

MEDITATION TRANSCRIPT

PROGRESSIVE RELAXATION



Okay, today we're going to try out a relaxation technique called Progressive Relaxation. It's called Progressive Relaxation simply because we're going to progress up our body, tightening and relaxing the body parts.

I like this technique because it gives the mind something to focus on. When you tighten, it's easy to focus on the tightening, and when you relax, there's a significant difference in feeling between the tension and the relaxation.

You can also add some visualization to this by imagining that you're going to squeeze out all the tension that's in specific body parts. If we're feeling particularly stressed and our body is feeling tension.

Okay, I would like you to start by either having your eyes open or closed and getting in a comfortable position. You may want to experiment with where you place your arms. Some people put their arms on the table, or on the armrest of their chair. Try that, see if that's comfortable, but also try just putting your arms in your lap. Often, you'll notice around your shoulders that putting your arms in your lap can take away some tension. If it doesn't, do what's most comfortable for you.

Okay, like all meditation or relaxations, we're going to focus first on the breath, and we're going to prepare our body and our lungs to do this relaxation by inhaling deeply, when I say deeply, you're going to feel your shoulders move towards your ears slightly, and that's when you know you have a full breath, and then you're going to exhale slowly, and at the end of the breath, you're going to pull your abdominal up towards your ribcage, and that's going to push out all the carbon dioxide and other waste gases that are locked in your lungs, or stuck in your lungs, so you have fresh vessels filled with healthy oxygen, oxygenated air.

Okay, so let's start with the inhale...

[breath in]

And exhale.

[breath out]

And we're going to use that pattern for a couple more times, to get a sense of the rhythmmed breath.

Inhale...

[breath in]

And fully exhale.

[breath out]

We're going to move our attention from our breath down to our feet and we're going to tense our feet by simply pulling our toes- and be very careful- our feet and toes get cramps very quickly, so just gently curl, and imagine that squeezing out all the tension that's been locked in your feet. And breathe into that for two breathing cycles. A breathing cycle is a breath in and a breath out- so two of those. And on the second breath out, you're going to relax your toes and just feel the difference between the tension and the relaxation. Good.

We're going to move up our body to our calves and shins. There are two ways you can tense these. I'd like you to try this time, just by putting your feet on the floor and raising your toes up and that will tense your calves and shins. Breathe into that for two breathing cycles...

[breath in, breath out]

[breath in, breath out]

And on the second breath out, relax the tension, and just feel the difference between the tension and relaxation. The time you try this if you want to try the other technique to tense your calves and shins you can leave your toes on the floor and lift your heels. Neither one is right, neither one is better.

Okay, we're going to move up towards our thighs and we're going to tense our thighs just by the act of moving them together. They don't have to touch, if they touch that fine. But you can just start to feel the tension when you start to move them together, and breathe into that for two breathing cycles, and exhale the breath out.

Now here's where I start to- my mind starts to wonder and that's very natural. The mind doesn't like to focus on anything but what it wants to focus on so you're kind of training it to do something a little different so it can cause us to be a little bit set off by it wandering. Don't worry, if you miss something, don't worry about going back, just come to wherever we are, listen to where we are, and tense and relax that body part.

Okay, we're going to move from our legs into our trunk, and tighten our buttocks and lower abdominal cavities, squeeze out all the tension that's in our lower trunk, and then we're going to breathe in, and breathe out, and breathe in, and exhale, and relax the tension. Just feel the difference between the tension and imagine that you squeeze out all the tension from the lower abdominal cavity and you're filling it with healthy, oxygenated blood, that is coming through your system, through a deep breath. Great.

Now we're going to continue up our body to our abdominal cavity, and we're going to tense our abdominal cavity either by pushing it out, or pulling it in towards our backbone, again, neither one is right, just whatever is comfortable for you. Then breathe in for two breathing cycles, and relax on the breath out.

Notice as you tense up your abdominal cavity, you might find it just a little more difficult to breathe deeply...

[breath in, breath out]

[breath in, breath out]

And on the second breath, exhale, let it go.

It's important to know because whenever we have any strong emotion, our abdominal cavity tightens up automatically, to protect the organs within, and throws our breathing off. So, just reset your breath, and remember that you

might have to reset your breath whenever you have a strong emotion, such as fear, or anger, or anxiety.

Good. Now that you're breathing's back to that rhythmic breath, we're going to continue up the upper body to our back and chest. We're going to tense our back and chest by pulling our shoulder blades back, creating tension across the chest, and breathing in that for two breathing cycles, and relaxing on the second to squeeze out all the tension that's in that part of the body, squeeze it out...

[breath in, breath out]

[breath in, breath out]

And on the second breath, relax, and just feel the difference between the tension and relaxation, allowing the healthy oxygenated blood to come to every organ, tissue, and gland in your chest and in your trunk, bringing healthy relaxation to this part of your body. Wonderful.

Now we're going to move out of our trunk into our arms, hands, and fingers. We're going to take our fingers, make a fist, curl the fist into our wrist and make a muscle on top of our arm, and squeeze out all the tension that's locked, there's a lot of tension in our arms and hands. Imagine just squeezing all of the tension out, and on the exhalation relax [arms drop] and just feel the difference between the tension and relaxation, bringing health and relaxation to your fingertips, your hands, your arms, wonderful.

Okay, continuing up our body, we're going to move into our shoulders now, another place that we carry a lot of tension, especially when we're studying, and using computers, we're hunched over quite a bit. So, there might be a lot of tension here. So, pull your shoulders up to your ears, your neck down to your shoulders, and just imagine you're squeezing out all that tension, all that studying, all the computer, or all that reading, squeeze it out...

[breath in, breath out]

[breath in, breath out]

And on the second breath, exhale, and drop your shoulders and just feel the difference between the tension and relaxation, breathe into it, bringing some health and relaxation to this part of the body. Great.

Now, what's left is our face, and we're going to tense our face by pulling our eyebrows to our hairline, making those grooves in our face, pushing our tongue to the roof of your mouth, and squeezing our face, squeezing out all the tension that's locked in our face...

[breath in, breath out]

[breath in, breath out]

and again, on the second breath out, relax. And just feel the difference between the tension and relaxation allowing the healthy oxygenated blood to come to all the muscles and organs in your face, bringing health and relaxation to your face. Great.

Now to make sure we've done a good job, we're going to take a deep breath in this time, and this time we're going to hold our whole body and the breath, and imagine that we're squeezing out any residual tension into a small little ball, bring it to our lungs, and when we're ready, we're going to exhale and blow the tension right across the room and away from us.

[breath in, big breath out]

Just feel the difference between the tension and relaxation.

We're going to use a breathing technique to bring us back called the Energizing Breath- this can also be used on its own. It's very simple: three deep breaths in, and three deep breaths out, back to back, and you'll start to feel the energy starting to increase.

Inhale one...

[breath in]

Exhale two...

[breath out]

Inhale three...

[breath in]

Exhale four...

[breath out]

Inhale five...

[breath in]

Exhale six...

[breath out]

Feel the energy bring relaxation as you open your eyes into the room. I hope you enjoyed that.

This recording of Progressive Relaxation can be used when you have difficulties sleeping, it's something very concrete that your mind can focus on, and often before you're finished the whole technique, you're asleep. Enjoy.



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