



Creating Feelings of Warmth & Relaxation

Autogenic relaxation can change the way you experience sensation in your body. With autogenic relaxation skills, you can train your body to feel heavy or warm, or to have other soothing sensations that will bring you comfort. It's also possible to use this skill to directly alter the way you experience pain or discomfort. Sharp pain may be transformed to tingling sensations; dull aches may be made to feel like gentle pressure.

Let's begin with an autogenic relaxation that will help your body to feel warm, heavy, and relaxed.

Begin by breathing out all of your air, just deflating. Now, when you're ready, draw air deep into your lungs, and then into your diaphragm, and then, when you are ready, releasing the breath...slowly. Again, drawing a deep breath in through your nose....and once your belly is full of air, slowly releasing the air through your mouth as if you were breathing out through a straw.

Continue taking slow, regular breaths throughout this exercise. Just pace yourself in a way that feels comfortable, smooth, and easy.

Now turn your attention to your right hand. Feel the skin on the palm of your right hand becoming soft and relaxed. Feel the sensation of warm comfort spread to each finger....and on your palm....spreading to the back of your hand....to your wrist....your entire arm.

Your right arm is starting to feel very heavy....very heavy, and very relaxed. Your right arm is heavy and relaxed.

Now focus on your left hand. Feel your left hand relaxing completely. Allow your wrist to soften... and relax. Your left arm is becoming heavy. Allow your left arm to sink into comfort. Your left arm feels heavy and relaxed.



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Now turn your attention to your legs. Feel your legs becoming calm and relaxed. Feel the heaviness and comfort spreading all the way from your feet....to your ankles.... lower legs....knees....and hips. Feel your legs becoming heavy.... very heavy, and very relaxed. Your legs are calm....heavy....and relaxed....

Imagine a gentle breeze blowing across your face....feel your face and head relaxing.... your eyelids are very heavy....

Picture a soothing sun shining down on you....relaxing the front of your body....allow your chest and stomach to relax and feel heavy....feel the sun shining....relaxing all your skin....relaxing your body....as your body is filled with heavy, calm, pleasant relaxation.

Now imagine the soothing sun relaxing your back. Feel your back getting heavy and relaxed....the feelings now spread all the way from your neck....to your shoulders....your upper back.... middle and lower back.....feel your body relaxing as it becomes heavy and calm....feel the heaviness in your entire body....your body is calm....heavy....and relaxed...

Enjoy this calm, relaxed feeling. Notice your smooth, even breathing....relaxed and deep....drawing you even deeper into relaxation....your body feels very heavy....calm.... relaxed....and comfortable. Enjoy the relaxation for a few more moments....

Now slowly begin to bring your attention back to the present....keeping your eyes closed...notice the room around you....notice the surface that you are lying on.... hear the sounds in your environment.....gently start to reawaken your body....wiggle your fingers and toes....move your arms and legs a little....stretch if you like....

When you are ready, open your eyes....and become fully alert.