Technique:

Begin with taking a few deep breaths, and then gently repeating these phrases in the following way:

My _____ is/are _____.

Right Hand    Warm and Heavy
Left Hand     Warm and Heavy
Right Arm    Warm and Heavy
Left Arm    Warm and Heavy
Right Leg    Warm and Heavy
Left Leg    Warm and Heavy
Scalp       Smooth and Relaxed
Forehead   Smooth and Relaxed
Eyes       Soft and Relaxed
Jaw      Loose and Slack
Entire Face    Smooth and Relaxed
Neck    Loose and Relaxed
Shoulders    Heavy and Relaxed
Back    Heavy and Relaxed
Chest    Light and Relaxed
Breathing    Slow and Smooth
Heartbeat    Calm and Strong
Stomach    Calm and Relaxed
Mind     Calm and Clear
Whole Body    Warm and Relaxed

Autogenics involves passive concentration on parts of the body while mentally repeating phrases to yourself suggesting warmth, heaviness, and relaxation such as “my arms are heavy and warm” or “my jaw is loose and slack.” The idea of heaviness promotes muscle relaxation, and the idea of warmth promotes improved blood circulation in hands and feet. Over time, autogenics training can lead to an automatic response of relaxation by just thinking about heaviness or warmth and become an effective antidote to stress.

Autogenics helps to reduce fatigue, tension, high blood pressure, racing heart, irritability, and painful symptoms such as headaches. It can also ease the fight-flight or freeze state associated with panic attacks.

Find a comfortable position either sitting or lying down. Uncross your legs, and place your hands palm down and flat beside your body. It is easier to concentrate with your eyes closed.

Try to imagine the sensation suggested in the formula as fully as possible. It isn’t important that you actually feel the sensations, just notice what sensations you do feel. For example your limbs may feel lighter and tingly as you relax rather than heavy and warm.

More Information:

Inner Health: [http://www.innerhealthstudio.com/autogenics.html](http://www.innerhealthstudio.com/autogenics.html)

Be Brain Fit: [https://bebrainfit.com/autogenic-training/](https://bebrainfit.com/autogenic-training/)