

Learn to Relax

***Complete Program for Reducing the
Harmful Effects of Tension & Stress***



By Gordon Rosenberg

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About the Author



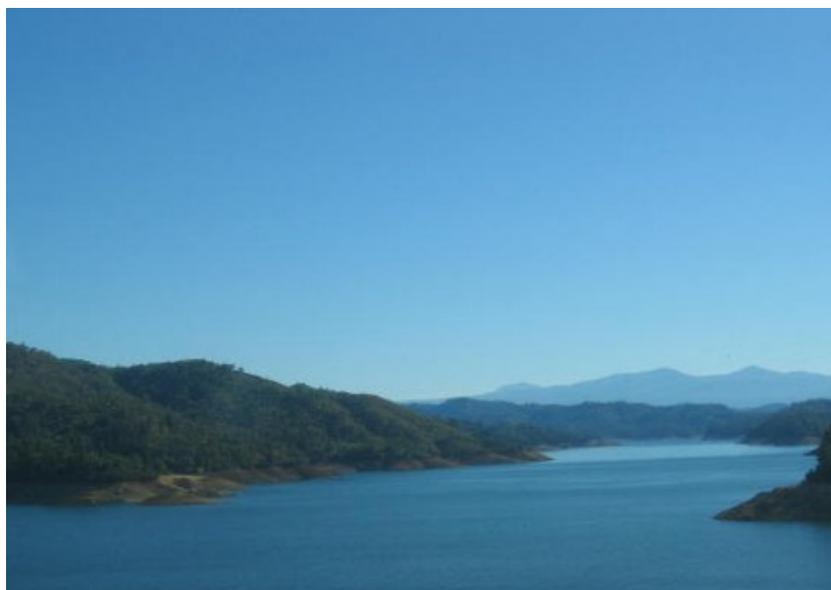
Gordon Rosenberg is a healing arts practitioner, writer, and self-awareness guide. Gordon awakened his natural healing and intuitive abilities through years of exploration and practice with many leading edge technologies. He is a Reiki master-teacher who works with vibrational healing energies through touch, sound, music, movement, and deep relaxation techniques. He's conducted some 6000 individual energy balancing sessions and taught many students.

Beginning in the early 1980's, Gordon studied relaxation and stress relief, including the work of such leading therapists as [Dr. Herbert Benson](#), [Dr. Hans Selye](#), [Dr. Bernie Siegel](#), [Jon Kabat-Kinn, Ph.D.](#), Buddhist scholar [Stephen Levine](#), and many others. He soon developed a program intended to help people in high-stress work environments learn to relax and gain more balance in their lives. That work led eventually to the creation of his own full Relaxation Program in the mid 1990's, including the easy-to-follow exercises in this book developed from his studies and practice with clients.

Disclaimer

The information and exercises presented in this Relaxation Program are provided for informational and educational purposes only, and should not be considered as medical advice, whether towards diagnosis or treatment of a health problem or disease, or for prescribing medication. This program is not intended to heal you of serious illness or injury. If you have, or feel you may have, a medical problem, contact your physician or other qualified health care provider. I assume no responsibility for how the information provided here is used. It's always advisable for you to seek any assistance you may need at any time during the practice of any of these exercises. This includes mental or therapeutic assistance, if the energies, memories or emotions which may be released are more than you can deal with on your own. It's my hope that you can be fully in touch with yourself each step of the way and determine your proper use of the program, and that you'll find it to be supportive of your life and growth. I do not recommend that you ever do any form of movement or other activity which may be painful, strenuous, or in any other way discomfoting. As with any course of study, I recommend that you use what seems helpful to you and discard the rest.

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Introduction: Relaxation & Healing

I've practiced the techniques in this book myself for many years, and I've used them with great results with hundreds of clients in my healing practice. I've found that by practicing these exercises regularly, a person can greatly reduce the effects of stress on the body and can make their life more balanced and peaceful. I believe that learning to relax deeply is clearly one of the best things you can do for your body, your mind, and your soul.

Many studies now show conclusively that stress and tension are major contributing factors in most illnesses. You can learn to let your body relax and ease debilitating pain, tension, and any number of other sensations and harmful conditions. When you let go of negative emotions and stress, you begin to feel places where you've blocked energy for a long time; you learn to sense your body more. When you sense your body, you get in touch with chronic conditions which may have been blocking the flow of natural energy for years. Gradually, you may learn to give up things that have been keeping you from being more healthy. You may learn that it's not okay to ignore your body. You may learn that our bodies need our attention in some ways, and that they need to be left alone to do their work in other ways.

