

Relaxing the Body

This is a shorter relaxation, focusing on sensations in different parts of your body. With practice, you can learn to observe and let go of tension, and feel more relaxed.

Begin by finding a comfortable posture, with your feet on the floor, sitting upright with your back supported and your hands resting on your lap. If you are lying down, find a restful position on your back, with your legs stretched out and arms by your sides. You can use pillows or cushions to keep yourself comfortable. Close your eyes, or keep them gently open, with a soft gaze.

And now, turn your attention to the feelings in your body. Starting at the top of your head and moving down, noticing any tension and letting it go. Softening the muscles in your forehead, your eyes, your mouth and jaw. Shoulders, arms and hands. Softening the tummy as you breathe. Hips, legs and feet. Imagining any tension flowing out through your feet into the ground below you.

Rest in this space for the next few moments. You may feel the beginnings of a smile resting gently on your lips. When you are ready, open your eyes and start making small movements.

Bring your attention back to this room, as this relaxation comes to a close.