

# Who is controlling Your mind ?



**Not you**

You watch helplessly  
as your mind wanders into past and future  
like a restless monkey.

**You can tame your mind  
into your obedient partner, with this incredibly easy and proven  
' *Beginners' method* '.**

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Many readers of this article are benefiting in Mind and Body using this proven method.  
**You too can try it - from TODAY.**

Suryanarayana Rao Chennapragada (e-mail:csrao1003@gmail.com)  
This article written in 2002 was the parent that gave birth to this method.  
Subsequent modifications to the method and the latest feedback from the  
practitioners including children is in the web site [www.countingbreaths.com](http://www.countingbreaths.com)

## **Many readers of this article have reported these benefits**

### **normal people**

- ◆ get sound sleep very easily and feel more freshness on waking up
- ◆ reduce mental tension drastically
- ◆ improve mental concentration
- ◆ gain full control over anger leading to better relationships
- ◆ develop patience in dealing with difficult people and situations
- ◆ reduce tiredness at the end of a busy day
- ◆ enhance self- confidence
- ◆ reduce postponing tendency
- ◆ make face bright and glowing, reflecting inner health

### **people with problems**

- ◆ reduce High Blood Pressure
- ◆ cure migraine headache as well as common headache
- ◆ gradually reduce the smoking addiction
- ◆ reduce stammering
- ◆ reduce nervous shaking of hands

**and more benefits as the practice continues. (page 20-21)**

## **Very easy to practice!**

- ◆ No need to allot time
- ◆ No need for belief in any religion, higher power or person
- ◆ No need for a particular time
- ◆ No need for any place or posture
- ◆ No need for training or guidance

Read this article in a few minutes and start practicing.

**You can practice this method even while doing your work  
at office or home.**

The dream of any beginner!

You will taste the effects in 7-10 days.

It will become your life long relaxing method.

**Photographic proof of your improvement:** Take a close up photo of your face when you start this method and again after 3 months of frequent practice. Your face will look more bright and healthy.

## The easy 'Beginner's method' at a glance



Your mind often wanders away from what you are seeing, hearing or doing at any moment, getting very busy with unconnected thoughts. Such uncontrolled chains of thoughts cause mental irritation, chronic stress, high blood pressure etc., reducing your performance. Here is the powerful "Beginner's Method" to gradually reduce the wandering of your mind and give you the benefits mentioned.

### The 'method' in brief

(\*) You can see the detailed method on page 9.

- 1. Your breath process goes on all the time but you do not notice it.**
- 2. Every time a breath goes in, faint coolness occurs inside your nose.**
- 3. During the in-breaths focus your mind repeatedly on the faint coolness inside the nose.** (Let the breaths go in and out naturally – slow, fast, shallow or deep. Do not try to change their pattern.)
- 4. During the out-breaths, count silently and slowly -**  
First out-breath: Count 'one, one... ' so on.  
Second : 'two, two ...'  
Third : 'three, three..'
- 5. Thus your Mind is fully engaged in 'Feeling your Breath'.**  
First In-breath: Just feel the coolness inside the nose  
Out-breath: Count 'one, one ...' so on till it ends  
  
Second In-breath: Feel the coolness  
Out-breath: Count 'two, two ...' so on till it ends  
  
Continue this process of feeling coolness and counting upwards.  
  
*(Do not confuse this with "Pranayama" taught in yoga – they are different practices. See page 10)*
- 6. After counting some breaths, your mind wanders and you will totally forget about the breaths. Whenever you realize this, start again from the first count.** (Do not worry about how far you count)  
Repeat step 5.

## When to practice?

- Initially, practice counting the breaths for a few minutes when waiting for sleep lying in bed. You will get sound sleep very quickly. Try also when you wake up but still lying in bed for some time.
- When you develop this habit of feeling the coolness of in-breaths and counting during the the out-breaths over 1-2 months, you may if you feel like, decide to stop counting and just feel the coolness of in-breaths.
- Feel the coolness off and on throughout the day, for a minute or two, at home, office, when walking, traveling, waiting anywhere, listening to anybody, watching TV ...so on.
- Does not matter if you forget about the breaths, on some days, or even for some weeks. Start again happily when you remember about the coolness.

## Enjoy a better life

After a few months of frequent practice, your mind wanders much less. It feels coolness of breath on it's own when idle, relaxing you during your work. At the same time, positive thoughts will be dominating in your mind, leading to better actions and achievements. You can achieve and maintain this happy condition throughout your life on your own strength!

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## 1. Problem of your wandering mind

Wandering of mind is a well known universal problem accepted as inevitable.

Let us explore this mental handicap in depth.

You take *your scooter or car* from your house to your place of work, park it, do your job, pick up the vehicle from the parking and return home. The vehicles obey you fully. So you can call them your own.

Now take the case of *your mind*. Carry out the following experiment without reading further.

