

[astro-readings.com/Pastlife](http://astro-readings.com/Pastlife)

Enter Your Birth details and Reveal Your Past Life. Accurate Reading !

[Overcome anxiety](#)

[www.nlptherapy.co.uk](http://www.nlptherapy.co.uk)

On line course - overcoming anxiety Presented by UKCP Psychotherapist

## How to practice autogenic training

1. Find a quiet place free from distractions. Lie on the floor or recline in a chair. Loosen any tight clothing and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair.
2. Take a few slow even breaths. If you have not already, spend a few minutes practicing [diaphragmatic breathing](#).
3. Quietly say to yourself, "I am completely calm."

### **V mislih ponavljajte za mano in sproščajte telo.**

4. Focus attention on your arms. Quietly and slowly repeat to yourself six times, "My arms are very heavy." Then quietly say to yourself, "I am completely calm."

**Ponavljajte za mano in sproščeno globoko dihanje. Z vsakim izdihom roke postajajo težje. » Moje roke so zelo težke. 6X Čutite kako roke z vso težo pritiskajo na tla. Ponovite za mano Popolnoma sem sproščen.**

5. Refocus attention on your arms. Quietly and slowly repeat to yourself six times, "My arms are very warm." Then quietly say to yourself, "I am completely calm."

MOje

6. Focus attention on your legs. Quietly and slowly repeat to yourself six times, "My legs are very heavy." Then quietly say to yourself, "I am completely calm."
7. Refocus attention on your legs. Quietly and slowly repeat to yourself six times, "My legs are very warm." Then quietly say to yourself, "I am completely calm."
8. Quietly and slowly repeat to yourself six times, "My heartbeat is calm and regular." Then quietly say to yourself, "I am completely calm."
9. Quietly and slowly repeat to yourself six times, "My breathing is calm and regular." Then quietly say to yourself, "I am completely calm."
10. Quietly and slowly repeat to yourself six times, "My abdomen is warm." Then quietly say to yourself, "I am completely calm."

11. Quietly and slowly repeat to yourself six times, "My forehead is pleasantly cool." Then quietly say to yourself, "I am completely calm."
12. Enjoy the feeling of relaxation, warmth and heaviness. When you are ready, quietly say to yourself, "Arms firm, breathe deeply, eyes open."

In addition to following these instructions, you may consider using a voice recording, such as the [free MP3 audio file](#) offered by McMaster University with directions on practicing autogenic training. Use of an audio recording will allow you to fully relax and concentrate on the technique.

### **How to practice progressive muscle relaxation**

1. Find a quiet place free from distractions. Lie on the floor or recline in a chair, loosen any tight clothing and remove glasses or contacts. Rest your hands in your lap or on the arms of the chair.
2. Take a few slow even breaths. If you have not already, spend a few minutes practicing [diaphragmatic breathing](#).
3. **Forehead.** Focus attention on your forehead. Squeeze the muscles in your forehead, holding for 15 seconds. Be careful only to tense the muscles of your forehead and to leave the rest of your body relaxed. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel and the sensation of relaxation. Continue to release the tension in your forehead until it feels completely relaxed. Continue breathing slowly and evenly.

#### [Ads](#)

[Overcome anxiety](#)

[www.nlptherapy.co.uk](http://www.nlptherapy.co.uk)

On line course - overcoming anxiety Presented by UKCP Psychotherapist

[To Choral Singers Like Me](#)

[www.choraline.com](http://www.choraline.com)

Love Singing & Hate Sight Reading? ChoraLine is the easy Answer

1. **Jaw.** Now, shift attention to your jaw. Tense the muscles in your jaw holding for 15 seconds. Then, release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.
2. **Neck and Shoulders.** Now, shift attention to your neck and shoulders. Increase tension in your neck and shoulders by raising your shoulders up towards your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.
3. **Arms and Hands.** Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then, slowly release while you count for 30 seconds. Notice the feeling of relaxation.

4. **Buttocks.** Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.
5. **Legs.** Slowly, increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then, gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.
6. **Feet.** Slowly, increase the tension in your feet and toes. Tighten the muscles as much as you can. Then, slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.
7. Enjoy the feeling of relaxation sweeping through your body. Continue to breathe slowly and evenly.