

Heartfulness Relaxation

Read through these guided suggestions and try them on yourself or read them aloud to help guide others. This practice works best when you turn off your phone and other devices that might distract you. Relaxation can be done at any time, and is especially useful before beginning Heartfulness Meditation.

Sit comfortably and close your eyes very softly and very gently. Begin with your toes. Wiggle your toes. Now feel them relax. Feel the healing energy of Earth move up into your toes, feet and ankles. Then up to your knees, relaxing the lower legs. Feel the healing energy move further up your legs. Relax your thighs. Now, deeply relax your hips, lower body and waist. Relax your back. From your tailbone to your shoulders, feel your entire back relaxing. Relax your chest and shoulders. Feel your shoulders simply melting away. Relax your upper arms. Relax each muscle in your forearms, your hands and right to your fingertips. Relax your neck muscles. Move your awareness up to your face. Relax your jaw, mouth, nose, eyes, earlobes, facial muscles, forehead ... all the way to the top of your head. Feel your whole body completely relaxed. Scan your system from top to toe, and if there is any part of your body that is still tense, painful or unwell, feel it being immersed in the healing energy of Earth for a little while longer. When you are ready, move your attention to your heart. Rest there for a little while. Feel immersed in the love and light in your heart. Remain still and quiet, and slowly become absorbed within. Remain absorbed for as long as you want, until you feel ready to come out.