

Welcome/Introduction

Welcome. Congratulations on taking this time for yourself. In a moment, we'll begin a guided relaxation process to allow your mind to clear and your body to completely relax. This CD includes deep breathing for relaxation, as well as a series of affirmations designed to help you reprogram your thoughts and behaviors, release stress, increase your confidence, sleep well, and nourish your mind, body, and spirit.

The next track includes a guided progressive muscle relaxation sequence. We carry tension in many places of our body much of the time without even noticing we are doing so. Progressive muscle relaxation teaches you to notice the difference between a tense and a completely relaxed muscle. By first tensing a muscle and then releasing it, the muscle naturally and quickly returns to a fully relaxed state. During this sequence, you will tense and relax various muscles groups throughout your body. When we practice this technique, tense only the muscles we are focusing on in that moment. If you notice other areas of your body tensing, just release them.

The final guided relaxation process is designed to be used at bedtime to help you fall asleep and sleep soundly. If you find that it takes you longer to fall asleep, you may wish to listen to the progressive muscle relaxation track first, followed by the sleep sequence.

It takes time and practice for your body and mind to learn to let go and release tension and stress. As you listen to this CD over time, you will notice that you really are learning to relax. Your mind will clear more easily and your body will relax more completely and more quickly. Eventually, you can use the techniques you learn from this CD anytime you'd like to let go and relax.

