

RELAXATION

We will study the ways to relax our bodies. But before beginning this, you need to learn to recognize the most tense areas of your body.

Which areas of your body are tense right now? Pay careful attention to your body and discover those tense areas. Perhaps the back of your neck or your shoulders are tense? Or perhaps the muscles in your chest or your stomach?

To relax these points of permanent tension, you must first begin to observe them. Observe your chest, your stomach, the back of your neck and your shoulders, and your face.

Then, wherever you find the most tension, strongly increase this tension. Hold this tension for a few seconds until the muscles become tired. Then, abruptly release the excess tension. Repeat this process three times. Tighten the tense areas, hold the tension for a little while, and then abruptly release the tension.

You have learned how to relax your most tense muscles by doing something opposite to what you might expect; you have tensed your muscles even more in order to relax them.

RECOMMENDATIONS:

Relaxation practices help reduce external muscular, internal, and mental tensions.

Consequently, they lessen fatigue, increase one's concentration, and make one's everyday activities more efficient.

Practice the complete exercise, preferably, everyday for 15 minutes.

The final Relaxation practice you will learn is a single, unified technique to use in everyday life. This technique will be difficult to apply unless you can do all the previous practices.

However, when you have mastered all the other techniques step by step, you will be able to apply this single technique to eliminate excessive tension in any situation.

When you have learned this final Relaxation technique, familiarize yourself with it by applying it in various everyday situations. To the extent that you begin to use the technique automatically in tense situations and produce dis-tension, you are reaching the proposed objective. There should come a time when you will automatically eliminate your tensions as soon as they appear, without even thinking about it.

Persevere with each lesson and practice it several times, especially the unified technique of the last lesson.

Excessive tension is a habit which cannot be changed overnight. Therefore, the results you obtain will be proportional to your dedication.

PERSONAL-TRANSFORMATION :

Relaxation is just an introduction to a complete work of Personal transformation that is given to the members of Humanist organizations free of cost. This is done so that the Humanists develop themselves as references for the new world that is arising.

The change must begin from oneself and this work intends to help achieve that.

Welcome to the Universal Human Nation.

