



Heartfulness

Guided Relaxation

Heartfulness Relaxation is for everyone, and can be done at any time of the day or night. It is especially useful if you are stressed or feeling panicked, if you are having trouble sleeping, or if you cannot relax into meditation easily. When you want to relax, do it sitting up. When you want to sleep, do it lying down. Generally it will take between 5 and 7 minutes.

- Sit comfortably and close your eyes very softly and very gently.
- Let's begin with the toes. Wiggle your toes. Now feel them relax.
- Relax your ankles and feet. Feel energy move up from the Earth... through your feet up to your knees relaxing the legs.
- Relax your thighs. The energy moves up your legs ... relaxing them.
- Now, deeply relax your hips ... stomach ... and waist.
- Relax your back. From the top to the bottom the entire back is relaxed.
- Relax your chest ... and shoulders. Feel your shoulders simply melting away.
- Relax your upper arms. Relax each muscle in your forearms ... your hands ... right up to your fingertips.
- Relax your neck muscles. Move your awareness up to your face. Relax your jaw ... mouth ... nose ... eyes and eyelids ... earlobes ... facial muscles ... forehead ... all the way to the top of your head.
- Feel how your whole body is now completely relaxed. Scan from top to toe - if any part of the body needs your attention, revisit that organ and ensure that it is relaxed.
- 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 in yourself.
- Remain absorbed for as long as you want, until you feel ready to come out.

