

De-Stress - Learn to Enjoy the Benefits of Deep Relaxation

We live in a society that is jam-packed with much too much to do. Many of us are overwhelmed and frequently stressed. Research suggests that 85% of all medical problems are caused by stress. It weakens the immune system and leaves your body susceptible to viruses, bacteria, yeast and cancer. Stress can be directly linked to headaches, lower back pain, insomnia, hypertension and digestive problems.¹

On the other hand, relaxation strengthens your immune system. In fact research suggests that the more you engage in deep states of relaxation, the greater your body is able to fight off disease and infection.² A daily relaxation practice will also help you hone your relaxation skills so when you are experiencing stress or discomfort you will be able to enter deep states of relaxation easily. These relaxed states will also help you release and loosen tired, stiff, sore or strained muscles. People who have a daily relaxation practice are calmer and happier, and they suffer from less from anxiety and stress. As you practice relaxation, you will begin to experience spaces that are sublime and peaceful with feelings of oneness or of being deeply connected to the universe.³ These states are frequently experienced as a “state of bliss.” Many Eastern traditions have experienced these blissful states of deep relaxation, or meditation, for hundreds of years.

Relaxation, or meditation, is really quite easy. The following is one method that is easy to follow.

1. Find a nice, quiet, peaceful place and allow yourself to become as comfortable as possible.
2. Close your eyes
3. Imagine that you are in a very beautiful and safe place. You may want to listen to some beautiful music or a relaxation CD.
4. Take three deep breaths.
5. Count backwards from 10 to 1.
6. Relax your body by gently scanning each part of your body and relaxing any muscle that feels tense or tight.
7. Clear your mind. If you have mind chatter, which is normal, just imagine tying your thoughts onto a balloon and watch them float away. Or toss them into a stream and let them sink or drift out of sight. If mind chatter keeps creeping in, just continue to release it.
8. Enjoy the peace and calm of the beautiful place you have created for yourself while you continue to observe your breathing pattern without trying to change it or alter it in any way.
9. When ready to return to full consciousness, count yourself back from 1 to 5

There are several things to remember about relaxation or mediation.

1. You will always be able to awaken immediately in case of any emergency, alert and normal in every way.
2. The more you practice the more quickly and easily you will be able to go into states of deep relaxation.

3. You can give yourself the suggestion to awaken in the desired amount of time (10, 15, or 20 minutes) awake, refreshed and fully conscious. At first you may want to set a clock in front of you so that you can “peek” at it from time to time.
4. Give yourself a few moments to come all the way back before resuming normal activities.

If you would like to practice deep states of relaxation but are having difficulty in maintaining focus, you might want to purchase one of my relaxation CDs. Visit my website at <http://www.transformativepathways.com/products.html> for more information. Or you may call 415-819-8769 or email [jreich14\(@\)sbcglobal\(.\)net](mailto:jreich14(@)sbcglobal(.)net).

¹ Huddleston, Peggy, *Prepare for Surgery, Heal Faster*, Angel River Press, Cambridge, Massachusetts, 1996, 32-33

². Ibid, p33-34

³. Ibid p35