



Autism Solution

See RESULTS from day ONE

Autism Cure Series

Worksheet#20

Part A) : BEFORE watching the Video

1)Have you ever paid attention to the way you breathe? If Yes, When and How and if No, why not?

2)Are you Aware of or have you noticed the connection between the way you breathe and the way you FEEL within? If yes, How and Why and if no, why not?

3)Have you noticed yourself taking deep sighs and/or feeling breathless and suffocated and Wanting to get fresh air into your lungs? If yes, when and why do you think this happens?

Part B) : AFTER watching the Video

1)Are you becoming more and more Aware of the connection between the Ease of YOUR Breathing and the degree of Ease your child feels around you when you are breathing easily and deeply?

2)Are you taking more and more conscious deep breaths daily? If yes why and if no, why not?

3)Do you think/feel the way YOU breathe has an effect on your child? If yes, why and if no, why not?