



Here is a technique you can use anytime to reduce your stress. A simple breathing exercise once or twice a day will give your body a huge helping hand in removing excess acids from your bloodstream. Plus it allows you to stop, focus your mind, and relax, which is also nice.

This is called the **Centering Breath**. I learned it from Gay Hendrix, one of the great leaders of transformation particularly in the area of relationships.

- Begin by breathing slowly and gently all the way out, then pause and wait to breathe in again until your body tells you it needs a breath. This will allow the oxygen/CO₂ ratio in your body to balance itself. This is the Centering Breath.
- You might wait ten seconds or thirty seconds or longer before your body needs a breath. Don't wait so long that it feels effortful. When your body needs a breath, gently let the air in and resume your regular breathing cycle.
- After a few cycles of regular breathing, do a second Centering Breath.
- Breathe slowly and gently all the way out, then pause and wait to breathe in again until your body tells you it needs a breath. Don't wait so long that it feels effortful. When your body needs a breath, gently let the air in and resume your regular breathing cycle.
- After a few cycles of regular breathing, do a third Centering Breath.
- Breathe slowly and gently all the way out, then pause and wait to breathe in again until your body tells you it needs a breath. Don't wait so long that it feels effortful. When your body needs a breath, gently let the air in and resume your regular breathing cycle.

It is like a "Reset Button" is simple to learn and practice, yet it produces the most remarkable, rapid results! .I use it whenever I feel off-center, and within a minute

or two it reliably puts me back into harmony again. It actually reduces the acid in my body.