

Just 20 minutes of relaxation helps support your body's natural healing systems.



Unlike your car, which needs a mechanic, your body will tune itself — if given the opportunity. A state of low adrenaline, calm mind, and relaxed muscles is a perfect tune-up environment. Doing a simple relaxation practice for just 20 minutes a couple times a day will do the job. The more consistent you are, the better you will feel. Plus, it may connect you to a side of life that you never knew existed.

20-Minute Healing Practice

Lie down or sit comfortably in a chair. Slow your breathing and relax your mind. Progressively relax your body. Start at the top of your head, and as you move down, spend about 30 seconds or a few relaxed breaths focusing your attention on each area:

Become aware of the hollow spaces inside your ears and nose. Become aware of your tongue and teeth.

Relax the muscles of your neck. Become aware of the space inside your throat. Follow your breaths from your nose, down your throat, and into your lungs. Become aware of your chest expanding and contracting with each breath.

Notice your heart beating. Relax the muscles in your arms. Move the expansion of your breaths down into your abdomen. You may be able to “feel” your liver and abdominal organs. Sit with good posture but relax your abdominal muscles.

Become aware of your pelvic area and release any tension all the way through the anal area. Relax your thigh muscles. Relax your lower leg muscles. Spread your toes, stretch your feet, and then relax your foot muscles completely. Become aware of your entire body all at once. Relax, and turn healing over to your body.

Remain in this relaxed state for 10-15 minutes — or longer, if you have the time.

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