

MICHAEL J. GONZALEZ FOUNDATION, INC.

MEGA-VITALITY

Metabolic Energy Generating ATP

Current #9

Relax

Support your body while it is still strong.

A stop, not a mood

Current #8 asked you to keep one living contact. This page is the fifth pillar: Relax. A stop, not a mood. Ten minutes still.

A system that never downs the throttle spends the reserve it needs for repair. That is not a feeling problem. That is an energy problem. Relax is the off-switch in the day. Sleep is the night. Do not ask one to do the other’s job.

This is not “be calm.” A frightened or sick person cannot be calm on command. This is ten minutes still: sit, breathe, walk slowly, pray, or sit under a tree. No screen.

How you keep it

Pick a stop you can keep. Ten minutes is enough. Mark Relax when the stop happened — not when you meant to, and not when a show was playing in the other room.

A slow walk can serve Move and Relax if you are honest about the job. Today the job is the stop. The legs may move. The screen does not.

Keeping Relax	Missing Relax
Ten minutes still. Sit, breathe, walk slowly, pray.	“Be calm” as an order you cannot keep.
No screen.	A pause with a feed in your hand.
The throttle down so repair can use the reserve.	The day never stops spending.
A stop you can keep today.	A spa plan so large it never starts.

Relax is not Sleep

Sleep restocks the account in the dark. Relax downs the throttle while the sun is still up. A nap can help a tired body. It does not replace the stop, and the stop does not replace the night. Keep both names honest.

A product is not the stop

An app can remind you. A chair can hold you. Neither is Relax until the ten minutes happen. The Foundation does not sell a mood, a course in calm, or a bottle as the price of belonging. Did you stop? How does your energy feel now?

Be brave enough to put the screen down

The first stop may wobble, the way the first ride wobbles. The mind may keep talking. That is not a failed grade. Sit anyway. You are not behind. You are not too late. You do not have to become a quiet person first.

If the day is loud, take ten minutes in the noise. If the body hurts, sit the way it can sit. If someone can sit with you, that is Connect and Relax in the same chair. Your cells are still minting energy every second of every day. Give them a few minutes when you are not asking them to spend it.

The question

Will you take the stop? The answer is yours. You can take it. You can leave it. No one can take it for you.

If you take it, put the screen down for ten minutes today. Sit, breathe, walk slowly, pray, or sit under a tree. That is Relax. That is the fifth pillar, kept.

The five are now named, one Current at a time. If you want to keep learning, keep flowing with our Currents. Metabolic Correction is next — Michael's order, now that you have a day to put it on.

Notes

- This is education. It does not diagnose, treat, or claim to cure.
- It does not replace your physician, your medications, or the care you already have.
- If a question is about your own body, take it to a licensed professional who knows you.
- The Foundation does not sell IVs, lab panels, wearables, calm apps, or bottles as the price of belonging.

Support your body while it is still strong.

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