

## **'Focusing on breathing' helped in Fertility Treatment – Two Reports**

### **Wife - Couple One**

We consulted at least 6 different doctors and had several tests for our infertility problem. We did a lot of spiritual things and tried diet suggestions. Nothing worked. We consulted with the IVF clinic for 6 months and did total 4 IUI procedures (intrauterine insemination) which failed. My fertility doctor suggested IVF. We were totally heart broken. By this time, my husband attended the weekly classes on the 'focusing on breathing' technique offered by Suryanarayana Chennapragada (CS). Within 3 months I saw a tremendous change in his health and behavior. He became very gentle, handling things smoothly, even when I fought with him. I suffered from insomnia, lying awake up to 2 am and getting thinner and thinner. When my husband suggested that I should also attend those classes, I was very skeptical as in the past I attended 3 meditation programs without any success. I attended one class on 'focusing on breathing' and immediately liked it. My insomnia disappeared and I was sleeping like a baby! Within 3 months, I saw a tremendous change. Our stress levels came down.

We restarted the fertility treatment. My fertility specialist found a tremendous change in my hormone level over the 3 months. We noticed that we both became very calm, and were taking everything cool, which was really wonderful. I had the IVF treatment. I am now the proud mother of a wonderful baby girl!. Our teacher helped us change ourselves completely. These breathing classes were totally unique as the technique is so simple that even a child can do it. We got our life back and we are once again a very happy couple.

### **Husband - Couple One**

Due to work stress and being a short-tempered person, I had difficulty in sleeping and also not able to spend time happily with my wife. I attended the classes by CS at the Albany Hindu temple. The full flexibility given in the practice, created curiosity and offered more opportunities to practice at different times of the day. I felt more relaxed and enjoyed better sleep. My personal relations improved at work and at home. My stamina in long distance running improved. Apart from improving health, the whole process helped me and my wife spend more time together and share the experiences of inner peace and happiness at work and outside. We had a more harmonious relationship. Due to work stress and other reasons, we had some medical conditions that delayed the pregnancy. As our practice of these techniques continued, we could see good results in the medical tests. Finally my wife achieved pregnancy and we have a beautiful baby girl.

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### **Wife - Couple two**

We were trying for a child for more than six years. We tried all the treatments in US and India. Some were so severe that I had to stay in the hospital for a month. Nothing good happened from these treatments. On the other hand, I suffered from stress and depression. I blamed myself for not having a baby. Sometimes, I even thought what was the necessity for me to live in this world. One of our friends introduced us to Mr. Suryanarayana Chennapragada (CS) who helped them in their own infertility treatment. We joined the classes. In a couple of classes, the teacher made me understand that worrying and building up stress was not doing any good for me or for my treatment. He taught us different modes of focusing on breathing which helped me relax a lot. He also helped me question and resolve the recurring negative thoughts I had about myself. I saw a change in myself and gained some confidence that I would have a baby of my own some day. After a couple of months, my fertility specialist put me on a mild treatment. I combined it with a lot of breathing practice and prayers. Within a month, I was pregnant. I am now blessed with a beautiful baby boy. I am so happy for taking the classes on 'Focusing on breathing'.

### **Husband - Couple two**

When our efforts for a child failed, we began fertility treatment. They were not successful and were frustrating on top of the pain caused by series of most aggressive treatments (10 on a scale of 10). Then one of our friends introduced us to the classes on "Focusing on breathing' offered by Suryanarayana Chennapragada,(CS) as they helped them for a similar problem. We attended these classes and felt lot of changes in body and mind. We felt relaxed and experienced positive thoughts. After a couple of months, we were again ready for the fertility treatment. This time, our doctor started with the least aggressive treatment (1 on a scale of 10). In a few weeks, my wife was pregnant. We now have a happy baby boy. With a little effort every day, these techniques go a long way in helping the body and mind work at their full throttle

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**Suryanarayana Chennapragada (Short name – CS) trains adults and children in simple and doable mindbody techniques for Relaxation, Stress management and Meditation.**

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