



Suryanarayana Chennapragada <csrao1003@gmail.com>

My sincere 'thank you'

1 message

Fri, May 8, 2015 at 4:26 PM

To: csrao1003@gmail.com

Dear CS,

It was very nice talking to you today. As I promised to you today here is my story:
I have just started using your 'focusing on breathing' relaxation technique very recently myself. But one day I decided to do it together with my mother. She is 84 years old, has Alzheimer's disease and lives alone in the apartment in the Bronx. I call her every day just to stay 'hello' or 'how are you'. Sometimes I get her at her worst when she is at her very agitated 'sundown' state. So one day I decided to guide her through 'tip mode' counting breath technique over the phone. We did it for just about five minutes and that calmed her down very much. Later on she even said to me to write the instructions down for her and mail it to her because she would not be able to remember how to count breath by herself. Great technique! Thank you very much..

Sincerely,

Note by CS

She was told about 'focusing on breathing' technique by Padma Sripada MD when she came a month back for her headaches.