Close your eyes and think of your favorite object - say a rose.  
Tell your mind to continuously think how a rose looks and smells,  
not diverting even for a second.



What happened?

*Your mind did not bother to obey your specific instruction* of thinking only about the rose and ran away in a few seconds. It happily got busy with some old thoughts not even remotely related to a rose.

May be it wanted to enjoy the memory of some past pleasant experience or feel bad about some miserable experience. May be to enjoy or worry about some good or bad thing that may or may not happen in future. When you notice that it has run away, you seriously instruct it this time, to concentrate on the rose and not go anywhere else. Again it runs away in a few seconds as though it never heard you.

You can go on trying but you do not succeed. Finally you get frustrated and give up. You feel that your mind can not be controlled. This has been the feeling of people everywhere for thousands of years.

***It is obvious that your mind does not care for you most of the time, even when you give clear and serious instructions. It goes wherever it likes, whenever it likes. You have got so much used to this bad habit of your mind that you no longer feel odd about it.***

*This being the case can you call your mind "yours" in the sense of your car or scooter?*

*If you are not in control of your mind who is controlling it? Some unknown spirit?*

## **2.What are you losing due to wandering of your mind ?**

Let us see the losses you are incurring and the opportunities you are missing.

### **Loss of efficiency, quality and time**

The abnormal effect of wandering of your mind away from your present activity as seen in the rose example, can be better appreciated when you apply the concept to a real life activity.

Imagine you are driving towards your office and at some point, you suddenly find your vehicle placed on the road towards airport - like in a magic show. When you realize this mischief, you redirect it towards office. After some time, the vehicle is again on the road towards airport or may be some other road.



In this erratic fashion, when will you reach your office? After a long time, or may be never. Instead, if your vehicle strictly follows your intention, you would reach your office on time.

*Similarly if your mind stops wandering, you can read a book faster, understand better and remember better. You can do any task more efficiently with better quality and in less time. **Your life will become more productive.***

## Mind over Body

The effect of mind on body is accepted by the medical profession. They agree that many problems of body have their origin in mind. The mental stress, beliefs, habits of feeling and reacting of a person, have a direct impact on healthy functioning of the organs and systems of body.

A person lying on two supports - one below the shoulders and another below the legs can support another person standing on his stomach, as his (\*) body becomes stiff like a beam due to the suggestion made by the hypnotist. This has been publicly demonstrated and recorded by scientists. Hypnotism is used as anesthesia in some surgical procedures.

Scientific studies have shown the remarkable *effects of meditation on body*. Extensive research has been done in this field named "Mind Body medicine". A recent book mentions that presently 19 % of US population ( 50 million) engage in meditation.

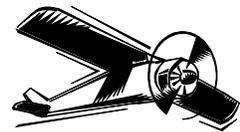
(\*) Only one gender is used in this article instead of both genders for easy reading.

Many studies have established beyond doubt, the great power of mind over functions of body and health of organs. If we can control our minds even partially, we can get partial to total relief from *some diseases* or physical discomforts as mentioned in the second page.



## Converting dreams into reality

The visionaries and dreamers throughout history, utilized the power of their minds to convert their dreams into reality. The Wright brothers dreamt of a machine which could fly in the sky like a bird. The power of their obsessed minds was constantly guiding their thoughts and actions towards ultimate success. One day they saw their dream fulfilled.



*When you reach a high degree of concentration of mind without being repeatedly pulled down by counter thoughts, you develop higher capabilities in thought and action that are not normally available to you. You also get unsolicited external help. These help you get rid of your false mindset and convert your dreams into reality.*

## **Irrational feelings and habits**

If your mind comes under control, you can overcome fears like fear of public speaking and fear of heights; baseless dislike of some people, allergies, addictions, odd mannerisms, compulsive behavior, dogmatism and similar handicaps.

### **3. Can I gain control of my erratic mind ?**

Yes - there are proven processes for this. Thinkers world over realised this problem thousands of years back and devised different processes to train the "wild monkey natured mind" into an obedient one.

These physical and mental processes are well documented and can help in training your mind to obey your instructions.

### **4. Why are most people not using the proven processes ?**

The current generation of children and adults are victims of ceaseless bombardment by mass media, overcrowding and intense competition. These are causing high levels of mental stress and killer diseases like high blood pressure and heart problems. We badly need to protect our minds and bodies from premature diseases and deaths. But 90 % of the population do not even attempt any of the well known processes which are scientifically proven to eliminate mental stress by controlling the mind. Let us see the factors hampering the practice of such processes by the common man.

#### **Lack of awareness**

We wrongly believe that it is natural for our minds to wander and that gaining control over mind is impossible. The consequent losses are treated as unavoidable for human beings. If all people in a city have only one eye and never saw a man with two eyes, they feel it is natural and live with the handicap.

