

Ten techniques to induce relaxation

1. **Breath out fully**, pause for a moment. Breathe out a little more. Ensure your lungs and abdomen are open and spacious (i.e. sit up straight). Then allow a passive inhale to come when your body calls it. Generally this breath will enter deep into the lungs. Imagine it going into your pelvis! This is a 3 second relaxation technique *par excellence!*
2. **Observe ants marching**. Watch their interaction. Notice their constant pace and lack of haste. Allow yourself 2 minutes of ant watching.
3. **Swim in the ocean**, have an Epsom salts bath or footbath. Salts of all sorts can assist in relaxing your muscles and calm your energetic body.
4. **Let gravity's force hold you totally**. Lie down and imagine you are letting yourself free-fall (even though you are totally supported). Imagine all the stress draining out of you into the earth (don't worry, earth transmutes all energy into something useful). Use your breath, expand on the inhalation, and allow stress to drain away on the exhalation. Feel how much the earth supports you!
5. **Laugh** – watch a comedy, listen to a stand up, get tickled. If you can't laugh, smile. The mere motion of smiling sets off an array of positive body chemicals.
6. **Dance for 15 minutes flat out**, then lay down. Even 2 minutes of active movement can help expel uncomfortable energy then, contrasted with complete stillness, this can induce great relaxation. Or, if you're not the dancing type, go for a good walk.
7. **Listen to music** – anything that engages you and takes you somewhere to relax and come into the simple moment of the music.
8. **Consider** a stressful situation from the "90-year-old-you" perspective. How important is it from there?
9. **Use your imagination** to induce relaxation. Imagine your muscles are like hard butter softening. Lie on the floor and imagine warm milk being poured all over you, especially your feet. Imagine that you are lying safely in a rainforest surrounded by the smells, sounds and ambience of the gentle hum of nature. Create your own imaginary relax haven to visit for a moment. Recognise how it makes you feel.
10. **Do a World ritual**. Use "Face the World" Rose and Sandalwood facial spritz, following the grounding and centring instructions. Use "Touch the World" Vanilla and Olive hand cream to relax and self-nourish by stimulating the reflex points on your hands. Use "Walk the World" Peppermint foot soak and scrub, to allow stress to disappear and appreciate your feet for the work they do. Or download "Retreat the World" relaxation MP3, to give yourself a 15-minute break to freshen your state of being.