Relaxed Body, Calm Mind

Find a comfortable position to sit or lie down. Autogenic relaxation is an effective relaxation technique that will allow you to relax your body and calm your mind.

Begin by breathing deeply, drawing air in... deep into your lungs... and releasing the breath slowly....

Breathe in....2....3....4...

hold...2....3....

exhale....2....3....4....5...

again....2....3....4....

pause....2....3....

exhale....2....3....4....5....

Continue taking slow, regular breaths.

Now turn your attention to your right hand. Feel the skin on the palm of your right hand becoming warm and relaxed. Feel the warmth in each finger....and on your palm....spreading to the back of your hand.... to your wrist....

Feel your right arm becoming warm.....

Your right arm is starting to feel very heavy.... very heavy, and very relaxed.

Your right arm is warm, heavy, and relaxed.

Now focus on your left hand. Picture placing your left hand into soothing, warm water. Feel the warmth relaxing your hand completely. Allow your wrist to enter the warm, calming water..... and relax. Your arm is becoming heavy. Allow your left arm to sink into the warm water. Your left arm feels warm, heavy, and relaxed.

Continue the autogenic relaxation...

Now turn your attention to your legs. Feel your legs becoming warm. Feel the warmth spreading all the way from your feet.... to your ankles.... lower legs....knees....and hips. Feel your legs becoming heavy.... very heavy, and very relaxed.

 Your legs are warm....heavy.....and relaxed....

Imagine a warm breeze blowing across your face.... feel your face and head relaxing.... your eyelids are very heavy....

Continue the autogenic relaxation...

Picture the sun shining down on you....warming the front of your body..... allow your chest and stomach to relax in this warmth.... feel the sun shining....warming your skin....relaxing your body.... as your body is filled with heavy, warm, pleasant relaxation.

Now imagine sitting with your back to a pleasant campfire. Feel the warmth of the fire on your back. Feel your back warming and relaxing..... the warmth spreads all the way from your neck...to your shoulders.....your upper back....middle and lower back..... feel your body relaxing as it becomes warm and calm....

Feel the heaviness in your entire body.... your body is warm....heavy.... and relaxed...

Enjoy this calm, relaxed feeling.

Notice your smooth, even breathing....relaxed and deep....drawing you even deeper into relaxation....

Your body feels very heavy....warm....and relaxed....

Enjoy the autogenic relaxation for a few more moments....

Now slowly begin to bring your attention back to the present.... keeping your eyes closed...notice the room around you....notice the surface that you are lying or sitting on.... hear the sounds in your environment.....

Gently start to reawaken your body.... wiggle your fingers and toes....move your arms and legs a little.... stretch if you like....

When you are ready, open your eyes.... and become fully alert.