

## *Optimizing*



### *the Body's Healing Potential*

In Can-Do's virtual village, exercise is considered an elegant past time. Strolling down the community's river Chantre de Lair's sandy beach, you will find folks jogging, biking; pushing baby strollers at a fast clip, and several groups either playing sand soccer or beach volleyball. The word Chantre is derived from Sanskrit and loosely means Moon and Lair is one's home or nest. Moon reminds us of our mystical senses and of course, home reaches deep inside us denoting safety and sanctuary.

Due to the exquisite trees that border the Chantre de Lair's sandy beach's edge, Can-Do has extra oxygen in its atmosphere. Think upon the tree as the watchman of the night forever working to sequester harmful CO<sub>2</sub> from the atmosphere and as the stalwart soldier of the daytime, it stands tall faithfully improving our environment. A few amazing facts from the USDA and they are as follows: Urban Tree benefits range from their aesthetics, improving our air quality, protects our water, waves energy, increases economic stability, and lends shade to buildings and pathways. Over a tree's fifty-year life span controls \$31,250.00 worth of soil erosion, recycles \$37,500 worth of water and provides \$62,500 in air pollution. Every person generates 2.3 tons of CO<sub>2</sub> per year and a tree stores, per acre, 2.6 tons of CO<sub>2</sub> in its trunk. Thank you Trees!

Okay now for the **Body portion of Mind, Body and Abundance**, imagine yourself being an honorable graduate from Can-Do's famous The Body's Miracle of Breath class which we will talk more about that

next session. Yes, in this marvelous village, everyone not only loves to exercise but they have taught how to breathe properly. As a Can-Do resident in great, good standing you can re\*vive your breathing practices. Have you become somewhat lethargic and forgotten how to breathe? Yes, you can sometimes forget to do what you know. So now is your time to take this re\*fresher course. Re\*member, we are optimizing the body's healing potential and it is vast.

*The Body's Miracle of Breath* classes teach how to access the higher levels of elegant exercise's consciousness. Select a quite place in your home---preferably in your prayer/meditation room where there are no distraction and in your mind's eye, create a blank slate. Now see yourself strolling or jogging along the Chantre de Lair beach. Continue to walk or run past the beach and now see yourself going into the surrounding trees. There is a well tread path with a resilient surface, slow down your pace and simply drink in this calm energy. Continue walking past these mighty trees that are indeed noble keepers of our timeline. Since Can-Do is a virtual village, you are designing your own forest so select whatever trees nurture you. In my book, *The Home Whisperer*, pages 104-110 detail many trees and their mystical symbolism. As you find yourself deep within this forest of Can-Do, you arrive at its best kept secret...the miraculous and marvelous waterfall. Be one with the Body's Miracle of Breath and thus, Optimize the Body's Healing Potential.



Imagine yourself sitting on the large rock pictured. You can taste the healing ions being distributed into the air; you are re\*freshed by nature's stunning beauty. From deep within and without please smile and begin to breathe in the following manner: Place your right hand on your tummy, Exhale from deep within your diaphragm thereby flattening your tummy and, through your mouth, to the count of 1, 2, 3, 4 and Inhale through your nose—2, 3, 4, 5 and 6, and Hold 2, 3, 4, 5, 6 and 7 (at your own pace, compliment your breathing abilities by gracefully and gradually expanding them) and Exhale 2, 3, 4, 5 and 6. Repeat 8 times and NOW Simply Re\*lax into the Can-Do Re\*sort and again, BREATHE!