**Some Relaxation Practice Scripts from SYMT November 2017 Module**

**A Rotation of Consciousness Practice**

Rotate or move your consciousness through the different centers of your body. Do this a quickly as you can. Allow your awareness to jump from point to point. As I say the name of each part of the body, please say the name after me mentally, as you bring awareness to that point. The practice begins usually with the right hand. I’ll name each part. Here we go…

(Right Side)

right hand thumb, second finger, third finger, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, lower arm, elbow, upper arm, shoulder, arm pit, wrist, lower arm, elbow, upper arm, shoulder, armpit, waist, hip, right thigh, knee, calf, ankle, heel, sole, top of foot, right big toe, second toe, third toe, fourth toe, fifth toe.

(Left Side)

Left hand thumb, second finger, third finer, fourth finger, fifth finger, palm of the hand, back of the hand, wrist, lower arm, elbow, upper arm, shoulder, armpit, waist, hip, left thigh, knee, calf, ankle, heel, sole, top of the foot, left big toe, second toe, third toe, fourth toe, fifth toe.

(Back)

Right shoulder, left shoulder, right shoulderblade, left shoulderblade, right buttock, left buttock, the spine, the whole back together.

(Front)

Top of the head, forehead, right eyebrow, left eyebrow, the eyebrow center, right eyelid, left eyelid, right eye, left eye, right ear, left ear, right cheek, left cheek, nose, tip of the nose, right nostril, left nostril, upper lip, lower lip, chin, jaw, throat, right collarbone, left collarbone, right chest, left chest, middle of the chest, navel, abdomen, lower abdomen.

(Major Parts)

Whole of the right leg, whole of the left leg, both legs together, whole of the right arm, whole of the left arm, both arms together, whole of the back, whole of the front, whole of the head, together, legs, arms, back front, head, together, the whole body together, the whole body together, the whole body together.

Pause. Repeat entire practice twice more if inclined!

**A Tension-Relaxation Practice**

* Begin in *shavasana*. Take several, smooth, even breaths. Feel the body’s weight rest into the floor.
* Bring attention to the right hand. Make a fist and hold tension, notice the sensations. Then slowly release. Ntoice the sensations of loosening the muscles.
* Stretch the right hand, fingers going back toward the forearm. Notice the tension on the top of the lower arm. Hold. Release and notice the feeling of loosening.
* Bend your right hand toward the inside of the wrist and notice the tension on the inside of the lower arm. Hold. Release and notice the sensation of loosening.
* Straighten your right arm at the elbow. Feel the bicep tensing in the upper arm. Hold feeling the tightness. Now let go and sense the feeling of releasing.
* Now make a fist with the left hand. Hold tension, notice the sensations. Then slowly release. Notice the sensations of loosening the muscles.
* Stretch the left hand, fingers going back toward the forearm. Notice the tension on the top of the lower arm. Hold. Release and notice the feeling of loosening.
* Bend your left hand toward the inside of the wrist and notice the tension on the inside of the lower arm. Hold. Release and notice the sensation of loosening.
* Straighten your left arm at the elbow. Feel the bicep tensing in the upper arm. Hold feeling the tightness. Now let go and sense the feeling of releasing.
* Now bring your awareness to your right foot. Flex the toes toward the sole of the foot. Feel the tension there. Release and sense the loosening and relaxation of the muscles within the foot’s sole.
* Point your right foot like a ballet dancer. Become aware of the tension in the back of the ankle and calf. Hold. Release. Notice the sensations.
* Flex the right foot back toward the shin and feel the work in the shin muscles. Hold. Release and notice the sensations of relaxing.
* Straighten the right leg at the knee and feel the quadriceps tense on the top of the right thigh. Hold. Release, and sense the feeling of relaxation the muscle, softening the upper leg.
* Bend the right knee, bringing the leg up toward to torso with the knee over the abdomen. Feel the work and tightness. Hold this. Now release and allow the leg to return to the floor. Allow the muscles to continue to relax.
* Now bring your awareness to your left foot. Flex the toes toward the sole of the foot. Feel the tension there. Release and sense the loosening and relaxation of the muscles within the foot’s sole.
* Point your left foot like a ballet dancer. Become aware of the tension in the back of the ankle and calf. Hold. Release. Notice the sensations.
* Flex the left foot back toward the shin and feel the work in the shin muscles. Hold. Release and notice the sensations of relaxing.
* Straighten the left leg at the knee and feel the quadriceps tense on the top of the right thigh. Hold. Release, and sense the feeling of relaxation the muscle, softening the upper leg.
* Bend the left knee, bringing the leg up toward to torso with the knee over the abdomen. Feel the work and tightness. Hold this. Now release and allow the leg to return to the floor. Allow the muscles to continue to relax.
* Now bring awareness to the muscles of your face. Lift the eyebrows wrinkling your forehead. Observe the sense of tightness across the forehead area. Hold the tension, then release. Repeat twice.
* Now squint the eyes shut. Feel the tension in the muscles around your eyes. Let go and allow these muscles to release as fully as possible.
* Clench the teeth and tighten the muscles around your jaw. Hold. Release and allow these muscles to soften.
* Press your lips upward to your nose. Hold, then release. Repeat twice. When you release the last time, allow the sensations of loosening to affect your entire face.
* Now lift your head an inch or so off the floor, tightening the muscles on the front of the neck. Slowly turn the head to the right, then to the left. Bring the head center, and allow it to return to the floor. Let all the neck muscles relax and soften.
* Now lift the shoulders up off the floor. Now release them back to the floor. Now slide them up toward your ears. Now slide them back down. Also, squeeze them together behind your back. Now allow them to release to their normal place. Repeat the shoulder movements again. Then allow the shoulder area to fully release.
* Now tighten the muscles of the abdominal wall. Hold. Release. Notice the effect.
* Tighten your lower back, as you flatten it onto the floor. Hold, then release. Continue to let the tension go.
* Now tighten your buttocks. Hold, then release.
* Take several smooth, deep diaphragmatic breaths.
* Bring your awareness backward like a journey through the body areas you’ve just focused on. Let go of any residual tension you may notice. Let go of the: feet, lower legs, upper legs, pelvis, hips, stomach area, low back, chest, upper back, shoulder areas, upper arms, lower arms, hands, neck, lips, jaw, eyes, and forehead. Become aware of letting all the muscles of your body relax.
* After a few moments, move your fingers or toes, wrists or ankles. Allow yourself to take a long stretch reaching your arms overhead. When you are ready, roll side, then sit.

