

## **“Improved my self control, reduced my anger and road rage”**

"I practice the 'Tip mode' or 'Segment mode' to get sleep while in the bed and when I wake up during the night or in the morning and need to fall back asleep. I practice the 'Counting mode' while driving or walking during the day. I practice the '911 mode' when I recognize I am getting stressed, frustrated, worked up or pent up with anger or frustration.

These practices have improved my self control and reduced my anger. They have increased my tolerance for things out of my control. They have improved my health. I can feel the difference. I don't have anxiety or chest pains or tightening, like I had before or nearly as frequently as before. They have reduced my road rage. There is improvement in how I react with or accept other drivers. I have improved my tolerance and anger for mistakes and towards the "general public". This has helped me in my job and career. I think before I react which has helped me deal with "difficult customers".

I really like your Rope/Snake story that you told me in the class. I just found that on your website. I can't thank you enough. You have helped me tremendously."

A state employee working in a stressful customer service job. He attended 3 of my classes.

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## **“I Calmed myself on a scary air flight”**

"On my flight back from Ohio, there was some windy weather and the plane started bouncing. It felt like the plane would suddenly randomly drop down a few feet - taking everyone's stomach with it. The plane was being tossed to and fro - and then up and down. It was terrifying. I could hear audible gasps from the passengers around me. I couldn't imagine how I was going to cope. I could not concentrate on reading the book in my lap. It would have been truly horrific for me, had I not had the mental focus that came from 'counting my breaths'.

Really from a place of desperation, I decided to try 'counting my breaths'. I needed to focus on something other than the scary thoughts about a plane crash. I closed my book, closed my eyes and placed my hands comfortably on my lap. I started using the 'segment mode' with my left hand. By the time I finished breathing 3 times at each of the finger segments, I was noticeably calmer. I realized that when I gave my mind the task of moving my finger after every 3 breaths, my mind was fully occupied and therefore there was no time for it to worry about the plane falling. I was so focused on my breathing and the task of moving my fingers based on the counts, that I couldn't even really take in the stress of the people around me. I continued using the 'segment mode' for the duration of the flight. Two hours later, we landed safely. The passengers on the plane cheered loudly, as they released their stress. It was obvious that the other passengers were visibly stressed and shaken. But I had a unique sense of calm.

I think my calm came from not only from concentrating on my breaths and having an anchor for my thoughts with the movements of my fingers, but also from the peace that I had, from just knowing that I had something to try, if I felt scared. The extra energy of contracting my fingers in such a deliberate and focused way, was exactly what I needed to use up the extra energy created by the stress. I am forever empowered in my life, to cope with the inevitable stresses that will come my way. I am indebted to C S for sharing this simple, profound and powerful technique with me.

Emily Marynczak, Certified Birth Instructor

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## **“I practiced before surgery”**

"I have used the technique at bedtime. My sleep habits are a lot better. I sleep almost through the entire night. I specifically remember using the 'Tip mode' just before I went into surgery, to help me relax. The next thing I remember - I was waking up and the surgery was over. "

She reported initially that she was unable to sleep for 2 to 3 hours every night and helplessly watched TV. Her sister died 5 years ago. The thought she was responsible for her sister's death was haunting her, though she knew this was not true.

Her case was unique. Due to an injury to her throat, she could not breathe through the nose or mouth. A trach tube was inserted into a hole made in her throat. Her throat healed and she did not need the tube anymore. When she took it off once, she was unable to breathe through the nose or mouth and was choking. Her doctor said that it was only her anxiety preventing her from taking off the tube. She was referred to me by a diabetes educator at Albany Medical Center. Because of the tube in her throat, she couldn't speak. In the class, she communicated her thoughts and replies by writing on a small white board with a dry erase marker or paper and pen. She attended two classes.