

How to Relax



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This manual is part of the “How to Relax” Audio set and will teach you simple, yet powerful techniques that, with some practice will become part of your everyday life.

The techniques taught are:

Progressive Relaxation

Diaphragmatic Breathing

The Countdown Technique

Favourite Place of Relaxation

Here are the rules for relaxation

- 1) Relaxation should be natural and easy, therefore you cannot MAKE yourself relax, you have to ALLOW it to happen. If you simply allow what is happening to happen, you will relax quicker.
- 2) These techniques are much more effective with your eyes closed. This allows you really experience the feelings of relaxation within your body, however, you can open your eyes at any point if you choose to.
- 3) There may be times that you fall asleep whilst listening to these tracks - this is natural
- 4) DO NOT be fooled by the simplicity of these techniques. Their power comes from their simplicity.

Track 1: Progressive Relaxation

How to use Track 1:

Make yourself comfortable. You can sit or lie down.

Play the track

DO NOT TRY to make it happen - just ALLOW it to happen at it's own pace.

At first, only partial relaxation may occur but with some regular practice, your whole body will learn to relax and switch off within a couple of minutes.

Eventually, the relaxation will be automatic.

Listen 2 -3 times and then try the technique yourself.

Track 2: Progressive Relaxation Diaphragmatic Breathing

How to use Track 2:

Make yourself comfortable. You can sit or lie down.

Play the track

DO NOT TRY to make it happen - just ALLOW it to happen at it's own pace.

Progressive Relaxation is the same technique at the same pace as track 1. This is to allow you to become aware of how simple the technique is once you are used to the procedure.

Diaphragmatic Breathing is added to the relaxation. Do not TRY to change your breathing - Just ALLOW it to happen.

Listen 2 -3 times and then try the techniques yourself

Track 3: Progressive Relaxation Diaphragmatic Breathing Countdown Technique

How to use Track 3:

Make yourself comfortable. You can sit or lie down.

Play the track

DO NOT TRY to make it happen - just ALLOW it to happen at it's own pace.

Progressive Relaxation and Diaphragmatic Breathing are simpler versions in this track.

Your body and mind are now very familiar with the relaxation and don't need as many instructions.

Countdown Technique:

This simple 10-1 countdown, linked with the out-breath connects the mind and body processes and really helps deepen the relaxation

Listen 2 -3 times and then try the techniques yourself

Track 4: Progressive Relaxation

Diaphragmatic Breathing

Countdown Technique

Favourite Place of Visualisation

How to use Track 4:

Make yourself comfortable. You can sit or lie down.

Play the track

DO NOT TRY to make it happen - just ALLOW it to happen at it's own pace.

Progressive Relaxation and Diaphragmatic Breathing are now very simplistic with very little instructions. It is important to realise how far you have come and how easy the techniques are for you at this stage.

The countdown technique is now yours. You are counting down silently with each of your out-breaths. This will take you deeper.

Favourite Place of Relaxation is all about creating a "sensualisation" in your mind. Use all your senses to link in with how you are feeling whilst listening. With some practice you will be able to recreate the relaxation simply by closing your eyes and revisiting your favourite place.

Listen 2 -3 times and then try the techniques yourself.

Once you have used these tracks over a period of 3-4 weeks and have taken some time to practice the techniques on your own, you will start to notice some subtle transformations.

You will be shifting from a person who is wanting to relax, to a person who is relaxing, to a person who can relax, into a person who IS relaxed.

This final stage is how we should be. We are not meant to hold onto stress and tension for long.

With some gentle practice, you will find that the techniques disappear and you will, with the intention of relaxing, be able to sit or lie down, close your eyes, take a deep breath and simply drift down into peace, heaviness, slowness and relaxation.

This can be life-changing!

Enjoy!

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