

[View this email in your browser](#)



Hi <<First Name>>,

Do you ever get those painful spots in your body, such as your back or neck? If you're like most people, I'm sure you do. Sometimes these things bring on headaches or other issues that exhaust our bodies.

Far too often (and I'm just as guilty of this), we go through our busy lives and disconnect from all that we feel. Yes, we need to get so much accomplished in a day, but far too often we do it at the demise of our bodies.

This is never a good thing, but it is a human trait. Unless we work to have the awareness and consciousness of this moment, we keep repeating the same scenarios that disconnect us from the body.

Here's a little thing to try and see if it maybe helps for a moment to connect you to something deeper.

What if you closed your eyes for a brief moment and pondered how it would feel if you were breathing in and out through every cell of your body? Just imagine that for a moment and see what happens and how you feel.

Did you notice a difference?

Don



How we treat each other really matters a lot more than any of us could ever imagine.

DR. PAUL CANALI

@MindBodyThought



Copyright © 2018 Mind Body Thoughts, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

