Orbiting the Body Relaxation

Here again we are using the breath to evoke the relaxation response.

* Adopt a comfortable lying position, adjusting your position until your body feels open and fully supported by the ground beneath.....eyes closed....allow your tongue to broaden at the back of your mouth….feel the small muscles around the eyes softening, falling into the back of the eyes, back of the head.....head now feeling heavier……
* Become aware of the front of the body, the whole front of your body……and in a moment you will take a breath in and as you exhale consciously fall into the back of your body, letting go……..so beginning now, inhaling and exhaling falling into the back of the body, letting go……….Feel your body laying upon the ground beneath, your whole body weight being fully supported from beneath…….
* Now do not consciously breathe, just await each breath, experiencing the arrival of each new breath and its eventual release....just waiting for each breath to arise and fall away.... noticing how each breath is a little different, a little deeper or more shallow, a little longer or shorter, a little more uneven or more smooth, simply waiting patiently & noticing.....
* As you work with this notice it is almost as if you were being breathed, you are simply waiting and watching.....
* Now take you attention to your fingertips….both sets of fingertips, and hold it there…..when you are ready inhaling let your awareness travel up through your hands, arms and shoulders and exhaling your awareness traveling back down your arms, returning to your fingertips…..inhaling traveling up to the shoulders and exhaling traveling downwards again…continue in this way and each down time you exhale downwards your shoulders, arms and hands are releasing, letting go……making this the last time…...
* Now take your attention to the soles of your feet, holding it there and when you are ready inhaling allow your attention to travel along the underneath of your body to the crown and then exhaling your attention traveling down the front of your body returning to your feet. With each easy breath allow your attention to travel in this way…….inhaling traveling upwards through the underneath of the body from the soles to the crown of the head and exhaling traveling downwards through the front of the body, from the crown to the feet and every time you exhale down through the front of the body feel the front of your body releasing......as the wave of your awareness passes through the front of the body releasing, letting go.……....
* Now when you next come to your feet keep your attention there……..breathing as before now reverse the flow of your attention; inhaling traveling up through the front of the body to the crown and exhaling this time traveling downwards along the back of your body returning to your feet, continue in this way and every time you exhale traveling along the back of the body, the back of the body is releasing….as the wave of your awareness passes through the body releasing, letting go....
* Now when you next return your attention to the soles of your feet keep your attention there. This time as you inhale your awareness travels upwards through an arc either side of the body along the ground beside you entering your crown, and as you exhale awareness traveling downwards through your whole body returning to your feet.......So inhaling from the sole of feet travel along the ground next to you and exhaling travel down through the whole body returning to your feet......continue to work slowly and easily in this way and every time your awareness travels downwards through the whole body, the whole body is releasing.......as the wave of your awareness passes through the body releasing, letting go....
* Making this the last time traveling down through the body.…..
* To complete, place your attention in the soles of your feet and at the same time feel the crown of your head, feeling both places simultaneously..….now feel the right hand as well as the left hand, feeling both hands simultaneously…....finally feel all four points at the same time, the soles of your feet, your crown, the right hand and the left hand, and then allow yourself to feel the whole body, your awareness gently expanding to encompass the whole body space.....resting here in the feeling of the whole body……..as you take one final long exhalation saying to yourself mentally 'whole body releasing', relaxing more completely........
* To release from the relaxation imagine trap doors upon your soles closing, trap doors upon your palms closing, a trap door upon your crown closing. Start to become aware of the ground beneath your body, begin to breathe a little more deeply, a little more quickly, and start to move perhaps stretching or rolling....now roll to one side, spending a few moments here and then come to a seated position.