

## **Breathe life with Sophrology**

*Extracts from an interview with Ghylaine Manet, BA Philosophy, MA French Literature and Sophrologist about her book “Respirez la Vie” (“Breathe Life”) to the magazine “Santé Intégrative” – nov-dec 2009*

Sophrology can free you from life anguish, can make you feel alive again, can help you rediscover simple little joys, help you love life. Consider this woman who comes in and simply says: “I have come to you because I have it all and yet I am not happy.” She was told to see a Sophrologist. This is not meaningless. It will nevertheless be necessary to go back to everyday life simple gestures to understand why she is not “functioning” properly anymore. Sophrology is going back to the body, to sensations lost, stifled, locked away by life, education and society... this woman will have to regain her vital energy and the real reasons to be happy.

Breathing life is what I do not see enough around me. As for the patients who come and see me, that’s what they are looking for! To breathe life fully seems to them magical, unreachable, it is to be full of enthusiasm, to develop joy, trust in nature, in life itself. It is to marvel at science progress, the human mind amazing resources. Often, people do not live, do not breathe. They even say they have stopped breathing. They lose their life earning it as we often say, automatically, without thinking about tomorrow. To tell yourself you are going to do the same job, in the same town, in the same local area and see no future and find no way out. It is normal to feel sad, tired, disillusioned, anxious. It is unavoidable to feel disillusioned. You would have to be able to cross to the other side that looks so beautiful; but fear of failure, self depreciation, difficulties linked to change are too heavy a burden on the journey. I wrote my book to share my faith in life, my trust in humankind. Life is imagination, humour, feeling free.

Sharing experiences, expressing feelings, sensations are life’s pleasure. For some it is natural. For others, they have to learn it and part of our fellow citizens are very pessimistic and so opposed to change that it surprises me. Because life can be easy. It is in meeting someone else that you breathe life and that faces express love of life. [...] The most complicated thing is to correct one’s bad habits, to “unload” negative thoughts that block vital energy and to choose always to develop positive thoughts and positive actions.