Next, there is no awareness in parents, elders, and teachers who shape the minds of children that this problem can be overcome using proven methods which common people like us can practice. The above situation continues because these processes are not tailored to suit the beginners. Their benefits are also not publicized in a manner appealing to beginners.

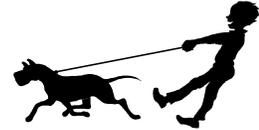
#### **Elaborate instructions**

The few people who come to know and want to try these processes, do not even attempt them as the latter prescribe elaborate and rigid instructions. For example- sit with your back straight, sit in a quiet place, sit for minimum 20 minutes, do every day, do early morning between 5 and 6 o'clock and in the evening between 6 and 7 o'clock, do on empty stomach and so on.

These instructions were devised by experts for getting best results in a given time. But beginners are absolutely not inclined to take all these troubles. They do not even try these processes a few times so as to taste some benefit and get convinced about their practicality and usefulness.

### Goat minus mentality

A goat held by a rope would graze in a circle whose size depends on the length of the rope. Longer the rope, larger the circle of land in which it grazes. Similarly a person also accepts the mental and physical freedom he feels he has been given.



In this sense man is like a goat. But man is superior to goat in the scale of evolution. Does he behave in a superior manner ?

The goat runs away and enjoys full freedom, soon after realizing the rope is missing. But a man, even after finding the rope missing, would continue to confine himself strictly to the same circle as though an invisible rope is still around his neck. If you wonder and ask him why he is not using the freedom now available to him, he would reply that "they" might have forgotten and would anyway find out and tie him up. So what is the point in running away !

*In other words, a human being gets mentally conditioned by the circumstances in which he has been living, even though he may be suffering badly. He does not realize that he has the power to choose his thoughts, feelings and reactions at every moment. Even on the occasions he is aware, he surrenders meekly to the inner tendencies that make him think and behave in the same set fashion like a Robot. **In respect of grabbing opportunities readily available to him, he is worse than a goat - "goat minus" !***

### Great internal resistance

A person gets addicted to his way of feeling, thinking and behaving, like addiction to smoking or drinking. He feels great internal resistance even to his own determined efforts towards changing them, though he is convinced his life would thereby become better. Either a serious crisis in his life or an appealing and inescapable external influence only, can pull him out of his mental addictions.

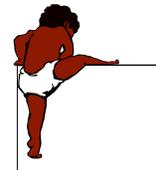
Any conventional process that we like to try for changing our habitual ways of feeling, thinking and behaving, will be sabotaged by our minds, by creating excuses for not following the prescribed rigid instructions. The process is dodged conveniently. The

reason is that the promised benefits from the new habit which are yet to be tasted, have no attraction for us. Even when we plan to change our entrenched habits, our minds instantly feel strong discomfort and persistently sabotage such plans.

It is like telling a person who has never tasted honey that the amber colored liquid called honey being shown to him will give a pleasant sweet taste, if tasted under specific conditions. As he is unable to comfortably fulfil the conditions prescribed, the person does not put even one drop of honey into his mouth and enjoy its taste. How will he then get convinced and take a spoon of honey daily to enjoy its sweetness and benefits?

## **5. How can a beginner try an established process ?**

It is now clear that a beginner can not even try an established process. He definitely needs an easy-to-do "beginner's method" to free his conditioned mind and gain some control over it. Only then he can start trying an established process.



The proposed 'beginners' method' should prompt even the lazy and skeptical person to try. It should not give him the slightest scope for not trying. Then many people among us would try the method and get a taste of its benefits - like tasting a drop of honey.

Having tasted the benefit, the person would continue the "beginner's method" as part of his daily routine just like going to sleep or brushing teeth. He would slowly but steadily gain some mental and physical benefits. Thereafter he would not like to neglect the process and lose the pleasant comfort he has got used to.

Mastering the beginner's method lays a solid foundation. If he likes he can confidently take up practice of an established process, to get over problems of body or mind and also to convert his dreams into reality.

## **6. What is 'Beginner's Method' ?**

The method explained here is extremely easy to understand and easy to practice for a beginner.



*It does not require any allotment of time, initiative, physical effort, belief in anybody or a higher power. It can be tried according to your whims and fancies. Thus it does not pose any hurdles for a beginner. Even when you try in this unconventionally free style you will get surprising benefits.*

Such a dream method is described here. It is so simple and easy that 90 % of the population including children can use it comfortably to gain control over their minds.

## Feeling ingoing breaths

*The secret of this easy method is – you should mentally feel the slight coolness inside the nose whenever breath is going in. It's principle is to repeatedly and tirelessly focus your usually wandering mind, on the feeling of coolness inside the nose that is always available to you. As simple as this.*

An average person breaths 16 times per minute. It means  $16 \times 60 \times 16 = 15,360$  breaths during the wakeful period of 16 hours in a day. You have great number of opportunities before you, all the time.

