

Guided Relaxation Meditation Exercise

Meditation Quick Tips

Find a quiet place... this place should be a private place that you know you can occupy without worry of being interrupted.

Find a serene place... a good way to calm the mind and ease it into a meditative state is to perform a meditation in a place that you personally find beautiful or aesthetically pleasing.

Clear your mind... Everyone will have slightly different ways of doing this, but commonly it begins with focusing on your breathing or by focusing on a fixed object such as a candle flame.

Calm yourself before you meditate... if something in your day is stressing or upsetting you in any way, or if physically you are tense, excited or nervous, make sure you take some time to mentally and physically prepare yourself before you begin a meditation. Take a few deep breaths and let go of all worries and tensions.

Stretch first... Stretching naturally has a tendency to limber up the body, preparing it for prolonged states of relaxation. Try to keep your body as still as possible while meditating. Any physical movements during your meditation will activate your mind.

Have patience... The benefits of meditation will not always show themselves instantly. This can sometimes take time. Have patience and you will eventually notice results.

Read up... take the time to pick up a book or surf the internet to find whatever information you can on the subject. The more you know about meditating, the better you will become at the practice.

Notice the connection between body and mind... you may notice that when your body is agitated, your mind will be also, or vice versa. If you notice intrusive thoughts during your meditations or if your attention is drawn into unpleasant physical sensations, do not let this concern you. If this happens gently bring your focus back to your meditation. With time and practice, these distractions will diminish.

Feel grateful at the end... feeling grateful for your time meditating will help you to achieve greater results. After your meditation, take a few moments to say 'thank you' for all the gifts that life has to offer.

Establish a formal routine... many of us make watching TV or other forms of distraction into a routine. Instead, why not turn something that will be good for you into a routine? Take the time to meditate daily.

Guided Relaxation Meditation Exercise Transcript

Start by finding a comfortable position, either sitting or lying down. Take a moment to settle in, making any adjustments to help with your comfort. Take a slow deep breath, noticing the air as it passes in through your nostrils and down into your lungs. Exhale, feeling the air leaving your lungs and passing out through your nostrils. Take a few moments and continue to breathe in this way, paying attention to each inhalation and exhalation.

Now gently ask yourself, what is going on inside your body at this moment. Do an overall scan and just notice how your body is feeling at this moment.

Now focus your attention on your right foot... Notice how your toes are feeling... Notice the top of your foot... Focus your attention on your ankle... Take a breath, mentally sending the oxygen to your right foot... Exhale, letting go of any tension... Now focus your attention on your left foot... Notice how your toes are feeling... Notice the top of your foot... Focus your attention on your ankle... Take a breath, mentally sending the oxygen to your left foot... Exhale, letting go of any tension...

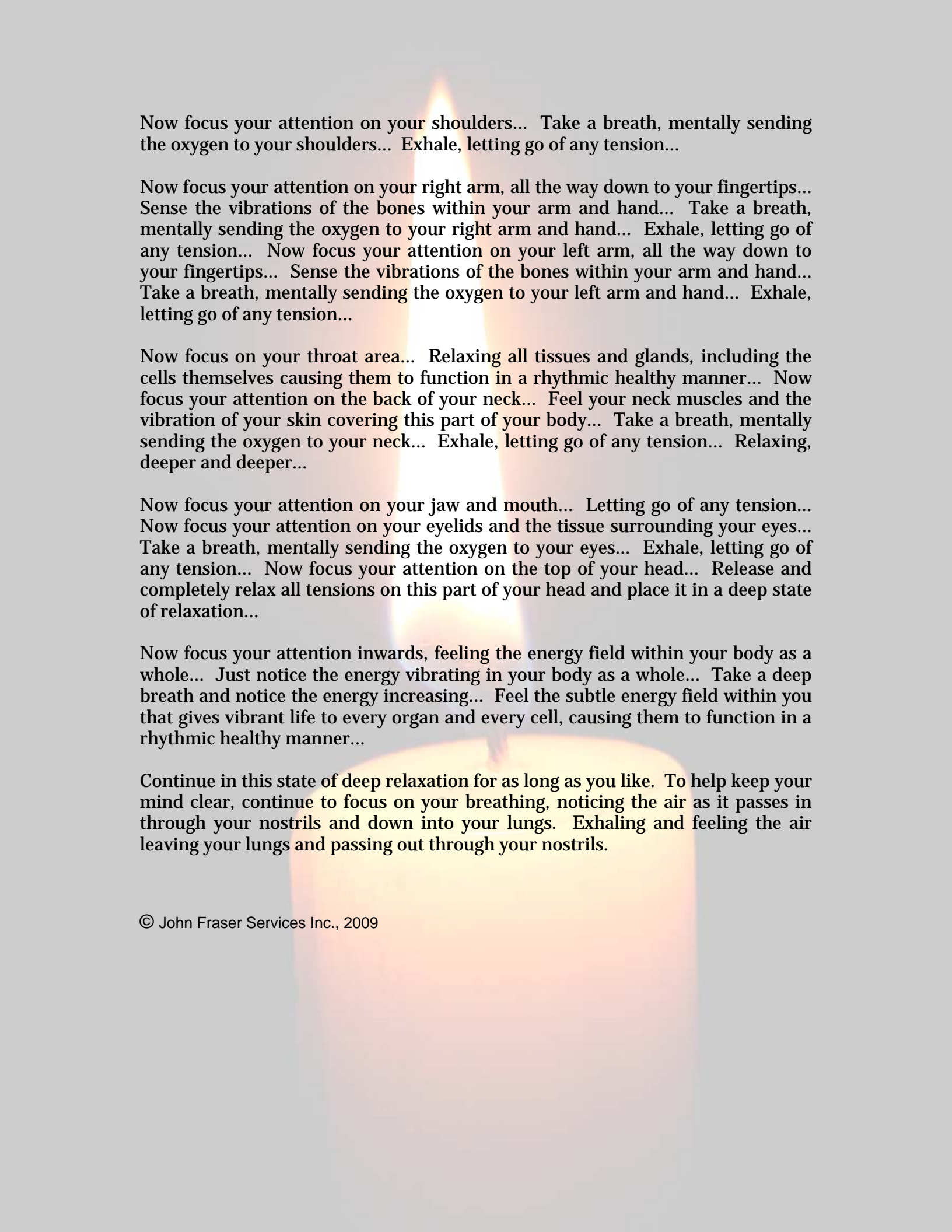
Now focus your attention on your right calf... Take a breath, mentally sending the oxygen to your calf... Exhale, letting go of any tension... Now focus your attention on your left calf... Take a breath, mentally sending the oxygen to your calf... Exhale, letting go of any tension...

