

General Relaxation

This is a program for deep relaxations to experience growing sense in both your body and mind. . . . And you will feel yourself relaxing more and more fully. . . . When you finish you will feel refreshed.

The instructions that I'm going to give you are easy. . . You should have no trouble following them. . . . Simply hear my voice and allow your mind and body to respond naturally . . . without any effort. You can use my word as a guide for your feeling and sensations. . . Usually it is important to be in a comfortable position when you practice. . . . Wear loose clothing.

Allow yourself to be as completely support as possible. . . . Begin to feel your arms, legs, and shoulders relaxing. . . . Relax. . . . Now open your mouth for a moment and move your lower jaw from side to side . . . very slowly and very gently. . . . Now, close your mouth slowly keeping your teeth slight apart. . . . With your shoulders lose and relaxed turn your head from side to side letting the muscles above your shoulder relax and the back of your neck. . . . Very slowly and very evenly . . . smooth fluid motions. . . .

Now facing forward, sense relaxation in your face your lose jaw your neck and your shoulders. With your lips closed, feel your jaw hang loosely. Let it drop naturally. . . . Feel the tension flowing from your upper body. Take a deep breath. . . . feel your lungs filling with air. . . . hold it for a moment now let the air flow naturally from your lungs so that your chest feel relaxed and as you exhale let your shoulders and upper arms follow as

well. . . . Once again, take a deep breath, deeper than before
. . . . hold it a moment feel the tension in the muscles in your
chest. . . . let the air from your lungs flow naturally. . . . And
allow your shoulder and arms to relax. . . . Than once more on your
own and as you do sense the deep, regular rhythm of your
breathing sense the calm as you exhale. . . . As the air flows
from your lungs, your shoulders and upper chest will follow, feeling loose
and relax. . . . Again sense the calm that comes from exhaling. You
can feel it happen naturally.

For the rest of the exercise, you will continue to breathe slowly and deeply
with a growing sense of relaxation. . . . Keep in mind that this will
happen naturally, so you don't have to think about it. . . . Simply let it
happen.

Now, facing forward open your eyes Find a spot that is on
the upper wall or ceiling that is slightly above your normal viewing level.
Focus on that spot. . . . You will feel your eyes moving slightly upward,
but you want to keep your head level. . . . Allow your eyes to carry your
attention to the spot on the wall. . . . Sense the muscles as they find the
spot on the wall. . . . Try not to blink as you gaze at the spot. . . .
No need to force your concentration, just let it happen effortlessly. . . .
Let your attention flow to the spot. . . . As the rest of your body
relaxes, you can let your body relax, you can forget your body
Look effortlessly at your spot. . . . All of your attention flows
effortlessly to your spot.

As you gaze at your spot, blink only when the urge becomes strong
And if your eyelids become heavy, let them close for a moment and relax
them. . . . When you do close your eyes for a moment, try to imagine
your spot. . . . Let it become part of your consciousness even with your
eyes closed.

Now, let your attention flow to your spot. . . . I am going to begin to
count down with you to deeper and deeper levels of relaxation. . . .
And with each number, say to yourself, as you sense your spot. . . .
I am becoming more and more relaxed my eye lids are becoming
heavier and heavier. . . . I feel an inner peace and quiet I feel deep
inner quiet

Ten I am more relaxed. Ten means deeper peace and calm for
me. . . . I feel deep inner quite. . . . Now as you think about each part
of your body as you think about relaxing that part of your body. .
. . begin to feel the tension flow away. . . . and that part of your body
will feel comfortable, calm and pleasant. . . . Periodically you may feel a
warmth and tingling sensations. Keep in mind that these are simply some
signs of deep relaxation.

Counting down to **nine**, direct your thoughts, your imagination to the top
of your head. . . . to your scalp. . . . Sense the muscles there,
let them relax. . . . You can let it happen effortlessly. . . . Your
scalp is becoming less and less tight. . . . You may feel some warmth
and tingling as you let all the tension flow from your head and scalp. . . .
The top of your head is feeling more and more relaxed.

Eight. . . . Imagine your forehead and the skin that covers it Sense your eyes and the muscles around them, allowing those muscles to relax Feel the skin of your forehead relax. Again, you may feel some warmth and tingling. . . . Your eyelids and the muscles begin to feel heavier and quieter. You feel yourself letting go more and more. . . . You allow the sensation to spread entirely through your body. . . . Feel the tension going away.

Seven. Sense your throat and neck. Be aware of the muscles there. Let relaxation spread to the muscles in your throat and neck and feel them relax. Your neck and throat are begin to feel loose, quiet and comfortable.