*Whenever air is entering your lungs, you can easily feel a slight coolness inside your nose. When air goes out, you hardly feel any sensation.*

Try to feel several ingoing breaths right now.

Have you tried ?

If you could not feel the slight coolness when breath is going in, try this time with your eyes closed. You can definitely feel slight coolness every time air is entering your nose. Try many times with eyes closed till you feel it easily. Then feel the coolness with open eyes several times.

When you easily feel the coolness with open eyes, read further. Till that time continue to experiment as explained above.

### **Do not confuse this process with controlled breathing in yoga**

In this method, you should not make any effort to change the way breathing is going on. Do not try to lengthen, shorten or retain it. Just accept quietly whatever way breath is going in and out. Be like an audience passively watching a movie without reacting to it.

The effectiveness of this method is not dependent on the oxygen you breath in or the quality of air you breath in. It is a simple mental process which gives a soothing effect to your mind and relaxation to your body.

## Counting Breaths

Now that you are able to feel the coolness of ingoing air, let us go to the next step.

When the air goes out of your nose during the first out-breath, count 'one, one ... so on till its end. During the second out-breath, count 'two, two ....so on' till its end. During the third out-breath, count 'three, three.... so on' till its end.

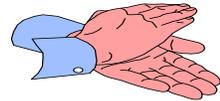
Continue to count every time breath goes out as described above.

Feel the coolness of a few of your in-breaths and count during the out-breaths without reading further.

How many breaths could you count before getting a break in counting?

You might have counted up to say 8, 15, 36 or so. After reaching some number, your mind abandoned breath feeling and counting and jumped to some random thoughts, having no relation to breathing, coolness or counting!

Such breaks in breath feeling happen to everybody.  
Don't get discouraged. On the other hand ***congratulate yourself.***



You have just tasted a powerful process. It will help you enjoy your life which is bound to have fluctuating pleasures and pains.

***Patiently and smilingly start again feeling the coolness and counting from 'one, one ... so on ' during the out-breaths.***

Feel and count your breaths again now without reading further.

What number could you reach ?

Again your mind would have forgotten the breaths after some number was reached.

No problem. Start breath counting again from 'one, one ... so on ' and go on repeating this process.

***It is purely a game of patience and persistence which you will very soon master and enjoy the consequent comfort.***

You can not expect the uncontrolled wandering habit of your mind formed over many decades, to change in a few days or weeks. It will be a slow but sure process. Simply continue in spite of breaks.



After many days of breath counting efforts in this manner, you will be able to count more breaths than

you could initially. It indicates some habit formation of your mind.

Most important goal is to repeatedly focus your mind on the cool feeling of your ingoing breaths.

Do not give attach importance to number of breaths counted. Counting is only to initially help you maintain better continuity in feeling the breaths.

### **When to do breath counting?**

Now you may be thinking "When can I do breath counting ? My mind is never free for taking up this new business"

*Here are two easy ways to initiate the habit of breath counting..*



*Every day you are bound to go to sleep and wake up from sleep.*

*You can practice breath feeling and counting when you are comfortably relaxing in bed just waiting for sleep and your mind is wandering as usual. Do it when your sleep is disturbed for some reason and you want to fall asleep.*

*You can also do it when you wake up from sleep but are still lying in bed, again with a wandering mind.*

*Any one or more of the above three times convenient to you, is enough to make a beginning.*

*Even lazy people can develop the habit using these easy opportunities .*

### **How long should I do it ?**

No guidelines are given. Like most beginners, you may use them as convenient excuses and avoid even trying the process.

You can do breath counting for a little time or a long time. Do not worry or blame yourself if you miss the practice some days or even weeks. Missing frequently is natural to this process, more so in the early stages.

Duration of practice hardly matters. Be happy if you do it for only a few times before falling asleep or a few times on waking up. ***Pat yourself for even little advances in practice.*** As a beginner's strategy, what is most valuable is your interest in working on yourself at your own pace. You are not to please anybody.

## **What is the next step after regular breath counting ?**

You have developed some interest in this process. Good. Here is the reward.

When you feel happy with developing the habit of breath feeling and counting, ***you may stop counting if you like !***

***Simply feel the coolness of ingoing breaths, as many times as you can when waiting for sleep or on waking up. You will surely taste the amazing effect of breath feeling. You may never have experienced such mental comfort so easily.***

## **7. How to progress further ?**

You now have an excellent opportunity for injecting the "coolness of breath feeling" into most of your daily activities and situations, having tasted the comfort it gives you.



