

Relationships

“My daughter and I talk without yelling”

“Since I have started ‘focusing on breathing’ practices, my family life has changed dramatically. My daughter and I now talk on a daily basis without yelling at one another. My husband has calmed down his attitude around me. They both say it is because of the person I have become. I am much more relaxed now and take things as they come, instead of worrying about things. I am sleeping much better than I use to, without taking sleeping pills. I also have started to eat healthier than I did before.

Basically I am a much calmer person with more energy, in the last four months, thanks to C.S. He has also given me good counseling advice better than any counselor I have ever seen in the past.”

A woman who attended several classes.

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Improved relationship with wife

A person 45 yrs, had a strained relationship with his wife ever since they married. She had very different expectations from him in terms of status and money. As he was not matching them, she nagged and humiliated him daily, after he returned from 10 to 12 hours of factory work as a junior manager. She compared him to neighbors who were getting promoted faster than him, pointing out his inferiority. His reaction was to destroy things in the house like tube lights, bulbs and newspapers. This was going on, for more than 20 years.

After reading my handout and practicing ‘focusing on breathing’ for a few weeks, he could control his reactions to her abusive behavior. He silently listened to her by focusing on his breathing without showing any reaction at all. Seeing his totally new behavior of total silence, in spite of her continuous nagging, she would stop her verbal attacks quickly. One day she even remarked “Am I talking to my husband or the wall?”. Earlier, after such an episode, they were not on talking terms for 2 - 3 days. But these days they were talking to each other the next day.

Reported in 2002 by a manager in the company in India where I worked and developed this technique based on an idea in a small book..

Chronic Pains

“My back pain of 25 years is reduced by 80%”

“I was having back pain and sleep disorder from the last 25 years. I was diagnosed with herniated disk and arthritis in L4 & L5. I was hospitalized twice and taken numerous pain killers, muscle relaxer and narcotics. I was a frequent visitor to Chiropractors and Physical Therapists. For a week, these would help and then I would reach a plateau. I spent numerous hours and dollars at the pain clinics, beyond what was paid thru the Insurance Company. I tried all kind of things from home remedies to old Grandma remedies, to reduce my back pain.

I started meeting with C S weekly, to learn the breathing and stretching exercises. After couple of weeks, I saw improvement in my sleeping pattern and back pain. I have been doing the breathing and the stretching exercises for the past 3 months for about 30-45 minutes a day. In these 3 months, my back pain is reduced by 80%, did not have to take a single pain medication and had a good night sleep. I strongly suggest these techniques to everyone to reduce stress, back-pain and gain profound energy. There is nothing to lose but a lot to gain, that too without spending any dollars.”

An Indian origin state employee who attended 5 of my classes.

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“I stopped taking Celebrex for my back pain”

“I started practicing ‘Focusing on breathing’ when C S gave me the hand out on the technique and suggested I should try it for relaxation. I practiced it intermittently, during the day, whenever I remembered, using the segment mode and counting modes. Within 3 days, my back pain was completely gone, never to return. Before practicing this technique, I was depending on Celebrex to control the back pain. Now I do not need it at all. I feel stress was the cause for my back pain which was reduced by practicing this relaxation technique.”

A scientist in the department of health who had a heart attack a few months before.