Six . Sense your shoulders and upper back. Be aware of the skin and muscles in your upper back area. Effortlessly let relaxation spread to the muscle in that area. Those muscles begin to feel loose, comfortable. . . . Feelings of quiet begin to spread throughout your entire shoulder area. . . . That quite flows low as you feel your upper area relaxing.

Five. Sense your arms and hands. Those hands and fingers are feeling heavy and relaxed. You may feel some warmth and tingling in your hands and finger. Feel your arms, hands, fingers relax.

Four. Imagine your chest. Sense it. The muscles and skin. . . . Become more deeply aware of your chest. Feel the sense of relaxation spread through that area. . . . All the way down to your

diaphragm. As you exhale, feel calm and relaxation in your chest. .
. . . . Let the tension go and as you breathe deeply and naturally. . .
. . . feel the relaxation and quite in your chest. The muscle in you
diaphragm relaxing more and more. Smooth easy motions to your
breathing. The tension flows from your chest, as you exhale more
and more you sense clam.

Three. Sense your abdomen. Be aware of the skin and muscles
again. Sense them deeply. Feel them relax. Feel the
tension leave your abdomen. And, as you exhale, feel relaxation
spread all the way around your abdomen to your lower back.

Two. Sense your legs. your thighs your calves your
ankles. Be aware of them. Sense the muscle in your
thighs, calves and ankles. Sense the skin and muscles in your legs.
And let them relax. Feel the sense of calm go down through your
legs as you feel the tension leaving, your thighs, calves and ankles. . . .
Begin to feel heavier, looser. and more relaxed. Again, you
may feel some tingling in your calves and ankles.

One Sense your feet and toes. Be deeply aware of your feet
and each toe. Sense how still and relaxed they are. Let all
the tension leave your feet and toes. Your feet and toes may feel
light at times. Your feet and toes do not belong to your body. . . .
Your legs may feel light. and at times your legs may feel as they do
not belong to your body. Your hand and arms may feel light. . . .
They may feel as if they do not belong to your body. All remaining
tension is now flowing from your body and they feel light and buoyant.

Extremely relaxed. . . . Warm and comfortable. . . . You find pleasant feeling spreading through your body. . . . as you sense your entire body. . . . you can feel the calm and relaxation more and more fully. The sense of peace. . . . Your breathing is regular and comfortable. . . . Your neck muscles and your jaw muscle are relaxed and loose. You find yourself in a deepening state of calm and relaxation. . . . It is a good, comfortable, refreshed feeling. . . . Once again, say to yourself I am calm and peacefully relaxed. . . . I am calm and peacefully relaxed. . . . I am calm and peacefully relaxed. . . . And now, with no effort . . . let your mind wonder freely. . . . Let it wonder to senses that to you that are tranquil and relaxing. . . . Sense that you are comfortable. Warm and quiet. . . . Things, which to you, are relaxing and pleasant. . . . Things that are comfortable warm and relaxing. . . . For you they are relaxing. . . . Let the picture form themselves Let them flow. . . . You don't need to make an effort to work at it. . . . Imagine calm, tranquil, relaxing scenes. . . . Pick a moment were you would like to be. . . . Thinking of things, you like to do. . . . Be with people whose company you enjoy. . . . However you use your imagination. . . . fill your mind with a sense of pleasant, calm and relaxation. . . . Again, don't force the sense, but let them form themselves, as they absorb your full attention, just enjoy them. . . . Allow yourself to be a part of them. . . . take peace from them. . . . let them refresh you At this moment, you have no worries, no cares. . . . Let your entire conscience be in these sense. . . . You imagine that you can let your body be far away. . . . My voice is far away, so that nothing distracts you from the calm, tranquil scenes formed by your mind. . . . This is peace. . . . This is quiet. . . . Your mind finding it naturally. . . . You can relax, and let your thoughts flow effortlessly. . . . Relax and let your mind be peaceful and quiet from your thoughts. . . . No worries. . . . No cares. . . . Only a sense of deep, quite peace, that your mind is discovering.

Be calm. My voice is far in the distance. Your
relaxation is what you feel. Your relaxation is what you know. . . .
. Your are deeply refreshed and relaxed. And, your body is calm.
.

I will now count from one to five and with each number, you will
wake more fully with a growing feeling of deep refreshment

One

Two. Prepare to open your eyes. . . . feeling refreshed.

Three

Four Focus your mind and body on opening your eyes. . . . and
when you open your eyes on the count of five, you will be deeply refresh
and relaxed. Prepare for the count of five

Five. Now open your eyes take a few deep breaths and as
you do so look around the room at the objects. . . . Be sure that your
awake. Take another deep breath, and at this point you may want
to turn off the recorder and have a really nice day.