***Whenever you remember the comfort from this process, enjoy the coolness of ingoing breaths - any time of day or night. Count during the out-breaths if you feel like.***

***You can enjoy the comfort of breath feeling in any posture or during any activity.***

*Some ideas -*

***Waiting for sleep***

***Brushing teeth***

***Bathing***

***Combing hair***

***Doing household work***

***Smoking***

***Drinking***

***Eating***

***Reading***

***Playing games***

***After returning from work***

***When you want relaxation***

***About to get angry or depressed***

***Lying lazily in bed on waking up***

***Feeling frustrated or tense***

***Feeling impatient or angry***

***Feeling tired or troubled***

***Not getting sleep after it breaks***

***Listening to people***

***Standing in a queue***

***Listening on telephone***

***Watching TV***

***Travelling in bus, car or plane***

***Whenever idle or bored***

***During hard or difficult work***



## **Best opportunities for developing the habit**

*Walking at any place any time*

*Listening to anybody any time*

*During meetings or gatherings*

Use the idle moments in many activities during which your mind wanders. For example: waiting for the desired computer screen to appear, waiting on telephone for the other person to respond and so on – feel your breath a few times.

*Whenever your mind is idle or you feel disturbing thoughts, you can switch over to breath feeling. It will immediately comfort your mind. One beginner who experienced breath feeling for 10 minutes sitting in a chair for the first time, said “it is like fitting an air conditioner to my mind”.*

## **8. What will I gain from frequently feeling breath ?**

*See the feedback from some beginners at the end of the article. You will also see the expected benefits as you read on. Also see the extensive feedback from children to seniors, collected over the years 2003 -2006 in the web page ‘csrao1003.googlepages.com’. But why believe claims of others ?*

Try the process of breath feeling at your own pace and judge for yourself. After all you are not going to spend any extra time or effort nor disturbing your existing activities for experimenting with it.

*After some months of practicing breath feeling off and on during 16 hours of wakeful period, it becomes a natural habit. Whenever your mind becomes idle, it starts feeling breath on it's own- a great achievement!*

Your mind becomes clear and cool. Your behavior becomes open minded and smooth. You gain strength for working towards the favorite goals that you have been postponing.



Whatever is achieved quickly disappears quickly. ***Be slow in progressing. Let the process and its effects seep into your cells.*** Then you will never slide back to old tense condition but will only move forward in the new direction of owning a cool and efficient mind.

***For a normal person, simply feeling breath during daily activities has a magical soothing effect on his mind without spending extra time or effort. He has to just keep the practice going on, taking the breaks as natural to the process.***

This method gives pleasant comfort and relaxation to your mind and body. With a relaxed mind and body you are protected from negative thoughts. Your mind starts attracting positive thoughts which lead to positive achievements.

When you reach the remarkable stage of your mind feeling the breath by itself during daily activities, you may feel an urge to learn one of the established processes, for controlling and using your mind as you feel like, depending on your religious or spiritual inclination.

Of course there are also processes that do not require any such inclination. They are equally effective. Just an open mind and interest in improving oneself are enough. You need not bother now about this far off stage and get diverted by popular names.

***Start the beginner's method and progress slowly and steadily.***

## **9. What is the principle behind this process ?**

Observation has shown that the mind of a growing child gets from its elders, about 500 negative thoughts and 100 positive ones in a day. You can imagine the mountains of negative thoughts accumulated in our minds over so many years. They are the result of work done on us knowingly or unknowingly by - parents, other elders, teachers, colleagues, bosses and family members, whose comments and criticism we take to heart.

***Your wandering mind is mostly recycling past thoughts that made a negative impact on your mind. As old bothersome thoughts reappear, you automatically get a tense feeling which adds power to them like feeding fuel to fire. The more times they recycle, the more they influence your present thoughts and behavior negatively.***



**The process of feeling breaths breaks the momentum of old bothersome thoughts, which otherwise create abnormal tension and erode your self confidence. It acts**

**like a momentary stopper arresting the speed of a vehicle going down a slope without control. It makes a lot of difference.**

It fills your mind with the present cool feeling in your nose. Luckily for us the mind allows only one thought or feeling at a particular moment. More the feeling of breaths, less the time available for entry of old bothersome thoughts and weaker their impact on your mind. This is a gradual process.

*As domination of useless thoughts on your mind gets weakened, the few useful thoughts that were lying submerged, get a chance to sprout and grow.*



*Over a long period of breath feeling along with an "I-don't-care-for-you" attitude towards your negative thoughts, they lose their power over your feelings and behavior. They just appear sometimes and quietly disappear seeing that you do not bother about them.*



As old negative thoughts get dissolved, the "real you" emerges gradually out of the 'robotic you' with a robust mind and body.

You are now ready to tap the power of your mind to overcome body problems or mental difficulties. You can also start creating the life you want to lead.



## **10. Your questions anticipated**

You are likely to get some doubts on reading this article. Here are the answers.

### **What if I forget some nights or mornings ?**

No harm to the process. You need not worry whether it would be useful to continue after a break of some days or even weeks. Forget that you have forgotten.

