Autogenic Relaxation

In this autogenic relaxation we are using the mind to initiate a relaxation response. We are beginning by relaxing the breath to help relax the mind before we move to the physical body. We are also introducing some simple imagery.

* Take your time to find a comfortable lying position using savasana or a suitable modified version.
* 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...Breathe in....2....3....4.... pause....2....3....exhale....2....3....4....5.... Breathe in....2....3....4.... pause....2....3....exhale....2.... 3....4....5....continue in this way taking slow, regular breaths…..Releasing the breath (do not need to count if prefer not to do so)
* Now turn your attention to your hands. Feel the skin on the palms of both hands becoming warm and relaxed. Feel the warmth in each finger....on your palm....the warmth spreading to the back of your hand.... to your wrist....
* Feel warmth within both arms and shoulders, at the front, the back and at the sides…..
* Both hands, arms and shoulders starting to feel very heavy….very heavy and relaxed…..
* Imagine you are now placing your hands into soothing, warm water. Feel the warmth relaxing your hands completely….. Allow your wrist to enter the warm, calming water...…wrists relax…. Allow your arms to sink into the warm water. Your arms feeling warm, heavy, and relaxed.
* 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….legs relaxed……Your legs are warm....heavy.....and relaxed....
* Imagine you are now placing your feet into soothing, warm water. Feel the warmth relaxing your feet completely….. Allow your ankles to enter the warm, calming water...…ankles relax…..Allow your legs to sink into the warm water. Your legs feeling warm, heavy, and relaxed…..
* A soft warm breeze is blowing across your face.... feel your face and scalp relaxing.... your eyelids are very heavy....your face and scalp relaxed….
* The sun is shining down upon you....it is warming the front of your body..... allow your chest and stomach to relax in this warmth.... feel the soft summer sunshine warming your skin....relaxing your body....your body being filled with a soft warmth, a heavy release…..
* Now imagine you are 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 within your neck...your shoulders.....your upper back....middle back…. and lower back.....feel your back relaxing as it becomes warm and calm....
* Feel the heaviness in your whole body.... your whole body is warm....heavy.... and relaxed...
* Enjoy this calm, relaxed feeling…..
* Notice your smooth, even breathing....how your breathing is slow and relaxed ....drawing you even deeper down into relaxation....
* Your whole body feels very heavy....warm....and relaxed....letting go now more completely…..
* Slowly begin to bring your attention back to the present.... keeping your eyes closed...notice the room around you....notice the feeling of the surface you are lying on.... hear the sounds in the room…. Any sounds beyond the room…….
* 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.