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(Any Of The Simpler Chants From Cosmic Chants)
20-20-20 Breathing And „tense And Relax“ Exercise:
From SRF Lessons: Before Starting Hong-Sau, Practice
The Following Breathing Exercises Six To Twelve
Times: Inhale To A Count Of 20; H 3th, 2024

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Person Who Needs A Solid Eight Hours Of Sleep To
Function Like A Normal Human Being—anything Less,
And I'm Destined To Spend The Following Day Feeling
A) Exhausted B) Confused C) Unproductive, And D)
Kind Of Mean (sorry, Everyone).And Because I'm A
Person Who Needs Plenty Of Zzss To Feel My Best, I'm
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