Now focus on your right knee... Letting go of any tension... Going deeper and deeper... Now focus on your left knee... Letting go of any tension... Relaxing, deeper and deeper...

Now focus your attention on your right thigh... Sense the vibrations of the bones within the thigh... Take a breath, mentally sending the oxygen to your thigh... Exhale, letting go of any tension... Now focus your attention on your left thigh... Sense the vibrations of the bones within the thigh... Take a breath, mentally sending the oxygen to your thigh... Exhale, letting go of any tension...

Now focus your attention on your abdominal area... Relaxing all organs and glands... Relaxing all tissues, including the cells themselves causing them to function in a rhythmic healthy manner... Now focus your attention on your chest area... Relaxing all organs and glands... Relaxing all tissues including the cells themselves causing them to function in a rhythmic healthy manner...

Now focus your attention on your back... Feel the skin and the vibration of your skin covering this part of your body... Take a breath, mentally sending the oxygen to your back... Exhale, letting go of all tension... Relaxing, deeper and deeper...



Now focus your attention on your shoulders... Take a breath, mentally sending the oxygen to your shoulders... Exhale, letting go of any tension...

Now focus your attention on your right arm, all the way down to your fingertips... Sense the vibrations of the bones within your arm and hand... Take a breath, mentally sending the oxygen to your right arm and hand... Exhale, letting go of any tension... Now focus your attention on your left arm, all the way down to your fingertips... Sense the vibrations of the bones within your arm and hand... Take a breath, mentally sending the oxygen to your left arm and hand... Exhale, letting go of any tension...

Now focus on your throat area... Relaxing all tissues and glands, including the cells themselves causing them to function in a rhythmic healthy manner... Now focus your attention on the back of your neck... Feel your neck muscles and the vibration of your skin covering this part of your body... Take a breath, mentally sending the oxygen to your neck... Exhale, letting go of any tension... Relaxing, deeper and deeper...

Now focus your attention on your jaw and mouth... Letting go of any tension... Now focus your attention on your eyelids and the tissue surrounding your eyes... Take a breath, mentally sending the oxygen to your eyes... Exhale, letting go of any tension... Now focus your attention on the top of your head... Release and completely relax all tensions on this part of your head and place it in a deep state of relaxation...

Now focus your attention inwards, feeling the energy field within your body as a whole... Just notice the energy vibrating in your body as a whole... Take a deep breath and notice the energy increasing... Feel the subtle energy field within you that gives vibrant life to every organ and every cell, causing them to function in a rhythmic healthy manner...

Continue in this state of deep relaxation for as long as you like. To help keep your mind clear, continue to focus on your breathing, noticing the air as it passes in through your nostrils and down into your lungs. Exhaling and feeling the air leaving your lungs and passing out through your nostrils.