

Relief from Chronic Pains

by 'Focusing on breathing' and Stretching

Back Pain: A report – “I was suffering from back pain and sleep disorder for the last 25 years due to herniated disk and arthritis. I was hospitalized twice. I have been taking numerous pain relievers, muscle relaxers and narcotics, until last year. I have been treated by Chiropractors, Physical Therapists and Massage therapists. All these would help for a week and then I would reach a plateau. I spent numerous hours and dollars at the pain clinics. A few months back, I asked Suryanarayana Chennapragada, if he could help me, as I read his brochure on 'Focusing on breathing' at the Hindu Temple. He asked me to first practice the relaxation techniques and then stretching. I met him every week and learned these techniques. After a couple of weeks, I saw improvement in my sleep pattern and back pain. I have been practicing these techniques for the past 3 months for about 30-45 minutes a day. In this period, I did not take a single pain medication and had a good night sleep. Currently my pain is 20% of what it had been for so many years.”

Arthritis: A person aged 60+ was suffering from chronic pains due to arthritis, in one knee and one thumb since a few months. He could not go down the steps into the basement. The specialists said only solution was to take pain relievers life long. One day he practiced the relaxation using the 'segment mode' for about 20 minutes, and experienced the significant relief. Thereafter, he practiced the relaxation every day. He also practiced stretching as shown to him. After a few weeks he reported “I practiced breathing on last four days for about 30 minutes. Pains are reduced immediately and stay that way for a few hours”. He was able to go down to the basement.

Fibromyalgia. A Report – “I was first diagnosed with this condition in March 1990 after an injury that occurred at my place of employment, a month before. Almost 19 years now I have had great difficulty sleeping due to extreme pain. After being prescribed many medications over the years, none compare to the breathing techniques demonstrated to me by C.S. Because of him I can get many hours of consecutive sleep which I was not able to in spite of the aid from a sleep specialist. The methods taught to me by C S are simplistic by nature, such as counting my breaths and feeling my abdomen rise and lower. This practice relaxes me to the point where I experience great energy and decrease in my pain during the day. Some of my wonderful life's changes – I am able to drive my car finally and perform chores around the house like vacuuming, mowing the lawn and raking the leaves. I know you may feel “what is the big deal you can vacuum!”. But for me with the pain I was experiencing, it feels wonderful just to be able to finally go back to doing just that, the household chores!”

This person has been sharing this technique and how it helped her with long time sufferers from Fibromyalgia, who meet once a month in a support group. Some of them began to try the technique just by reading the hand outs and reported relief from insomnia and pain.

Migraine: A person, 53 years was suffering from migraine every week lasting for a day, for more than 30 years. He was not taking any medicine and putting up with the pain as the pain killers were making him drowsy. Within 2 months of practicing 'counting breaths' his Migraine pains totally stopped. He initially practicing the technique just for relaxation. The relief from Migraine was a pleasant surprise for him.

'Focusing on breathing' practice also relieves many problems like: *Anger, Anxiety, Lack of concentration, Difficult relationships, Grief, Hypertension, Job stress, Migraine, Obesity, Panic attacks, Smoking, Stuttering, Worry, so on.*

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

Contact; Ph# (W) 518-391-2889

E-Mail: csrao1003@gmail.com

Web site: countingbreaths.com