Exhaling into Relaxation

This simple relaxation can be done at any time of the day to bring a sense of release to the mind and body. We can also use the ideas of 'meandering down through the body' and the 'lengthening of the exhalation' in our everyday lives as tools to release the build up of physical and mental tension.

Take your time to establish a comfortable lying position – giving modifications

* Allow your tongue to relax within your mouth and feel eyes softening, falling into the back of the eyes, back of the head.....
* Allow your attention to begin to meander down through your body, starting at the crown just allow your attention to slowly flow downwards touching each part of your body in turn, gently releasing, gently letting go.......easily meandering downwards......Touching the face and the scalp…..throat and back of neck………the front, sides and backs of shoulders, the arms and hands………your awareness continuing to meander easily down through the torso….into hips, buttocks…..down through the legs, into the feet……….
* Now let your attention rest upon your breath simply noticing the rise and fall of each breath……….notice each breath is slightly different, a different length - some a little longer others a little shorter…….a different depth - some deeper others more shallow…….. a little smoother, a little more uneven…….. simply noticing.....
* See if you can patiently await each breath, the breath moving of its own accord, waiting for the breath to arise out of stillness and move back into stillness, breathing effortlessly……. just observing how each breath is a little different........do nothing but waiting and watching………breathing as effortlessly as you can......
* Now begin to slowly count the length of each breath, breathe in for a count of four and breathe out for a count of four…..let your breathing be easy and effortless...….now if that felt comfortable begin to lengthen the exhalation, inhaling for a count of four but exhaling for a count of six..…....As you continue keep your breathing easy and effortless.........
* You could stay with this count but if possible begin to further lengthen the exhalation, breathing in for four but exhaling for a count of eight......perhaps for ten or twelve counts……..as you continue keep your breathing easy and effortless.........your exhalation growing longer…….
* Notice how as your exhalation grows longer so your mind quiets,………..as the breath slows the mind slows………feel yourself gradually falling deeper inside yourself, feel your mind and body gradually releasing all remaining effort, releasing the counting …......becoming more aware of the natural pause……falling into that pause…..resting here, simply surrendering, simply being, nothing to do and nowhere to go, just resting............
* We are now ready to begin to release from this practice so begin to deepen and quicken your breathing.. Begin to be more aware of your physical body….You may wish to stretch out or roll from side to side. Then coming to a seated position resume your day.