Autogenic relaxation

In an autogenic relaxation we are using the mind to initiate a relaxation response. It is a good idea to first attend to the breath to help relax the mind before we move to the physical body.

* Begin by finding a comfortable lying position, using savasana or a suitable modified version.
* Start to focus upon your breathing, becoming aware of the rise of the inhale and the fall of the exhale, focus completely upon the breath….See if you can begin to slow the breath, moving inside yourself, let your breathing be calmer, slower……Let your exhalations be longer….moving deeply inside….
* Now become aware of your hands. Feel your fingers, your thumbs, your palms, the back of the hands…..Imagine your hands are becoming warm. Starting at the tips of your thumbs and fingers, the feeling of warmth spreads to your palms... to the back of your hands... to your wrists...Let your hands become warm and heavy….your hands are warm and heavy….. your hands relaxed…..
* Becoming aware of your arms now as the feeling of warmth flows up into your forearms, into your elbows into your upper arms, the warmth is spreading throughout both arms……both arms becoming warmer, heavier…….. both arms warm and heavy….. arms relaxed…..
* Become aware of your shoulders, feeling both shoulders, the feeling of warmth flowing up into your shoulders…..the warmth is spreading throughout both shoulders……both shoulders becoming warmer, heavier…….. both shoulders warm and heavy…..shoulders relaxed…..
* Become aware of your feet. Feel the toes, the tops of feet, the heels, the soles of feet….. Imagine your feet becoming warm. Starting at the tips of your toes, the feeling of warmth spreading to the tops of feet….soles...heels…..ankles….. both feet becoming warmer, heavier…….. both feet warm and heavy….. feet relaxed…..
* Becoming aware of your legs now as the feeling of warmth flows up into your lower legs, into your knees into your upper legs, into your hips….the warmth is spreading throughout both legs……both legs becoming warmer, heavier…….. legs warm and heavy….. legs relaxed…..
* Both hands and feet, both arms and legs heavy and warm, relaxed…..
* Now feel the front of your torso, the throat, let warmth flow onto the front of the torso, the abdomen, navel, chest, the throat….sink through your core now, warmth entering the back of the torso, the lower back, middle back, upper back, the back of the neck……the whole torso becoming warm and heavy……torso relaxed……Both hands and feet, both arms and legs heavy and warm, relaxed…..
* Become aware of the face and the scalp, let warmth flow into your face, into your scalp……the whole head warm and heavy…..the whole head relaxed…….
* Repeat the following relaxing statements in your mind, imaging each one:
* My hands are warm and heavy, they are relaxed
* My arms are warm and heavy, they are relaxed
* My shoulders are warm and heavy, they are relaxed
* My feet are warm and heavy, they are relaxed
* My legs are warm and heavy, they are relaxed
* My torso is warm and heavy, it is relaxed
* My head and neck are warm and heavy, they are relaxed
* My whole body is warm and heavy, my whole body is relaxed….
* Release now more completely….relax…….
* Now it is time to reawaken your body. Feel your mind becoming more alert. Wiggle your fingers. Feel your hands and arms reawakening. Wiggle your toes. Awaken your legs. Take a deep breath in as you stretch your arms, reaching high above your head. Exhale and lower your arms. When you are ready roll over to the right side spending a few moments here then come to a seated position.