

Progressive Relaxation Techniques

(for Sitting or Lying Down)

from *The Healer Within* by Dr. Roger Jahnke

A simple but highly effective method for achieving the relaxation response:

- In a comfortable position, close your eyes and take 10 slow breaths.
- Bring your awareness to your right leg. Inhale deeply and lift the leg up, slightly tensing the muscles of the foot and leg. Hold your breath a moment and tense up tighter. Exhale and let the leg drop gently. Roll the leg from side to side and relax. Repeat the same for the left leg and foot.
- Now slightly raise and tense your right arm and make your hand into a fist. Hold your breath a moment, tense up, and hold. Exhale and drop the arm. Relax arm and hand muscles. Repeat on your left arm.
- Now contract your buttocks. Tighten the muscles, hold your breath. Exhale and release. Inhale and fill the abdomen with air, like you are filling up a balloon. Hold one moment & exhale fully out of the mouth.
- Bring the shoulder blades together in back. Squeeze tightly. Hold for a moment. Then exhale and release.
- Inhale and raise both shoulders up to your ears. Hold them up. Exhale and let them down. Repeat three times. Now push shoulders downward. Hold, then exhale and release.
- Inhale and tighten the facial muscles. Make your face like a prune. Squeeze tightly. Exhale and allow the tension to release.
- Roll your neck gently from side to side, allowing tension to release.
- Mentally let a wave of relaxation flow down from your head, down your back and front side, down your arms out your hands, down your upper legs, calves and out your feet and toes, leaving you relaxed, tingly, warm, heavy, lighter – note what relaxation feels like to you.
- Imagine you are absorbing positive, pure healing energy and visualizing yourself happy and healthy. When you are ready, breathe deeply, wiggle your fingers and toes and open your eyes.

