

Cultivating Calm and Relaxation

The continual stress of modern life requires the antidote of regular practices that cultivate relaxation. In this way, we train the body and mind to maintain calmness in a variety of circumstances and to value the preservation of our well-being during whatever task is at hand.

Below are some suggested methods of instilling and installing relaxation.

- Ground yourself. Surrender your weight to your chair. Release any holding or bracing. Feel yourself letting go. Notice the pull of your feet, legs, bottom, and pelvis downward.
- Breathe low into your center. Relax into the steady regularity of the breath. Let your exhales be long and extended. Take full, deep inhales.
- Notice which parts of your body feel most relaxed and put your awareness there.
- Inventory your shoulders, back, gut, and face and release any tension. See how relaxed and loose can become.
- Ask yourself, “How relaxed can I be right now?” and notice how the body responds.
- Magnify the feeling of relaxation and let it permeate your entire body.
- Notice how relaxing the sense of sound can be, particularly rhythmic sounds like fans. Let go into listening.
- Sense the presence of nurturing or reassuring figures, real or imaginary.
- Bring to mind people who bring you joy and for whom you feel gratitude.
- Imagine yourself in an environment you find calming—such as a beach or lake, forest, or whirlpool
- Feel the comfort and support of nature and the universe around you.