



7 DAY MINDFUL RESET

SCHOOL FOR PRACTICAL MYSTICS

3 Simple Relaxation Exercises

*Simple, but not guaranteed to be easy :)

Sometimes, it's relaxation that we truly desire, and not necessarily meditation. The below three exercises are some of my go-to's when it's just not the time to meditate.

1.) 5 Step Relaxation

- Let go. Starting with your toes and working your way up your body, see how much more you can let go. Let go of tension, allowing your body to melt into it's seat. Let go of the day. Let go of all holding on.
- Listen. Begin to listen to all the sounds around you. The noises. The melodies. Way off in the distance to right outside your ear. Begin to focus in on each sound until you are pulled to another sound. Listen to the silence. Listen to the space between sounds. Listen to the subtle sound of your breath. Listen to your heart beating softly in your chest.
- Feel. Feel your body. Feel your connection to your seat. Feel your clothes against your skin. Feel the air temperature against your skin. Feel the air as it lightly passes the tip of your nostrils. Feel your breath moving your belly...the soft rise and fall. Feel your heart as it sustains you from the inside.
- Watch. Watch your breath. Watch your thoughts. Letting each thought that arises simply fade away as you continue to watch.

- Allow. See how much you can allow this moment to be absolutely perfect. The thoughts, the sounds, the bodily movements... all perfect, all now.

2.) Tighten/Loosen

- Start by sitting upright or lying down. Beginning with your feet, tighten up all the muscles in just this one area for 5 seconds and then with a big exhale, release.
- Repeat this exercise moving up the body, holding a different muscle group as tight as you can for 5 seconds, and then releasing on a big exhale. Move to your legs, your seat, your stomach, your hands, arms, shrug your shoulders all the way up to your ears, then lastly, tighten your facial muscles.
- Once through with the individual exercise, tighten the entire body, as tight as you can, holding for 5 seconds, and releasing on an exhale. Repeat this full body hold three times.

3.) Virtual Vacation

- Close your eyes, connect with your breath. Take ten deep full breaths from your belly, feeling your body soften with each outbreath.
- Imagine a natural setting that you love. It can be a place you've actually visited, or not. It can even be the moon, if you like. Place yourself fully in this environment. Take three more deep breaths here, breathing in the air of your new environment.
- Awaken your senses. Feel the temperature of the air on your skin. Smell the scent of this place. Notice what you are sitting on, how it feels. Hear all the different sounds that emanate from this space. Notice your own body, how it feels to be in this place. Are you relaxed? Excited?

- Begin to look around and take in any animal life you may see. Notice the colors of the landscape.
- Once anchored in this space, you can do whatever you like. You may play, build a house, host a party for your friends, or simply relax and enjoy.
- Before leaving, be sure to give thanks for this experience, this space. Return often :)