

Relaxation Exercise

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What I would like you to do at this time is to just slowly and simply open and close your eyes, when I ask you to do so. From this moment forward as you begin to follow each and every instruction that I give you, you will begin to notice how easy it is to relax using the marvelous mechanism of your mind.

Let me start with the number 5 as I ask you to simply, just close your eyes. With your eyes closed, you can now allow yourself to feel the soothing sensation of relaxation beginning to encompass your entire body. Moving from the tips of your toes all the way up through your legs and around your buttocks and torso. Spreading out and radiating to every muscle, fiber and organ within your body. Feel this relaxation radiating and reaching out to your limbs... your arms... your legs... your neck and your shoulders... Let me remind you that the physical action of just closing your eyes gives an automatic signal to the brain to relax. And you comply with this signal completely and willingly. Because it is your choice and your decision alone to experience this relaxation exercise.

Taking in a long, slow, deep, even breath... holding that breath for just a moment and then letting your body relax totally and completely as you exhale. Feel how comfortable this makes you feel.

And as your body begins to relax you may notice that any and all outside noises are becoming of less and less importance to you... You may even notice that any and all outside noises may guide you even deeper and deeper into relaxation. Listening intently now to each and every instruction that I give you... and as you enjoy this wonderful, beneficial feeling of rest and relaxation... you may begin to find it more and more difficult to open your eyes, when I ask you to do so. If this occurs, it is perfectly normal. If it does not occur, that is also perfectly normal. Not forcing any relaxation at all. Just allowing your body to relax at it's own time, speed and pace.

4. Only if you choose to do so, you may open your eyes... Paying close attention to each and every instruction that I give you, and allowing your body to follow through with each tranquil, relaxing suggestion given... and...

3. Eyes closed. Breathing in another long, slow, deep, relaxing breath... holding it for just a few moments and now... exhale. Relax... let go... and imagine yourself now, feeling just as though your body resembled that of a rag doll. Very loose, very limp and completely, completely relaxed in every way.

2. Again, only if you choose to do so, you may open your eyes... Noticing how easy it is to follow these simple instructions and how good it feels to finally take control over your body from this moment forward.

1. Eyes closed.

And now, as you continue to relax and listening very closely to the sound of my voice, you may discover that the more you focus on the words I speak, the more relaxed you may become. You may also notice that with the passing of each and every minute, your body is feeling more and more and more relaxed in every way. Each and every moment that passes may bring you deeper and deeper into relaxation. This is your choice and your decision to release and relax. And you do so completely.

Using your own, inborn ability to slow down the pace of your breathing is easy for you to accomplish... you are exactly where you want to be at this time. Focus now on your chest cavity. Take notice, of how your chest is rhythmically rising and falling in pace with each and every slow, even breath that you breathe.

This is simply a relaxation exercise. There is no right way or wrong way to achieve this state of relaxation. There is only YOUR way. And your way is the absolutely perfect way. All you need to do is to continue to follow the instructions I give you for a complete and total relaxation experience.

You know that it is your choice and your decision to experience total relaxation and you also now know that you can and you will do whatever is necessary to experience total and complete relaxation during this time. Knowing that relaxation is beneficial to your overall good health. With relaxation comes regeneration and rejuvenation of your mind and body. Now is the time to focus on the importance of a good, healthy, balanced mind and body. Relaxing the mind also relaxes the body. And relaxing the body relaxes the mind. You can now see how these two are interconnected. Working with each other with precision and accuracy. Almost like having a pleasant thought brings forth a physical smile.

Working harmoniously with each other, and with very little effort, your mind automatically controls your entire body.

Your circulatory system, respiratory system, your kidney function, your heart regulation, all these things and more work harmoniously together and are controlled automatically by the wonderful mind you have been given from birth.

You are doing excellently. Relaxing more and more with the passing of every moment... (pause)

Relaxation feels good and you deserve to feel good. Taking 'time out' for the one and only body that you will ever be given. Feeling the good effects of relaxation at this very moment. Within this special state, you are free to appreciate the peacefulness and tranquility that the process of relaxation has on your body. You may be experiencing a feeling of lightness or a floating type of sensation. Drifting or floating, deeper and deeper down... Feeling calm, relaxed, and restful in every way.

Perhaps you may even encounter an 'out of body' experience. Drifting or floating above the physical body that is here with me now. Looking down and seeing the good beneficial effects relaxation has on your body. See the relaxed look on your face... lips may be slightly parted... jaw slightly separated... the lines in your forehead having relaxed and loosened... eyelids totally and completely relaxed in every way... being totally aware of every word being spoken during this relaxation exercise and not wanting to disrupt this peaceful, relaxing state of mind in any way... And this feels good. It feels good to finally be in control of this wonderful body and mind that you have been given from birth. Taking time now to notice how your pulse has adjusted to the relaxation process, your breathing is paced and regulated. You can actually feel the healing process taking place as you allow your body to rejuvenate and regenerate itself. Mentally reach down and feel your body. It is cool to the touch. This is because your breathing has adjusted to a restful pace. And this is good. See how well your body accepts these suggestions of relaxation. Hear the applause of friends and family as they congratulate you on a job well done. Taste the sweet taste of victory as you accomplish a new and wonderful level of relaxation. See how beneficial this relaxation exercise is for you.

Know that each and every time you wish to experience this relaxation process, you may do so by simply tilting your head slightly back, closing your eyes, taking three long, slow deep breaths, and repeating to yourself the word 'Relax'... 'Relax'... 'Relax'... with each breath in and with each breath out, repeating the word 'relax' will allow you to experience at that moment in time the tranquil, calm feeling that you are presently experiencing here with me now.

And you now know that you have the ability within you, to alter or enhance any thought that your mind conceives. Conceive... believe... achieve. It's that simple. To achieve a state of relaxation like the one you are presently experiencing, you must first conceive the idea, believe you can achieve it and it is yours for the asking!

Each and every time you utilize this relaxation exercise, you will find it easier and easier to obtain the perfect level of relaxation needed. The more you utilize these suggestions, the faster it is for you to achieve the perfect level of relaxation. Again...the more you use this relaxation exercise, the faster and easier it is for you to achieve the perfect level of relaxation needed.

I'm going to count now from 1 to the number five, and when I reach the number five I would like to you to simply open your eyes. Feeling refreshed, relaxed and rejuvenated in every way.

1. Moving up now, through every muscle, fiber and organ within your body begin to feel a new feeling of vitality and energy.
2. Moving up, up, becoming alert and aware of this wonderful new sensation of rejuvenation and regeneration.
3. Moving up, up, up, slowly moving your fingers, toes and ankles... moving your hands, and your wrists, your legs, your toes and your ankles...

4. Moving up, up, up, up...feeling so good, so good in every way and...

Eyes open, feeling refreshed, relaxed and refurbished in every way.

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