

## **Relaxation “1 to 10”**

**Dr. John Heil**

### **Training Script**

*The following is a script that may be used to guide relaxation training. Its simplicity renders it particularly suitable for beginners.*

Close your eyes and focus your attention on your breathing. Begin by simply observing the way you are breathing. Notice whether your breathing is fast or slow, whether your breathing shallow or deep, whether your breathing is rough or irregular or smooth and regular.

Slowly, gradually allow yourself to move to a way of breathing that is slow, deep, and regular; slow, deep, and regular. You will find that as you breathe in this way you become more relaxed, more composed, more focused. Breathing in a way that is slow, deep, and regular; slow, deep, and regular.

Imagining your lungs like balloons that fill up with air each time your breath in and that empty the air out as you breathe out. Notice the feeling of fullness, of energy as you breathe in, notice the feeling of relaxation, of letting go as you breathe out.

You can relax even further by relaxing your muscles one group of muscles at a time. You can do this by counting from 1 to 10, and for each number you count focusing on the particular area of your body that you would like to relax. You can do this by taking in a full deep breath, counting the number silently to yourself, and holding your breath for a moment as you focus on the area of the body you would like to relax. Then as you breathe out, focus on the feeling of relaxation, of letting go.

To begin take a nice long full deep breath, hold it for a moment, not too long, and then when ready breathe out and relax, being sure to let all the air out. As you breathe out and let go of the breath, focus on letting go of any tension you feel in your muscles.

With your next breath in, silently to yourself, count, 1 and focus on the muscles in your belly. Focus on the muscles as you hold your breath for a moment. Then when ready, breathe out, let go of the breath, and let go of any tension you feel in the muscles in your belly. Next, breathe in count 2 silently to yourself, and focus on the muscles in your chest. Say the number, feel the muscles, hold your breath for a moment, and then when ready breathe out and relax. Next breath in count 3 silently to yourself, focus on the muscles in your back from your hips to your knees. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Each time you breathe out, focus on letting go of the breath and letting go of tension in your muscles.

Next breath count 4, focus on your upper legs from your hips to your knees. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Breathe in count 5, focus on your lower legs from your knees to your toes. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Focus on a pleasant relaxing feeling that goes all the way out to the tips of your toes. Next breathe in count 6, focus on your upper arms from your shoulders to your elbows. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Breathe in count 7, focus on your lower arms from your elbows to your fingertips. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Focus on a pleasant relaxing feeling that goes all the way out to the tips of your fingers. Next breath in count 8, focus on your neck and shoulder. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Breathe in count 9, focus on your face, forehead, and head. Say the number, feel the muscles, hold your breath for a moment, and when ready breathe out and relax. Focus on a pleasant relaxing feeling that goes all the way out to the top of your head. In a moment you will take in a nice long full deep breath, count 10 silently to yourself and focus on relaxing your entire body all at once. As you breathe in you will notice the feeling of fullness, of energy - and as you breathe you will imagine a wave of relaxation moving along the length of the length of your body from the top of your head to the tips of your fingers and toes. Now breathe in count 10 silently to yourself and focus on relaxing your entire body all at once. As you breathe out you will imagine a wave of relaxation moving along the length of the length of your body from the top of your head to the tips of your fingers and toes. Feeling relaxed, composed and focused.

Turning your attention again to your breathing, breathing in a way that is slow, deep and, regular; slow, deep, and regular. Imagining your lungs like balloons that fill up with air each time your breath in and that empty the air out as you breathe out. Notice the feeling of fullness, of energy as you breathe in, notice the feeling of relaxation, of letting go as you breathe out.

Pause

In a moment you will do a body scan, tuning in to your muscles, and letting them relax as you count from 1 to 10. In this brief relaxation method you will simply count from 1 to 10, focus briefly on each of the muscle groups and relax. Count 1 relax your belly; count 2 relax your chest; count 3 relax your back; count 4 relax your upper legs; count 5 relax your lower legs; count 6 relax your upper arms; count 7 relax your lower arms; count 8 relax neck and shoulders; count 9 relax face and head; count 10 relax your entire body. In a moment you will take a centering breath, count 10 silently to yourself and focus on relaxing your entire body all at once. As you breathe in you will notice the feeling of fullness, of energy - and as you breathe out you will imagine a wave of relaxation moving along the length of the length of your body from the top of your head to the tips of your fingers and toes. Now breathe in count 10 silently to yourself and focus on relaxing your entire body all at once.

Turning your attention again to your breathing, breathing in a way that is slow, deep and regular; slow, deep, and regular. Imagining your lungs like balloons that fill up with air each time your breath in and that empty the air out as you breathe out. Notice the feeling of fullness, of energy as you breathe in, notice the feeling of relaxation, of letting go as you breathe out.

In a moment you will count backward silently from 10 to 1 – and open your eyes. As you count backward you will feel yourself grow more alert and focused on your surroundings, even as you remain relaxed and composed. Counting 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Open your eyes.

© John Heil, 2009