTube sensation-turned professional boxer Jake Paul is taking the boxing scene by storm, now 4-0 in fights and surprising even his biggest critics with his unwavering commitment to elevating his game. Unapologetically candid about his controversial background, Jake has embraced his transition from party boy, prank-inspired YouTube content to that of a professional boxer on the cusp of greatness. Working hard to be taken seriously as a revered boxer, he's proving his dedication to the sport by focusing not only on his physical strength – but his mental fortitude as well.

Jake Paul entered the boxing scene as part of an amateur YouTube match-up of dueling brothers, fighting fellow YouTuber Deji Olatunji as the undercard match – with the headline fight being his older brother Logan taking on Olatunji's older brother KSI. Jake won with a fifth-round TKO. He's been unstoppable ever since, adding more wins to his resume against a former NBA player, a former UFC MMA star, and a former UFC welterweight champion.

In addition to his rigorous physical fitness regimen, Jake has adopted an effective ancient breathing technique to strengthen his mental game. With the help of Owaken Breathwork Founder Lukis Mac, Jake has leveraged the art of breathwork to optimize his performance and recovery for every fight. As part of his training team, Lukis has implemented “rituals” that he and Jake complete as part of every fight camp. In the weeks prior to a fight, Lukis coaches Jake daily with mental rehearsal using Owaken Breathwork, encouraging Jake to engage his subconscious mind and focus on the upcoming win. The night prior to a fight, a group ritual is performed with everyone on Jake's team entering the empty stadium and gathering around the ring where Jake will fight the next day. With only Jake and Lukis in the ring, they work through a sequence of Owaken Breathwork, meditation, and visualizing Jake performing his best. He focuses on seeing, believing, and achieving the victory — with the ritual mentally and emotionally preparing the entire team for what they collectively believe is about to happen.

“I've manifested pretty much everything I have. I've set goals, envisioned it, and played it thousands of times over and over in my head,” said Jake. “Mentally, if you can connect your brainwaves to envisioning the fight, seeing the victory, seeing the exact knockout, and knowing exactly how you're going to perform — and you do that every single day, your brain is ready for fight night. You already know what's going to happen, and reality just has to catch up.”

While many of Lukis' clients are striving to alleviate anxiety, stress, or recover from traumas using breathwork, Jake leverages the technique as a high-performing athlete to gain access to more natural energy, envision his success, and remain calm in high-pressure situations.

“Jake is an incredibly hard-working individual who has his eye on the prize,” said Lukis. “He embodies the commitment, hard work, and perseverance required of a career in a physically and mentally-demanding profession such as boxing. He pushes his limits on a daily basis, and now has the mental fortitude to accomplish anything he sets his mind to.”

Lukis is the co-owner of Owaken Breathwork along with Hellè Weston, and together they’ve elevated awareness of breathwork to a global level, hosting experiential events that help people unlock suppressed emotions, traumas, and energy so they can heal and reclaim their lives. They founded their business after personally experiencing the dramatic benefits of breathwork, having conquered their own fears and goals through the ancient healing practice. Today, they share their powerful understanding of breathwork with the world, helping individuals balance their mind, body, and soul.

Additional information about Owaken Breathwork can be found online, at <https://owaken.com>.

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