

**How To Use
The Release, Relax, Recharge and Retune,
Program for
Enhanced Well-Being**

- ➔ Take the approach as if you were going to sit down to comfortably read a book.
- ➔ Listen to the audio tracks without attempting to do anything except;

SIMPLY LISTEN

Be relaxed feeling as if you have nothing better to do.
If you have something to do it will be best to get it done first.
An overview of the program is important.
The success of almost everything we do in life is in the approach.

YOUR APPROACH WILL DETERMINE THE DEGREE OF SUCCESS

Practice daily (*same time if possible*) or whenever you can. If you have time 2 or 3 times a day is okay.
Gradually begin to follow the instructions and practice.

A PDF DOWNLOAD IS AVAILABLE TO READ ALONG AND TAKE NOTES BEFORE YOU BEGIN

The more you practice the BETTER you will become at relaxing specific body parts and eventually your entire body. This improves general overall well-being and your NRG (energy) levels.

WE ARE SEEKING CALM.

Rushing is counterproductive.

RELEASE: *Letting go of all thoughts and actions. **Don't think! Feel!**
Allow your thoughts to be like clouds passing by.*

RELAX: *This is a deeper form of releasing. Allow gravity to do the work for you.
Allow your body to sink more deeply into the surface you are on.*

RECHARGE: *Be passive do nothing except LISTEN and FEEL. (Sounds both close by and sounds afar)
You are at a different level of rest from sleep. The deeper we rest the greater we heal!
Falling asleep when doing this exercise will not be harmful but it will not be helpful either.
We are seeking awareness at a different level of mind from the sleep levels.*

RETUNE: *You will be feeling your 'Natural Flow' working within you.
Allow it to work its healing magic and return you to a more healthful state of being.*

Science shows that learning these types of relaxation exercises helps boost immune, lower blood pressure and countless other DIS-EASE oriented ailments.

We are seeking EASE and A PEACEFUL EASY FEELING.

BE WHOLE, BE HOLY, BE WHOLISTIC

NOTE: THESE TECHNIQUES/METHODS ARE NOT TO BE USED WHEN DRIVING. USE THEM IN THE COMFORT OF YOUR HOME. THEY ARE NOT INTENDED TO REPLACE OR BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL TREATMENT. THEY ARE AN ENHANCEMENT TO WELL BEING.