EXTERNAL RELAXATION

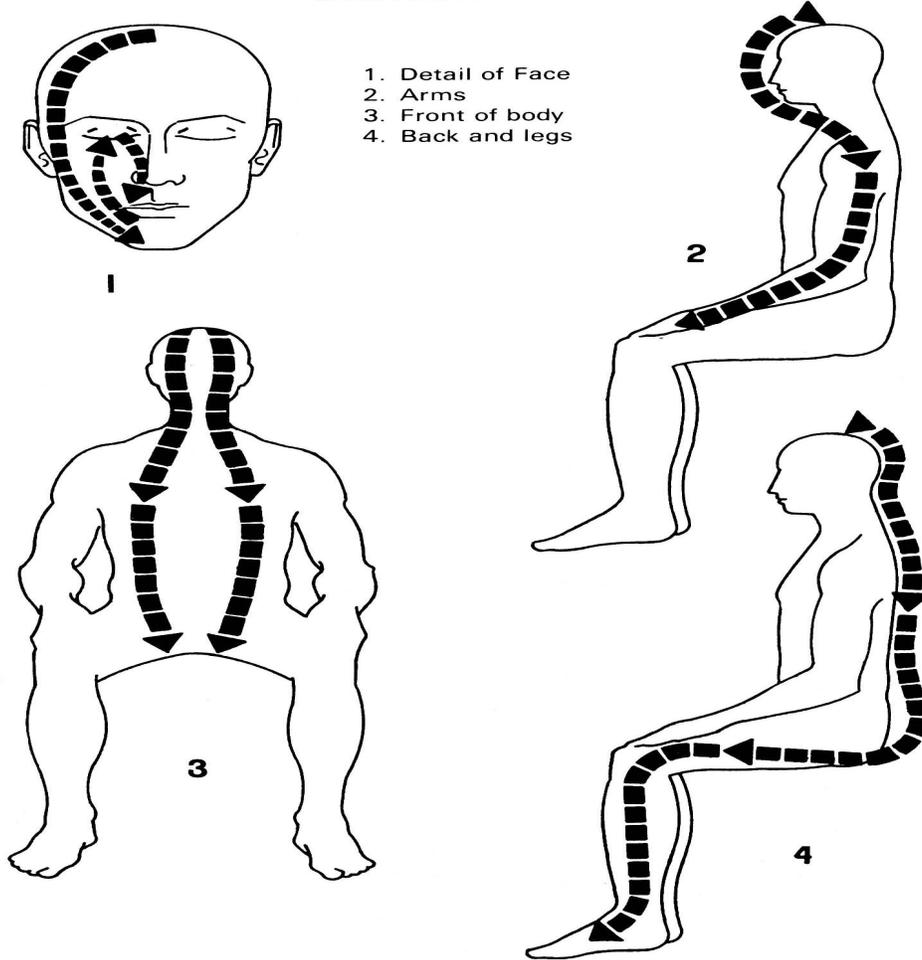


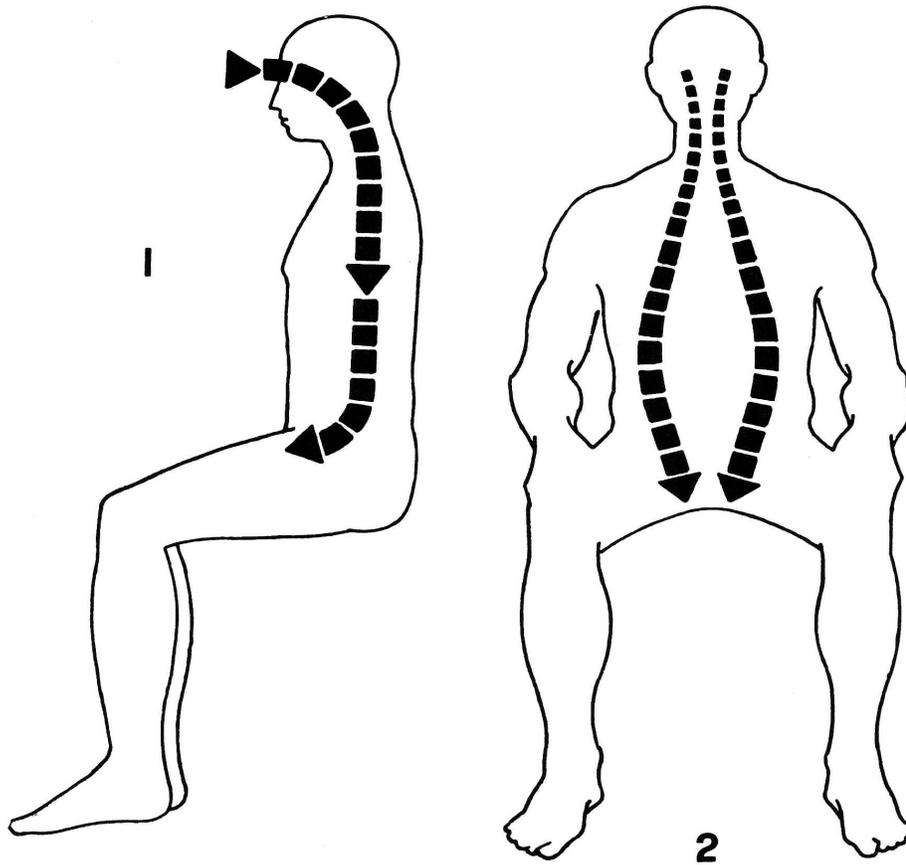
Figure 1

Sit straight and close your eyes.

Following the above given path, begin to feel each part of your body and relax it.