**A Safe Space/Favorite Place Visualization Practice**

* In *shavasana*, take several deep diaphragmatic breaths, releasing any unnecessary tension from arms and legs. Relax your face muscles.
* In your mind, begin to picture your favorite place, a natural setting known to you, or a made up one. Experience a very specific aspect of that place with one of your senses, such as the sense of touch. For example, if it is the beach, you might start by feeling the texture of the sand under your feet. Notice how smooth it is and how deep your feet sink into the sand. Then vividly feel another aspect, such as the temperature of the sand.
* As these feeling experiences become established, shift to another sense. Vividly hear a specific sound. It might be the sound of the wind, the flow of lapping of water, the rustling of leaves or the song of a bird. Then let yourself hear another sound.
* As those experiences are established, move your attention to the visual channel and see some specific aspect of the setting. It might be a color, a shape, or a vista. See it clearly. Then see another specific aspect of your setting.
* Perhaps you can even notice some specific fragrance or smell that is part of your setting, Possibly, you can notice the smell of the ocean or of pine needles. Maybe the air even has a unique taste.
* Allow yourself to become immersed in this natural setting. Open yourself up to feelings of peace and well-being that emerge. Feel yourself opening to the natural rhythms of this setting,
* Go back through the senses one at a time. Feel another specific aspect of the setting. Hear another sound. See another color or shape. Notice another smell or taste. Notice new things in your favorite place. Partake of the inherent tranquility and balance of the setting. You can even let your imagination create new things there.
* When you are ready. Bring your awareness back to your breathing. Let your breathing become a little more active. Bring your awareness to your hands and feet, Gently wiggle your fingers and toes. Open your eyes. Reach your hands up over your head and take a nice long stretch. Whenever you are ready, come back up to a seated position. Resume the activities of the day. Take the feeling of autonomic balance and deep inner relaxation with you.

**An Autogenic Relaxation Practice**

Repeat each statement three times. Can have someone else read as in “your right arm is heavy.”

My right arm is heavy.

My left arm is heavy.

Both arms are heavy.

My right leg is heavy.

My left leg is heavy.

Both legs are heavy.

My right arm is warm.

My left arm is warm.

Both arms are warm.

My right leg is warm.

My left leg is warm.

Both legs are warm.

My arms and legs are heavy and warm.

My heartbeat is calm and regular.

It breathes me.

My solar Plexus is warm.

My forehead is cool.