*The breaks occur for many years even for veterans of this practice. They indicate that the process is working effectively and uncovering some more mental blocks. When you resume after each break, you would have eliminated or weakened one more block and released the stuck up mental energy. Start again with a surge of*

*interest whenever you remember about the relief you felt earlier from breath feeling.*

### **Can I develop my own variations of the method ?**

Most welcome. Do it any way that gives you some comfort. If you develop an easier method share with others. Feel free to change to better methods and enjoy better benefit. Combine it with any other method that appeals to you.

### **Can I discuss this method with others ?**

Surely. Informal talking among beginners will reinforce every one's efforts. The postponing people will start trying the method. *Your chances of discontinuing or having too long a break will be less, when somebody with common interest will inquire once in a while about your progress.* Sharing of each other's experience will prevent wrong or hasty conclusions about the process. The fact it is working well for "Person A" but poorly for "B" indicates that "B" needs to have more patience and persistence to pass over his mental blocks.

### **Who can try beginner's method of breath feeling ?**

All categories of people can try - students, housewives, people in service, business or profession and retired persons. The process of breath feeling definitely makes them better human beings. They will be able to handle their lives better even under difficult conditions.

The beginner's method I have described, has been thoroughly tested and proven for adults in normal health. It definitely reduces physical and mental tension. The person's mind remains cool and open most of the time. He feels less tired in spite of busy work throughout the day.

Some people suffering from ailments like high blood pressure, migraine headache and stammering have reported great relief or total cure.

For children, we have to introduce it as a game. Their life will be much better, once this method is made a part of their daily routine. Trials have started.

### **What if I do not feel like trying though I am convinced?**

This happens to some people. They read the article, accept it as a good concept but postpone even trying the method giving some reasons - not finding time, relatives have come, too much work at office and the like. The article clearly says that no separate time needs to be allotted for this practice

Some exceptional people do not even like to open this article lying before them - as though afraid there may be a bomb inside it!

We may interpret such situations as - the "Goat minus" happily going round with its imaginary rope or the "Robot" refusing to accept any change in its existing program even by its owner. Maybe the person is afraid of looking into his own mind containing some suppressed feelings or thoughts.

It means some people are passively surrendering their mind, their most precious asset, to an unknown influence. May GOD help them get their mind released from its clutches.

### **Why an elaborate article for a simple process ?**

A good question. I came to know that breath feeling was the first step of established processes developed by the masters. I felt I must try it at my own pace without doing in a conspicuous manner and without any external support. I thought that doing it somehow, gaining some benefit and thus getting induced into it, was better than waiting for the prescribed ideal conditions and never even begin.

I was doing it only when waiting for sleep and on waking up from sleep. Later I came to know from some books that it can be done any time during the entire wakeful period. I gradually developed the habit of feeling breath during many daily activities.

**After some months, I found to my surprise that my mind was by itself turning to breath feeling whenever idle. The consequent mental comfort was remarkable.**

*This was a great revelation to me. I could transform my wandering mind (believed to be impossible to control), into a disciplined companion on my own without anybody helping me !*



*And the process by which I achieved this happy mental condition, is such an easy one as feeling my own breath, not needing any allotment of time or any external support or belief !!*

*Can any other method be easier than this for beginners ?*

***Why have we not been using such an easy and effective method available for 16 hours a day, to avoid mental and physical tensions!***

The beginner's method of simply feeling breath while lying down comfortably in bed, is not found in popular processes. Most of them advise to do this in a sitting posture, morning or evening for best results. But beginners who have not tasted any benefit would never sit specially for any such practice. Most of them are allergic to such practices.

I wanted to check whether the beginner's method would give comfort to others as well. I shared just the simple process without any explanations with a few people (12 people over a period of 6 months), to see how they would do it and the benefit they would get. Most of them started immediately. A few started only after I reminded them many times purposefully. All of them continued the practice.

The results have been absolutely encouraging as you can see from their feedback at the end of the article. The benefits reported by people of all ages and backgrounds were far beyond my expectation.

Realizing the great potential of this easy method for giving mental and physical comfort to any person, I prepared a self explanatory article and circulated to a cross section of people. Based on suggestions and reactions received from about 10 people at a time, the article was improved many a time for better clarity, credibility and motivation to try the method. All the readers were impressed with the simplicity, easiness and usefulness of the process. Whoever started the practice is continuing.

To convince people only through a single article, all phases a beginner has to go through have been explained clearly - to get convinced, when practicing and after developing the habit.

I believe a good number of readers like you would try breath feeling in the beginner's way. Once you try it for some time in any way and taste the comfort, you will not leave it.

***I am sure most of your doubts are cleared and you are fully charged to try out the beginner's method. You have to simply turn your own awareness towards feeling your own ingoing breaths. Both are available to you for about 16 hours a day. You will get convincing benefits in mind and body in a short period.***

You will love the process of breath feeling after a few days of trials with lot of patience. It will become your wonderful companion throughout life. It can help you achieve your goals. It is never too early or late in life to start such an useful process.