1. Feel and relax your Head, your forehead, both sides of your face, both your eyes, both sides of your nose, mouth.
2. Come back to your head and relax it. Relax both sides of your forehead, the sides of your neck, relax both your shoulders. Shoulders store a lot of tension and you may move them a bit and relax. Come down both your arms, relaxing each part, till reaching your hands and the tips of your fingers.
3. Come back to your head and relax it. Relax the front of your forehead, both your eyes, nose, mouth, your chin, the front of your neck. Go down in two imaginary parallel lines to your chest. Breathe deeply and relax your chest, your upper stomach and lower stomach till reaching the end of your trunk.
4. Come back to your head once again and relax it. Relax the back of your head, back of your neck, shoulders. Go down your back in two imaginary parallel lines, relaxing each part, feeling your back, lower back, hips, legs, till reaching your feet and the tips of your feet.

INTERNAL RELAXATION



1. Side View
2. Front View

Figure 2

Come back to your head once again and feel both your eyes. Try to feel your eyeballs and the muscles that surround both eyes very well. Now feel the inside of both of your eyes at the same time. Experience an internal and symmetrical sensation of both your eyes, and then move your attention toward the inside of your head, relaxing your eyes completely.

Continue to move towards the inside of your head, letting yourself slip towards the inside while relaxing completely. Continue as though you are slowly "falling" down your throat toward your lungs. Symmetrically feel the inside of both lungs and relax them. Then, continue to descend inside your stomach, relaxing all your internal tensions as you go. Swallow saliva to feel the throat better. Keep moving downward, relaxing the inside of your lower abdomen until you reach the bottom of your trunk.

MENTAL RELAXATION

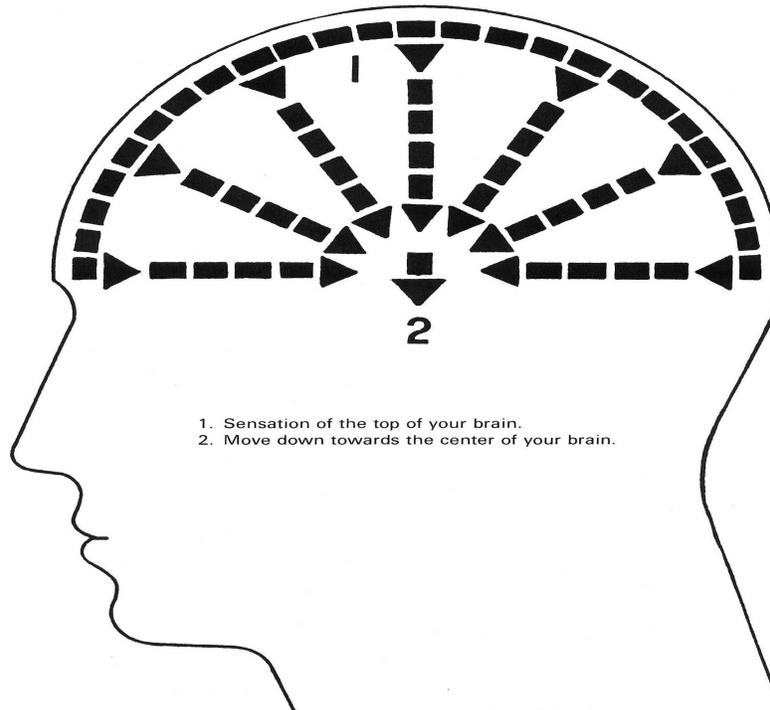


Figure 3

Come back to your head once again and feel your head. Feel the scalp, the skull, relaxing it as much as you can. Now, feel your brain from within, relaxing it and moving towards an imaginary center of your brain, feeling and relaxing each part of the head as you move towards the imaginary center. Feel your brain as if it were "tense." Then, let that tension loosen up and "flow" inwards and down, towards the center of your head. Concentrate on this and move inward one layer at a time. Continue lowering the tension with a sensation of "falling" as the top of your brain begins to feel very soft and pleasant. Always move down, down towards the center of your head, down below the center, lower and lower. Feel a soft, warm, and fluffy sensation. When you are able to relax your brain, it feels like warm-soft cotton. When you have relaxed completely, you can slowly open your eyes.