

Autogenic Training

Autogenic Training combines a set of “suggestions” for the body with the practice of basic meditation. Suggestions are aimed at enabling the body to feel heavy and warm- much like you feel just before you drift off to sleep. Try the exercise below to induce the Relaxation Response!

- Sit in a balanced position in your chair. Move your feet around until the feet are comfortably placed on the floor. Lift your hands in the air, then let them fall to your lap.
- Close your eyes if you are willing to do so.
- Visualize your head being held up by strings. Now visualize the strings being cut, allowing your head to fall forward until a comfortable position is reached.
- Focus on each body part one at a time, and to repeat silently the following statements three times each:
 - My right hand is heavy and warm.
 - My left hand is heavy and warm.
 - My right foot is heavy and warm.
 - My left foot is heavy and warm.
 - My hands and feet are heavy and warm.
 - My abdomen is warm.
 - My breathing is deep, relaxed and comfortable.
 - My heartbeat is calm and regular.
 - My shoulders are heavy and warm.
 - My jaw is heavy and relaxed.
 - My forehead is cool and relaxed.
 - My mind is calm and serene.
 - A relaxing warmth flows throughout my entire body.
 - My whole body feels comfortable and relaxed.
 - I am at peace.
- Take a moment and let your eyes open slowly.

What was this process like?

How was it positive? Negative?
