

RELAXATION

STEP 1

SIT IN A COMFORTABLE CHAIR WITH YOUR FEET ON THE FLOOR AND YOUR HANDS IN YOUR LAP.

STEP 2

PICK A SPOT ON A WALL THAT IS A LITTLE BIT ABOVE YOUR EYE LEVEL. STARE AT THE SPOT. AS YOU DO, COUNT SLOWLY TO TWENTY. NOTICE THAT IN A SHORT WHILE YOUR EYELIDS BEGIN TO FEEL HEAVY. LET YOUR EYES CLOSE. IN FACT, EVEN IF THEY DON'T FEEL AS IF THEY WANT TO CLOSE, SLOWLY CLOSE THEM ANYWAY AS YOU GET TO TWENTY.

STEP 3

NEXT, TAKE A DEEP BREATH AS DEEP AS YOU CAN, AND VERY SLOWLY EXHALE. REPEAT THE DEEP BREATH AND SLOWLY EXHALE THREE TIMES. WITH EACH BREATHIN, FEEL YOUR CHEST AND BELLY RISE AND IMAGINE BREATHING IN PEACE AND CALMNESS. WITH EACH BREATH OUT, FEEL YOUR CHEST AND BELLY RELAX AND BLOW OUT ALL THE TENSION AND ALL THE THINGS GETTING IN THE WAY OF YOUR RELAXING. BY THIS TIME YOU WILL NOTICE A CALM COME OVER YOU.

STEP 4

NEXT, TIGHTLY SQUEEZE THE MUSCLES IN YOUR EYELIDS. CLOSE YOR EYES AS TIGHTLY AS YOU CAN. THEN SLOWLY LET THE MUSCLES IN YOUR EYELIDS RELAX. NOTICE HOW MUCH MORE THEY HAVE RELAXED. THEN IMAGINE THAT RELAXATION IS SPREADING FROM THE NUSCLES IN YOR EYELIDS TO THENUSCLES IN YOUR FACE --- DOWN YOUR NECK INTO YOUR SHOULDERS AND ARMS---INTO YOUR CHEST AND THROUGHOUT THE REST OF YOUR BODY. THE MUSCLES WILL TAKE THE RELAXATION CUE FROM YOUR EYELIDS AND RELAX PROGRESSIVELY ALL THE WAY DOWN TO THE BOTTOM OF YOUR FEET.

STEP 5

AFTER THE WHOLE BODY FEELS RELAXED, IMAGINE YOURSELF AT THE TOP OF AN ESCALATOR. STEP ON THE ESCALATOR AND RIDE DOWN, SLOWLY COUNTING BACKWARDS FROM TWENTY. BY THE TIME YOU REACH THE BOTTOM, YOU'RE LIKELY TO BE VERY RELAXED.

STEP 6

ENJOY THE TRANQUILITY FOR SEVERAL MOMENTS. THEN GET BACK ON THE ESCALATOR, RIDING UP. COUNT TO TEN. WHEN YOU GET TO TEN, OPEN YOUR EYES, FEEL RELAXED, REFRESHED AND WIDE AWAKE.

TO MAKE THESE STEPS EASY TO REMEMBER, THINK OF THE FOLLOWING WORDS:

- *FOCUS (FOCUS ON THE SPOT)*
- *BREATHE (SLOW, DEEP BREATHS)*
- *RELAX (PROGRESSIVE MUSCLE RELAXATION)*
- *DOWN (RIDE DOWN THE ESCALATOR)*
- *UP (RIDE UP THE ESCALATOR AND OPEN YOUR EYES)*

TAHITI EXERCISE

LIE ON YOUR BACK ON THE FLOOR WITH YOUR LEGS ON A CHAIR OR OTHER RAISED OBJECT. THE OBJECT IS TO GET YOUR LEGS HIGHER THAN YOUR BODY.

YOU ARE MOVING YOUR SYMPATHETIC ENERGY FROM THE LEGS BACK INTO THE PARASYMPATHETIC BODY.

TURN OFF YOUR BRAIN FOR 20 MIN!!! YOU CAN REPEAT “RELAX” OR ANY OTHER WORD, BUT TURN OFF YOUR BRAIN. DON’T THINK ABOUT ANYTHING YOU “HAVE’ OR “NEED” TO DO!!!

20 MINUTES OF THIS EXERCISE IS EQUIVALENT TO 1 HOUR OF R.E.M. SLEEP.

LIE ON YOUR BACK, AND GO TO TAHITI.