

## **LOWERING BLOOD PRESSURE**

As I read these lines while holding this card in my hand, I will find this card dropping out of my hand without conscious effort of mine. . . . and so, through the night and through the day, my blood pressure will drop into the normal range of 120 over 80. . .

For all that I need to do to lower my blood pressure, is to take one long deep breath in through my nose while repeating the word. . . .  
RELAX, RELAX, RELAX, RELAX, RELAX, RELAX, RELAX, RELAX. . . .  
hold the breath to the mental count of four: and slowly exhale through my mouth repeating: DOWN, DOWN, DOWN, DOWN, DOWN, DOWN, DOWN, DOWN.

And so, as this card is dropping from my hand without conscious effort of mine, so too, through the night and the day, my blood pressure will return to normal. . . and stay in the normal range of 120 over 80.