

# Relaxation at a Glance

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

Find a comfortable seated position and close your eyes softly and gently. Begin with the toes. Wiggle your toes. Now let them relax. Feel the healing energy move up from the earth, relaxing your feet and ankles and your lower legs then up to your knees, relaxing the legs. Feel the energy moving up your legs as you relax them. Now, deeply relax your seat, hips and waist. Bring your attention to your stomach and stomach muscles as you feel them relax. Feel your chest deeply relax.

Now move to the back. Feel your lower back relax. Feel the relaxation move to your middle back and your upper back, all the way up to your shoulders. Feel your shoulders melting away. Relax your upper arms and your elbows. Relax each muscle in your forearms and your hands right down to your fingertips.

Relax the neck muscles. Move your awareness up to your face. Relax the jaws... mouth... nose... eyes... earlobes... facial muscles... forehead... all the way to the top of your head. Feel how your whole body is now completely relaxed.

Move your attention gently 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 in yourself. Remain absorbed for as long as you want, until you feel ready to gently come back into your body.

