

# **RELAXATION**

## **STATIONARY RELAXATION**

- Valuable for promoting rest, pain relief, sleep and a state of calmness
- Brief periods (1-5 mins) or longer periods (20-30 mins) are both valuable

### **The Steps**

1. Sit or lie so that you are fully supported. You might want to do the relaxation accompanied by appropriate (non-vocal) music.
2. Notice the contact of your body with what is supporting you. Continue this awareness throughout the relaxation process.
3. Notice your breathing – notice the in-breath and the out-breath.
4. With each out-breath, relax a little (ie: allow yourself to loosen, become more still, clear, balanced and easy).
5. You could say “calm” or “I am calm” with each in-breath; and “relax” or “I am relaxed” with each out-breath; or choose your own words.
6. Notice the parts of your body that are becoming more and more relaxed. Notice the parts that are quiet, still, calm and easy. Keep your awareness on these areas and notice how the relaxation in those areas increases and spreads, with each out-breath.
7. Continue to do each and all of these steps, for as long as is desired or required.

## **BRIEF ACTIVE RELAXATION EXERCISE**

While being active, you can cultivate relaxation by following four very similar steps to the ones given above.

1. Allow your body to hang loose and as relaxed as you can, even if only momentarily.
2. Concentrate specifically on grounding – you do this by noticing the sensations in your body, at the same time as you notice the physical world around you. You notice these by using each of your senses – seeing, hearing, feeling, touching, tasting and smelling.
3. Each time you breathe out, let your body go as slack and loose as you can, given what you are having to do at the time.
4. Also, concentrate your attention on those parts of you that are more relaxed and loose.

The recording (CD/audiotape) of the “Relaxation Meditation” is available via Dr Davis or [www.biamentnetwork.net](http://www.biamentnetwork.net) Regular use of this is useful for deepening of the relaxation process.

*Adapted from the original material developed by  
Ken & Elizabeth Mellor, Biame Network, Australia*