

How Can I Enjoy Quality Sleep?

Focus on 'Breathing-in' and 'Breathing-out'
to Stop the thoughts, relax the body and easily fall asleep.

First, learn the 'Counting mode'.

'Counting mode': Breathing in, feeling the coolness inside the nose. Breathing out, silently and slowly, say the number 'one...one...one'. Breathe in second time. Breathing out, say 'two...two...two'. Breathe in third time. Breathing out, say 'three...three...three'. Initially, it is OK to count each number once. As the out-breath naturally becomes longer, increase the repetitions. This is not deep breathing. Breathe easily and comfortably. Continue counting breaths in sets of three.

Whenever you wish to sleep, begin practicing the 'Segment mode' below.

Segment mode: Every finger has two cross lines dividing the finger into three segments. Begin with one hand, say the left hand. Place the tip of the thumb at the top segment of the little finger. Count three breaths as explained above. Shift the thumb to the middle segment and count three breaths. Shift the thumb to the bottom segment and count three breaths. Repeat counting three breaths at each segment of the next 3 fingers, the ring finger, middle finger and the index finger. At the thumb, place the tip of the index finger on its segments and repeat the steps. Then, switch to the right hand and repeat the same practice. Continue practicing, switching the hands. When you feel sleepy and don't like to move the fingers, switch to the 'Counting mode'.

Counting mode: Count your breaths in sets of three. Whenever you don't like to count, switch to the 'Feeling mode'.

Feeling mode: Don't use the fingers or count the breaths. Simply feel the breath. Breathing in, feel the faint coolness inside the nose. Breathing out, feel the faint warm or neutral sensation in the nose. Additionally, you can place a palm on the abdomen and focus on its slight inward and outward movements as you breathe out and breath-in.

If your sleep gets disturbed, repeat the above steps and easily get back to sleep.

How Can I Be Calm and Stress-free?

Practice one or more modes of 'focusing on breathing' anywhere, anytime: waking up in the bed, stressed, tired, angry, sad, frustrated, panicky, waiting, etc. You will get relief from: Anger, Anxiety, Compulsive thoughts, Lack of focus, Chronic pains, Depression, Difficult relationships, Fatigue, Grief, Hypertension, Insomnia, Migraine, Obesity, Panic attacks, Smoking, Stuttering, Worry and more.

Testimonials

"I introduced this technique to some of my patients with *anxiety, panic attacks, hypertension and insomnia*. Everyone who adopted it reported that it helps them relax. Some said it helped them sleep better and *no longer rely on medications*."
...Padma Sripada MD (doctorpadma.com)

"Since almost 19 years I have had great difficulty sleeping, as I was in extreme pain due to Fibromyalgia. I was not able to sleep even with the aid of many medications. None of them compare with these breathing techniques. I can now get many hours of consecutive sleep. After many years, I am now able to do some of my household chores like vacuuming and also drive my car!" ...Zina Hymes

"Moronically simple, yet works like a charm" ... Mark Bocain "Easy as 1-2-3 breathing method"Norris Wilson
"I struck gold in 'counting breaths" ...Naveen *More than 200 testimonials are in the website 'countingbreaths.com'.*

Suryanarayana Chennapragada (aka 'C S') **trains adults and children in Relaxation, Stress management and Meditation.**

Practical techniques for beginners. Solo classes at 2500 Pond View Castleton NY 12033. Flexible times – am, pm and weekends.

Affordable charges: \$45 per person for 3 classes. Please call for group seminars at any place. Scholarships available.

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