

## RELAXATION

### LOW BREATHING WILL PRODUCE THE MOST EFFICIENT RELAXATION RESPONSE

This is best first learnt at home or in a class.  
It can be used standing or sitting in every day life as it may be needed.

#### PREPARATION

1. Lie on your back with knees bent, feet flat and pointing forward, hip width apart. If it is more comfortable, let the knees come in and touch.
2. Have the back of the head resting on a flat cushion, the chin slightly tucked down to lengthen the neck.
3. As you breathe out, ease the abdomen down to lengthen the spine and neck a little more.
4. Slowly lower the shoulders down and out.
5. Place the hands across the abdomen, so that the middle fingers almost touch at the navel.
6. Relax the tongue, smooth out the forehead and begin to practice.

#### BEGIN TO PRACTICE

1. Watch the breath for a little while, then stabilise the breath by counting the breath in for 4 and out for 4, progressively allowing the breathing to become quieter and quieter and a feeling of sensing in the air rather than breathing in deeply.
2. At first keep up the 4/4 count, and then.....
3. ....breathing out, ease the abdomen down to the floor and feel the fingers touch at the navel.
4. Allow the abdomen to relax up a little and let the breathe come in, feeling the fingers separate.
5. Continue, keeping the outward breath positive as you ease the abdomen down towards the floor, and the inward breath passive, as you allow the abdomen to relax upward, letting the breath come in.
6. Continue, keeping shoulders and mid chest still. To become more aware of this, place the left hand on the area of the heart and bring all your attention to feeling movement only under the right hand on the abdomen and stillness in the chest. This allows the ribs to reduce their movement against the heart, therefore, heart rate reduces.
7. When the above practice becomes comfortable and established, release the counting and continue by watching the breath and movement, with no attempt to control, just feeling comfortable and quiet, with both hands on the abdomen or relaxed down by the sides with the fingers softly curled up.

**This is the basic practice and will slow down the heart beat and reduce blood pressure**

You could record yourself reading PREPARATION and PRACTICE slowly,  
so that you can play back and practice.