

# AWARENESS

## BODY RELAXATION EXERCISES

*Cyclostyled notes of unknown authorship*

### Introduction

- *Body relaxation exercises are an excellent preparation step before immersing oneself into meditative and contemplative prayer.*
- *They are helpful also in stress conditions and situations to regain mental and emotional control.*
- *We offer here below some simple harmless exercises for one and all.*

### Preparation:

1. A quiet, calm environment with as few distractions as possible is required
2. Use single-syllable words as a contact mental stimulus.
3. Take a passive attitude-distracting thoughts should be disregarded.
4. Sit comfortably.

### Exercises:

1. Select a comfortable position. I suggest sitting on a chair and loosen any clothes that bind you.
2. Let your hands drop to your sides.
3. Shake your hands loosely. Relax. Rest for a moment.
4. Raise your hands above your head. Stretch them high as though you are reaching for a star. Hold them, there, and count to five.  
Let your hands fall to your side.  
Relax. Rest for a moment.
5. Raise and drop your eyebrows in up and down motion.  
Do this five times.  
Relax. Rest for a moment.
6. Press your eyes shut as tightly as possible.  
Keep them shut counting up to five.  
Relax. Rest for a moment.
7. Turn your head to the right as far as possible, without moving the shoulders.  
Count up to five.  
Now look straight ahead.

Relax. Rest for a moment.

8. Turn your head to the left as far as possible without moving your shoulders.  
Count up to five.  
Look straight ahead.  
Relax and rest for a moment.
9. Press your chin to your chest. Go as far as possible.  
Count up to five.  
Relax. Rest for a moment.
10. Lift your shoulders as though you are touching your ears with them – all the way up.  
Count to five.  
Relax. Rest for a moment.
11. Stiffen your back by sitting up as straight as you can.  
Arch your back.  
Count up to five.  
Relax. Rest for a moment.
12. Take a deep breath. Slowly inhale. As you hold it for a while count up to five,  
Tighten up your stomach as if someone is about to hit you there.  
Relax. Rest for a moment.  
Repeat this breathing exercise and breathe through your nose, unless some physical condition prevents you from doing so.
13. Tighten your torso. Count up to five.  
Relax. Rest for a moment.
14. Straighten your legs and lift them to the level of your chair.  
Stretch hard. Tighten up your thighs. Count up to 5.  
Relax. Rest for a moment.
15. Put your feet flat on the floor and press your toes down as far as you Can.  
Count up to 5. Relax. Rest for a moment.
16. Now, with the feet flat on the ground point your toes up toward your Head. Stretch them upward. Count to 5. Relax.....
17. Be completely still. Enjoy your newly relaxed body.  
When you want to leave... do it slowly. No need to rush.

