

1. Quick Relax

A 5-minute relaxation break.

Prepare to relax.

If you are sitting in a chair,
straighten your back,
although do not hold it rigid.

Place your feet flat on the floor.

Gently lift your shoulders,
and slowly rotate them backward a few times,
then let them drop.

Lift your shoulders again,
then slowly rotate them forward a few times,
then let them drop.

Now, turn your head in some slow circles,
first one way,
then the other.

Sit quietly for a moment
and center yourself.

You are here, in this quiet place.
You have left aside the busyness . . .
the worries . . .
the concerns of your day.

Now, take a s-l-o-w,
d-e-e-p breath
through your nose . . .

Draw the breath down
to the bottom of your lungs . . .



Hold a moment . . .

Then exhale through your nose,
s-l-o-w-l-y . . .
g-e-n-t-l-y . . .
c-o-m-p-l-e-t-e-l-y

Again, draw the breath down
to the bottom of your lungs . . .

Hold a moment . . .

Then exhale through your nose
s-l-o-w-l-y . . .
g-e-n-t-l-y . . .
c-o-m-p-l-e-t-e-l-y

This is your special time for peace . . .
for quiet . . .
for relaxation . . .

Now, resume a normal breathing rhythm.

Imagine a ball of light,
the size of an apple,
just below your navel.

Focus on the ball of light, while
continuing to breathe naturally.

The light is bright, golden, shimmering.

Imagine you are inhaling
into the ball
of golden light.

With each inhalation,
the light grows bigger and brighter.



With each exhalation,
the light shines strong and brightly.

Focus on the light.

Breathe into the light.

If your mind wanders,
simply bring it back to the light.

As you inhale, draw these
affirmations into the ball of light:

I am cool . . .
I am calm . . .
I am relaxed . . .

The light grows bigger
and brighter . . .

Hold a moment . . .

And exhale . . .
the light grows strong
and bright.

Again, as you inhale, draw these
affirmations into the ball of light:

I am cool . . .
I am calm . . .
I am relaxed . . .

The light grows bigger
and brighter . . .

Hold a moment . . .



And exhale . . .
the light grows strong
and bright.

Inhale into the ball
of light:

I am cool . . .
I am calm . . .
I am relaxed . . .

The light grows bigger and brighter . . .

Hold a moment . . .

And exhale . . .

The light grows strong
and bright.

Continue to breathe in this way,
drawing the affirmations

↓ d-o-w-n . . .

↓ d-o-w-n . . .

↓ d-o-w-n

into the ball of light . . .

I am cool . . .
I am calm . . .
I am relaxed . . .

[Extended Pause]



It is time to return to waking consciousness . . .

We will count from 1 to 5 . . .

With each count, your awareness
rises & rises . . .

1, 2 . . . become aware of the room,
any movement or sounds
you may hear . . .

3 . . . feel the chair beneath you . . .
become aware
of your hands and feet . . .
squeeze them a few times . . .

4 . . . move your neck in some slow circles,
first one way, then the other . . .

5 . . . fully awake

Sit quietly . . .

You are alert and aware . . .

Fully awake . . .

Peaceful and relaxed . . .

