

**Subject Line:** “Don’t believe everything you think” [Pranayama Program]

Hi [Name]

Our thoughts can be a tough place to live sometimes... they play tricks on us.

Take for instance when we’re learning something new. I don’t know about you, but my thoughts take over the truth and sound something like this . . .

“I haven’t got enough time. There’s no way I can do this.”

“Why is it so hard to start?” Everyone else is making so much progress!”

“Maybe this is just too much for me.”

**[Name], don’t believe everything you think!**

You are not your body. You are not your mind. You are something far greater. ✨

You are so much more than those destructive thoughts.

I see it as my job to keep reminding you that you deserve calm and inner peace in your life.

YOU are meant for greatness. To feel freer and more in tune with your amazing self!

**Here’s the good news:** Now that you are a member of the Pranayama Program, I’m with you every step of the way.

Think of me as your teacher, your encourager, your coach, and your friend.

And when our defeating thoughts take over, reach out to me and I’ll get you and your thoughts back on track ;-)

To your peace and happiness,  
Deepak

PS: Have you had a chance to start The Seven-days Pranayama Program?

*I suggest you set aside 30 minutes, 3 to 4 times a week*

- *Concentrate on one lesson at a time*
- *Enjoy them and relax into them.*
- *Celebrate your success when you complete each lesson.*

If not, take a look now! To make it easy, here are your login details:

ACCESS LINK: [Click here to access the course library](#)

USER NAME: [Email]

PASSWORD: Sent via an email from Teachable. Lost your password? [Click here to reset.](#)