

Dear Dr. Daniel,

I'd like to thank you for your awesome healing meditation CD! The first time I listened to it I was very tired and in bed for the night, not trying very much to concentrate. As I was going into a very deep relaxed state and starting to doze off, I was startled completely awake when my body seemed to involuntarily take the deepest breath I ever remember being able to take. Air seemed to be forced into the deepest part of my lungs which I didn't know was possible and for a split second I was a little afraid that something inside me might break because I wasn't used to having that kind of a deep breathing sensation. I lay awake for awhile stunned, realizing that something profound had happened.

I've tried meditating for years and have never been able to take deep breaths, perhaps due to generational anxiety, allergies and asthma. I feel this is going to be a huge blessing in my life, and in the lives of my family and friends.

Gratefully,      KH