



## REACHING YOUR STRESS BUSTER ZONE

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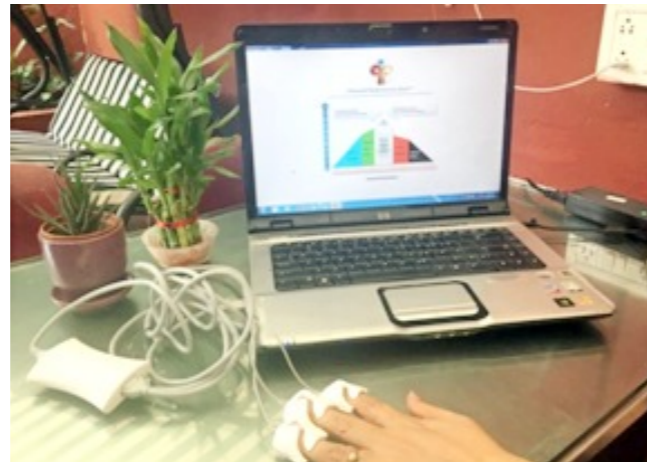
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Humans are considered to be the most powerful beings on earth, capable of achieving anything under the sun. But most often we find ourselves stuck, unable to accomplish even half of all that we dream of. How do you think we can manifest our potential? Any guesses? The answer is so simple that it never crosses our mind. It is something we take for granted and never think about - our "Breath".

From the time of our birth until the day we die, our lungs breathe in air, send oxygen to every atom in our body and exhale carbon dioxide out into our surroundings. Unfortunately, as we grow from childhood to adulthood, most of us forget the right manner of breathing. This reduces the level of oxygen in our body, giving rise to various ailments and diseases.

Today, we live in a world full of stress, that unpleasant part of our life which comes from any and every sphere of life - through work, relationships, home, environment, fast moving life etc etc. We have too much to do in the little time we have, and this opens up one of the gateways to accumulate stress. Our body gives us many warning signals to make us aware that our body is going out of balance. But we generally do not listen to it. Uneven Breathing eventually leads to an increased and uneven Heart Beat, leaving us susceptible to Coronary heart disorders. We become accustomed to ongoing tension, strain and worry which manifest in our body as High Blood Pressure, Diabetes and even life-threatening diseases like Cancer. Often, we try to address the effects of stress without reaching to the root cause.

Smoothing our Breath helps our Heart rate to become steady, and this in turn allows the Heart to function effectively, releasing blockages and bringing in over-all good health. But HOW can we do this? Prisim Healing Institute introduces the brand new concept of incorporating technology and meditation through Pinnacle Performance Zone (PPZ).



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PPZ is a Computer Programme that is used as a Breath training ground. It gives extensive coaching, guiding individualized performance using fun and interesting games and meditations related to breathing at different levels. These games help to build

the mental, spiritual and physical performances one needs to be healthy and achieve success. PPZ is a wonderful technique which is important to develop ways to reduce stress and improve our health, sleep quality, concentration, time management, effective conflict resolution and assertiveness.



### Benefits of spending some time daily with the PPZ Programme:

- Understand the stressors impacting on your state of mind.
- Measure your state of mind.
- Train yourself at your own level and pace of time.
- Restore balance, vitality and resilience.
- Improve physical and mental well-being.
- Improve focus, concentration and memory.
- Improve teamwork, productivity and performance.
- This program helps you effectively, using a wide range of techniques of breathing, graph training, progressive muscle training, muscle relaxation, mindfulness and more.
- Pace breather workshop allows you to optimize your breathing rate with the help of animated visuals, audios, smoothness graph and pace breather itself.
- It encourages you to challenge yourself to stay in the zone as you make miracles happen not only on your screen, but in your life.
- You clearly see the immediate result of changes to your state of mind; the impact of stress on your performance. You learn to change habits on your own terms in fun and engaging ways.

All these benefits can be gained by each individual who uses this program, whether it is within their home or in Corporate offices, where every employee can reach to their peak performance just by using these breathing games for a few minutes each day.

**Sherina Tanwani** is an authorized System Brahma Satya trainer and healer since the year 2001. Along with teaching Brahma Satya Energy Healing, she also offers services of Aura Scanning, Aura Cleansing with Energy, Aura Cleansing & Chakra Balancing with Crystals, Numerology, and Guided Naad Brahma and Chakra Meditation. She also teaches Magnified Healing, practices Angel Therapy and makes Crystal Grids to resolve all issues that one may face in their personal, material and spiritual life. She uses positive energy and crystals to clear personal and office spaces of negative energy, to start up an inflow of positivity and prosperity.

**Prisim Healing Institute** is the one and only dealer in Mumbai of this unique Breath Healing Program. You can avail of a trial session at Prisim Healing Institute. Email us at [prisimmb@gmail.com](mailto:prisimmb@gmail.com) for an appointment.