

Relax into Energy

The foundation of relaxation

Because your brain responds to patterns, it is important to establish a pattern of relaxation. Do your relaxation training at the same time every day. Schedule a reasonable amount of time for your session so that you don't feel rushed. And do it every day. Consistency and repetition will make your relaxation easier and more effective.

Many people think of “relaxation” as simply the opposite of work, activity or stress—something to do on weekends. But it is much more. Relaxation is a recharging session for your body and mind. It balances body chemistry, lowers stress levels, and improves oxygen flow. You can achieve a relaxed state in a variety of ways, by using visual, sound or body stimulus. We'll show you different techniques to try. When done every day, relaxation sends “calm down” signals to your entire nervous system. It promotes healing and enhances energy.

WHAT RELAXATION TYPE ARE YOU?

Vision-oriented

Some people have a natural talent for imagining how things look. They are able to envision machines, houses or sculptures before even putting down an image on a piece of paper. If this describes you, you'll find it easiest to relax through visual techniques. This might entail creating mental pictures of a relaxing situation, a changed circumstance or the body's healing energy.

Sound-oriented

For sound-oriented people, what they hear is their most important stimulus. Harsh noise like sirens and traffic make them stressed. Sound is also the key to helping them find relaxation. If this sounds like you, then listening to music, saying prayers, repeating affirmations and singing can all be used to help you balance your body and mind.

Body-oriented

Other people feel their most powerful sensations in their skin and entire body. If this is you, then relaxation techniques that involve touch, movement and breathing will be very powerful ways for you to balance your nervous system. Massage, chiropractic, acupuncture and yoga help body-dominant people eliminate stress.