

My Name:

ZINA M. HYMES

Date:

12.17.09

My Practice modes

(A) Finger Tips

(B) Finger Segments

(C) Counting

(D) Feeling breaths

(E) Staring

(911)

I practice mostly

Before sleep

On waking up

Getting ready in am

Driving/ traveling

Walking

Waiting

Working

Exercising

On return from office

Meditating (sitting)

Under stress

Bored

Tired

Others (specify)

I use counting to control 4PM on set of pain

Differences I feel, including minor ones (compared with how I was before these practices)

Mentally (Anger, Anxiety, Confidence, Disturbing Thoughts/Feelings, Focus, Initiative, Patience, Stress, etc.)

Less ANXIOUS, anxiety, I feel motivation toward getting involved w/ everyday chores around the house. I also feel less depressed, even though I still miss my Dad, Mom and grandmother very much, I no longer dwell on the disturbing thoughts which would send me into a panic attack or being greatly depressed.

Physically: (Drinking, Exercise, Health problems, Pains, Sleep- hrs & quality, Stamina, Stiffness, Smiling, Smoking, Weight, etc.)

Definitely my sleep has gotten much better which then leads to more energy during the day (waking hours). Over all I just feel great, therefore I perform certain things I have not done in years like driving, chores inside the house like dusting and vacuuming and outside the house like mowing the lawn, raking leaves and snow blowing, shoveling etc.

Dealings with people at home & work: (Asserting, Effectiveness, Eye contact, Listening, Socializing, etc.)

I am more cheerful. Everyone will say to me "you look so much better" or "you sound so chipper and smiling & laughing". All I know is that I have more energy to communicate with everyone, where at one point I just could not perform any of this, social behavior.

My concerns before the these practices (level was 100%)

1. Before these practices I was unable to have concerns, I didn't care if I lived or died
2. but now I have found a whole new reason to live. Because I feel so great, I can now begin to LIVE a life I have not known for better than 15 years.
- 3.
- 4.
- 5.

Present level in %

- 1) Showed gentle slow rotation of head matching with breathing
- 2) Holding a little stretch for 5-10 breaks

So to sum up my present level, I would have to say 60-65%

where as before I was 0 to 10% of interest in anything dealing with life and anyone around me of whom I had to force myself to communicate.

December 17, 2009

Hello my name is Zina and I have Fibromyalgia. I was first diagnosed with this condition March 1990 after an injury that occurred at my place of employment the 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; where I was not able to achieve with prior aid of a physician whose specialty is sleep disorders.

The methods taught to me by C. S. are simplistic by nature, such as counting my breaths inhaling and exhaling. Also listening to and feeling my abdomen rise and lower as do tides ebb and flow. This relaxes me to the point of where I experience great energy and a decrease in my pain during the day. C. S.'s techniques have made me so happy, that I have shared them with my elderly neighbors and they have expressed wonderful changes in their daily lives.

I suggest that everyone try these breathing techniques, to help relieve pain, stress and give you new profound energy.

Some of my wonderful life's changes, well this is a big one for me, is that I am back to driving my car, finally! Also I am performing chore around the house like vacuuming. Now I know a man feel "big deal" you can vacuum!, but for me, with the pain I can and was experiencing, it feels wonderful just to be able to finally get back to ~~doing~~ just that, the household chores.

ONE who is much relieved,

Zina M. Nymes
Dec. 17, 2009