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PATRICIA AAREN



THE
RELAXATION
RESPONSE

by Dr Herbert Benson



The relaxation response can help people to counteract the toxic effects of chronic stress by slowing breathing rate, relaxing muscles, and reducing blood pressure.



Steps to Elicit the Relaxation Response

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles, beginning at your feet and progressing up to your face. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. Focus on a positive word or phrase or only your breathing.

If you choose for example the word "one"
As you breathe out, say the word, "one",
silently to yourself.

For example,

breathe in ... out, "one",- in .. out, "one", etc.
Breathe easily and naturally.

5. Continue for 10 to 20 minutes. You may
open your eyes to check the time, but do not
use an alarm.

When you finish, sit quietly for several minutes,
at first with your eyes closed and later with your
eyes opened. Do not stand up for a few
minutes.

6. Do not worry about whether you are
successful in achieving a deep level of
relaxation. Maintain a **passive attitude** and
permit relaxation to occur at its own pace.

When distracting thoughts occur, try to ignore them by not dwelling upon them and return to repeating "one."



With practice, the response should come with little effort.



Practice the technique once or twice daily, but not within two hours after any meal, since the digestive processes seems to interfere with the elicitation of the Relaxation Response.

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WANT TO BULLETPROOF YOUR SUCCESS?

This Relaxation Response Exercise is a great start to ensuring you can start to manifest from a place peace, **but sometimes people can't identify some of the hidden blockages deep within their subconscious.**

So I have found that the best way I can actually help you is with a **Strategy Call**.

This is a live Zoom screen sharing call where I review what's not happening for you and what you want solved so you too can be certain you are safe to continue with high-growth without the worry of more stagnation -100% guaranteed.

Normally the consultation fee for these calls is \$997 but today, and for a limited time I want to purchase this call for you and **gift it to you for free**.

Click here to schedule your call

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