

quiet sounds of your soul. You relax more; you breathe fully and freely. And then, just when you think you've relaxed more than humanly possible, breathed more fully than any day since your birth, the releases wash over you, first the breathing release, then the energy release — a Cosmic Orgasm. When you open your eyes, you realize you've been touched with something — someone — incredible, beautiful, moving, and real.

The breathing process usually goes on over several sessions. Most people get to the breathing release by the fifth session, with accompanying energy releases. When this level is achieved, the person's breathing will have been forever changed. It is important to remember the power of combining thinking and breathing. A person, who combines breath with high quality thoughts, can bring about positive and lasting changes. And that is the real power of Conscious-Connected Breathing.

Sessions usually last from one to two hours, and are spaced from four to ten days apart. The number of sessions necessary to reach a point of completion varies from person to person however 10 sessions are recommended. Your facilitator will work with you only if you agree to work toward completion. Although Conscious-Connected Breathing is powerful and therapeutic, it is not therapy. If you are ready and open to rapid, positive changes in your life, then Conscious-Connected Breathing is for you.

"From Breathing I noticed my own natural Power and ability to create my life. What feels so good is my ability to be with people on a level that truly makes a difference

Margaret F. Jupiter, FL.

"The Breathing was a profound experience which made me aware we are in fact responsible for everything in our life"

Frederic K. Potomac, MD