

The Relaxation Response

1.

Sit quietly in a comfortable position.

2.

Close your eyes.

3.

Deeply relax all of your muscles by bringing
Your attention to the bottom of your feet and progressing up to the top
of your head. Breathing into any part of your body that may have
tension, tightness or uncomfortable sensations.

4.

Become aware of your breathing as you breathe through your nose,
and out through your mouth. With the inhalation say the word "calm", silently to yourself.
And with the exhalation say "relax". Say these words as long as you like with each full breath.
Breathe easily and naturally, feeling the breath fill up your lungs.

5.

Continue for 5 to 20 minutes.
You may open your eyes to check the time, but do not use an alarm.
When you finish, sit quietly for several minutes,
at first with your eyes closed and later with your eyes opened.
Do not stand up for a few minutes.

6.

Do not worry about whether you are successful in
achieving a deep level of relaxation.
Maintain a passive attitude and permit relaxation to occur at its own pace.
When distracting thoughts occur,
notice them and gently move back to your breath and repeating the words "calm" and "relax".
With practice, the response should come with little effort,
Practice this technique once or twice daily,
But not within two hours after any meal,
Since the digestive processes seem to interfere with the elicitation of the Relaxation response.