***Why not you make a beginning today ?***

***OK ?***

***Begin tonight when waiting for sleep.***

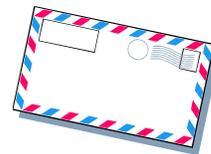
**Begin breath feeling  
lying in bed:**      **When waiting for sleep**  
                                 **When sleep is disturbed for any reason**  
                                 **Immediately after waking up**

**Extend the practice into  
most frequent activities:**      Walking any place any time  
   Listening to any body any time  
   During meetings or gatherings

**Good luck**



## **11. Feedback from some beginners**



I personally explained the basic method of breath feeling to 12 people of different ages and backgrounds over a period of 6 months before preparing this article. Here is the summary of their feedback based on replies to a questionnaire.

1. Starting the practice : 1 to 6 months back
2. Age range : 19 to 55 years
3. The occasions and the duration of practice are listed below. Both varied widely.

while waiting for sleep (1-20 mts ), on waking up from sleep (2 -10 mts ), while sitting before God in prayer (3 - 30 mts), while travelling in bus, when mentally tense (1- 10 mts) , when mentally disturbed (3 mts), morning time (7 -

10 mts ), while walking (1 -15 mts), during mentally idle moments of working hours (1 -25 min), while brushing teeth (1 min), while filling bucket with water (1 min), while listening to others (1 min), while eating (5-10 mts), while watching TV, generally just before going to meetings, after facing anger of boss

4. Many benefits were reported (min 2 to max 8 benefits per person). They are given below in alphabetical order. Most of the persons experienced them convincingly in a month. One observation was the change in the faces of many of them, from a tense and shrunken look, to a healthy and bright one over a period of 2 months. .

Able to get sound sleep after I wake up mid-sleep, able to see criticism objectively, able to bear difficult conditions, body is more relaxed, better concentration, better concentration on the job being done, better capacity to handle worries, better concentration in reading, drastically reduced anxiety and tension, feeling much better next day, felt lot of relaxation, falling asleep faster (reported by many), feeling more active, feeling more relaxed and comfortable, got relief from present tension, less tiredness at the end of the day, less negative thoughts, less pessimism, less impatience, less mistakes in office, mental balance even under disturbed conditions, more relaxed in body, more confident in handling crisis in work, mind is more placid, noticing what to avoid to overcome some problems, not getting upset about problems, patience in listening to others, reduced mental tension, reduced speed of reaction to words and actions of others, regaining mental balance after disturbance, reduced anger (reported by many).

5. Asked how long they would continue the process, almost all said they would continue life long. Even the youngsters feel definite advantages and want to continue all their life. It would be interesting to keep track of their practice and it's long term effects.
6. All beginners experienced breaks in practice - some up to 20 days. They restarted the practice on their own, as they were feeling somewhat uncomfortable, lost mental balance causing tension or were missing the relaxation they had tasted. One person reported that after restarting, he slowly regained confidence and mental balance.
7. Some interesting comments were received.
  - This process should be spread among housewives. They need it badly.
  - Since your breath is always with you, there is no need for an external object to bring back your mental focus to the work on hand.
  - This process is necessary for any person who wishes to be in good physical, mental, or spiritual health.
  - It is safer than pranayama.

- This is the simplest thing that can be adopted. It can bring eternal bliss in terms of tranquility and peace.
- After starting this practice, I began my morning walks that I was postponing for long.
- It is a really good practice. If we practice more, the improvement will be tangible. Once made a habit, one will feel tremendous change.
- One person replied happily when asked what advantage he gained " Don't you see how my face has changed!".
- A teacher: "Some students practiced it for just 10 days before the exams. They were able to remember the concepts from the books better. I have told other children also to do it, to improve their memory power".
- A young lady: "I used to feel bad at least in my heart if any one would tease me. But now I am least bothered about such things".

***I am pleasantly surprised that not even one person out of twelve reported any difficulty or disappointment with the process. All of them felt very happy even with 15 days of trials that too only once before sleep for a few minutes. Three persons said they tried several other mental practices but were not successful in continuing them. In contrast they could easily begin the practice of breath feeling while just waiting for sleep and got very good relief from it. They are able to continue it without any difficulty.***

## Invitation

You are invited to send your feedback on your experience with the breath feeling process after about 3 months of practice. You can use the feedback form in the next page. Your comments and suggestions for improving the effectiveness of the article are most welcome. Please e-mail me at [csrao@countingbreaths.com](mailto:csrao@countingbreaths.com)

## References

I am controlling my temptation to mention the books that helped me in this direction. Such books have been in existence for many years or even centuries. We do not believe the powerful methods described in them or explained by the masters as our minds are jammed with negative and cynical thoughts.

Once you practice breath feeling (or any such effective process) and experience it's benefits to some depth, you will develop conviction about the power of your own mind and the methods by which you could harness it.

You may then pick up contacts with the right persons, institutions, articles or books on your own. They will guide you towards the higher level processes that will help you in bringing out your full potential as a unique human being.

