

# Autogenic Training

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## SET 1

- I feel quite quiet... I am easily relaxed...
- My right arm feels heavy and relaxed... My left arm feels heavy and relaxed... My arms feel heavy and relaxed and relaxed...
- My right leg feels heavy and relaxed... My left leg feels heavy and relaxed...
- My arms and legs feel heavy and relaxed and relaxed... My hips and stomach are quiet and relaxed... My shoulders are heavy and relaxed and relaxed...
- My breathing is calm and regular... My face is smooth and quiet...
- I am beginning to feel quite relaxed...

## SET 2

- My right hand is warm... My left hand is warm... Warmth flows into my hands... My hands are warm...
- My right foot is warm... My left foot is warm...
- My hands and feet are warm... Warmth flows into my hands and feet...
- My eyes are comfortably warm and peaceful... My forehead is cool and my eyes are warm... I am warm and peaceful...

## SET 3

- I am beginning to feel quite relaxed... I am learning to feel calm...
- I think about what I appreciate... I appreciate the gifts of God...
- My life has many blessings I often overlook... I am beginning to see my blessings.. I appreciate more and more...

## SET 4

- My breathing is calm and regular... My heartbeat is calm and regular...
- I am at peace... Sounds and sights around contribute to peace... Peace goes with me throughout the day... There is nothing to bother and nothing to disturb...

## SET 5

- I am not required to think now... I don't have to think now... Thoughts are not important now... There is nothing to bother or disturb me now...
- I am not interested in thinking now,,, There is nothing to bother and nothing to disturb...

Repeat every phrase, silently, in your mind, three times. Say the phrase in a quiet, thoughtful way. Before moving on to the next phrase, pause and notice how you feel. Focus on your feelings for two or three breaths. Practice each set of exercises until you are quite comfortable with them.