

Heartfulness Relaxation



Practice this guided relaxation by reading (and learning) this relaxation script, which makes gentle suggestions to relax your body, from the feet to the top of the head, and finally resting at the heart.

Sit comfortably and close your eyes very softly and very gently.

Begin with the toes. Wiggle your toes. Now feel them relax.

Feel the healing energy of Mother Earth move up into your toes, feet and ankles. Then up to your knees, relaxing the lower legs.

Feel the healing energy move further up your legs. Relax your thighs.

Now, deeply relax your hips ... stomach ... and waist.

Relax your back. From your tailbone to your shoulders, feel your entire back relaxing.

Relax your chest ... and shoulders. Feel your shoulders simply melting away...

Relax your upper arms. Relax each muscle in your forearms... your hands ... right up to your fingertips.

Relax your neck muscles. Move your awareness up to your face. Relax the jaw ... mouth ... nose ... eyes ... ear lobes... facial muscles ... forehead ... all the way to the top of your head.

Feel how your whole body is now completely relaxed. Scan your system from top to toe, and if there is any part of your body that is still tense, painful, or unwell, feel it being immersed in the healing energy of Mother Earth for a little while longer.

When you are ready, move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart.

Remain still and quiet, and slowly become absorbed within.

Remain absorbed for as long as you want, until you feel ready to come out.