## Acknowledgements

I am grateful to the ancient and modern guides who laid many paths to suit different mentalities, for making our minds positive, productive and creative.

The first batch of beginners who believed me, tried the method and given feedback, are the inspiration for this article. Excellent suggestions were given by a few talented colleagues for improving readability. Help with picture art and conversion to HTML was given by some colleagues. Because of these improvements, many people read the article in one session and promptly begin trying the method without seeking any clarification from me.

I humbly acknowledge your guidance, inspiration and generous support. The spontaneous appreciation for the article and prompt trial of the method by many readers is a tribute to your valuable suggestions.

I am grateful to the management and colleagues of M/S ITC Ltd Bhadrachalam Paperboards Division (now it is PSPD, ITC Ltd), for giving me the opportunity and support for testing this method and developing this article.

*May GOD help spread this easy, powerful and totally self driven process far and wide, to help people gain badly needed comfort in mind and body.*

## 12. Form for feed back on breath feeling practice

Date.....

Name..... Sex ..... Age .....yrs

Organization/Institution.....

Nature of job/Study.....

Total years of service.....

1. How long back did you start breath feeling ? (Tick mark nearest month)

1 2 3 4 5 6 7 8 9 10 11 12 .....(Mths)

2. What occasions do you mostly feel the breath and for how many minutes

approximately ? (Tick mark appropriate occasions and mention approx. minutes )

	<u>minutes</u>		<u>minutes</u>
when waiting for sleep	.....	on waking up from sleep	.....
while walking	.....	while watching TV	.....
While listening to others	.....	When mentally tense	.....
Sitting before GOD in prayer room	.....	During mentally idle moments in working hours	.....
others (specify)			
.....	.....		
.....	.....		
.....	.....		

3. What changes have you experienced in yourself due to breath feeling practice compared to previous condition ? (Tick mark your choice)

- falling asleep faster
- reduced mental tension
- regaining mental balance after disturbance
- better concentration in reading
- better concentration on the job being done
- reduced anger
- reduced speed of reactions to others' actions or words
- less negative thoughts
- able to bear difficult conditions

less pessimism

less impatience

not getting upset about problems

body is more relaxed

less tiredness at the end of the day

others (specify)

.....

.....

4. Do you consider the benefit you gained as (tick mark)

Remarkable

Satisfactory

disappointing

5. If remarkable describe such benefits

6. How long do you feel you will continue the practice ?

7. Did you have breaks in days (mention longest days of break)

yes

no

longest days of break .....

8. What made you restart after the break

9. Has your attitude or behavior changed towards others in any way ? Mention changes if any.

10. Have you shared this practice with anybody ?

Yes

no

11. Has anybody else started the practice due to your influence ?

Yes

no

relationship

12. Any other comments and suggestions you would like to offer about

- The article:
  - The process of breath feeling:
  - Your experience with it:
  - Others' experience with it:
- 

**The author** (59), working as a technical adviser in ITC Ltd Bhadrachalam Paperboards Division (now is it called PSPD, ITC Ltd) India, adapted an ancient non religious mental practice to suit a beginner's state of mind which is normally reluctant to even try any such practice. He tried it himself and gained tangible benefits in mind and body. Then he tested it on people of diverse ages from 20 to 50 years and from diverse backgrounds - from a tribal illiterate office boy to Senior Managers, over a long period, personally explaining or by simply circulating this article. Some persons from France, Germany(69) and Italy, who were just given this article could easily understand and practice the method.

All those who tried the method invariably reported a variety of positive impacts even with a short period of practice. This indicated the great and universal potential of this uniquely simple, easily started and sustained " Beginner's method ". It can lay the foundation for pursuit of higher level practices, if one so desires.

See inside the front cover for the multiple benefits in Mind and Body that can be enjoyed by you from this incredibly easy method. Perhaps no other popularly known method can give these benefits without needing any belief, effort or time.

Through this booklet and other media, the author hopes to spread this method to people around the World. It would help people gain relief in mind and body. They can enjoy remarkable comfort without making any change in their habitual daily routine at home or office. Translation into some Indian Languages (Telugu and Hindi) is in progress. Release of printed booklets in English and Telugu is in process.

## An appeal

If you like the article, it's basic concept or your experience with this method, read the revised version of this method in the web site [www.countingbreaths.com](http://www.countingbreaths.com) and share it with your family members, friends, colleagues and business associates and encourage them to try it. Many will take to it like fish to water. They will be thankful to you. You can make copies and distribute or inform them about the web page address if they are far away. Try to make 5 minutes of this practice a part of your daily routine at home, office or club. It will have far reaching effects on you and also those who work or live with you.

Proposals from service minded persons or organizations interested in spreading this method by translating and publishing in other languages are most welcome.

August 2002 (Updated in July 2006 to modify the method and give reference to the latest web address)