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*Resilience, Dynamic Aging & Regeneration*

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**Heart Breathing**: Focus your attention on your heart area, and breathe a little deeper than normal, in for 5 or 6 seconds and out 5 or 6 seconds.

**Heart Feeling**: Activate a positive feeling as you maintain your heart focus and breathing. Recall a time you felt good inside, and try to re-experience the feeling. Remember a special place or the love you feel for a close friend, relative or treasured pet. The key is to focus on something you truly appreciate.

**Appreciation**: Make a list of things you appreciate such as people, places, activities and pets and choose one or two each morning to hold in your heart during the day. Choose one to hold in your heart throughout the night while your rest.

**EFT**: Find a tender spot on your chest near your collarbone. Rub gently in clockwise circles about the size of a quarter while repeating “In spite of everything (or this problem), I unconditionally love and accept myself.”

**Repose:** Lie down on your back with your arms extended out to the side and legs apart 3 times a day for 7 minutes at a time.