Relaxation is an important key to the entire healing process. If one isn't relaxed, the body isn't able to sense itself enough to be healthy. When you relax, the body is more free to achieve a higher level of health. Whatever healthy things you may be doing for your body now, it will be quite beneficial if you can learn to relax more fully. You can combine this program with whatever program or techniques you're presently doing and see how they may work

together. You don't need to give up your present fitness or treatment program to learn to relax. I present suggestions for how you may incorporate these exercises into a simple daily routine. Ultimately, it's for you to decide how you may apply this program in your life.

Throughout this program, you may find your body changing considerably. You may notice places where your body is letting go of stress or sensation. You may find that you can move more fluidly, or with more of a sense of self-control or centeredness. These are all indicators that your body is freeing up and gaining more of a sense of itself, and they're ways to know that the exercises are working for you. Even the most subtle, seemingly 'inactive' exercise can bring about great changes within the body. Visualization processes such as I use will assist you in gaining control of the most subtle body processes at a level where you're free to accept beneficial changes.

The kind of relaxation I guide can help a person learn to release many harmful energies from the body, energies such as fear, tension, stress, anger, grief, and all emotions. When we learn to release negative sensations and blocked energies from our bodies, we can become more free of pain, or fear, or any number of other sensations. We can begin to release these feelings and sensations, by wanting it to happen and by practicing powerful techniques such provided in this program. This program integrates many techniques into an easy-to-follow and easy-to-do format. I hope it will serve you in discovering what you've been carrying in your body and how you may release it to be more fully centered and balanced in your present form.

Relaxation is our normal state. We just learn to be un-relaxed here. We can relearn how to be relaxed again. Learning how to relax isn't all hard work. Yes, it can be difficult at times - especially if you're just starting to get in touch with places in the body where you've carried tension for a long time. When you begin to let go of that tension, you may go through periods of frustration, or discomfort. Yet, it's possible to move through these stages fairly rapidly, and reach a place where you can sense your body and let it relax.

The exercises provided in this program can definitely help you learn to relax. They're designed to keep you in an experiential mode, rather than just processing information. Our minds are too busy most of the time as it is! These techniques will help you learn to release negative energies and work through emotions and negativity as they come up. We can learn to release tension by feeling it, by becoming more aware of it. Throughout this program, you'll have many opportunities to strengthen this awareness. You may find soon you can actually relax your body quite deeply and quite rapidly by bringing awareness to each part that's "speaking" to you in some way.

We usually allow tension to be in our bodies, because we don't know it's there. We may even believe that it's normal to have tension in our bodies, that we

just have to accept it as a normal part of life. But it isn't normal to be tense. It's normal to be relaxed. We may need to "learn" to relax, just as we've learned to be tense. What might it be like if your body were relaxed, if you weren't stressed in any way? For many of us, this isn't even possible to imagine; we've been tense and tight for so long. But it is possible to learn to relax.

When we hold tension in our bodies, we hold back the flow of life force energy, the energy which is intended to flow naturally through our bodies with each breath and each movement. Our health is largely dependent on a free flow of this energy through our bodies. Often, when we hold back life force energy in our bodies and don't allow it to release naturally, we experience illness or injury. Many of the problems we have with our bodies are the result of holding onto stagnant, or used up, energy. For instance, if you hold too much stagnant energy in your heart, you can develop heart problems. And so on, for each part of the body. When you release enough old energy, you begin to feel what it's like to be fully in your body. You learn to let go of tension and return to your normal and relaxed state. I hope this book may help you do that.



Chapter 1: Relaxing Can Be Fun

Relaxing isn't all hard work. Yes, it can be difficult at times - especially if you're just starting to get in touch with places where you've carried fear or tension for a long time. When you begin to open up to the energies in your body, you may go through a period of frustration, or discomfort. Yet, it's possible to move through this stage fairly rapidly, and reach a place where you can sense your body and learn to relax. This program is designed to help you get in touch with places where you carry tension, fear and other emotions.

The exercises provided in this book can definitely help you learn to relax. They're designed to keep you in an experiential mode, rather than just processing information. Our minds are too busy most of the time as it is! These techniques will help you learn to release negative energies and work through emotions and negativity as they come up. Here's a simple technique that's part of several of the coming exercises.

Try This: Take a moment and feel where there's tension in your body. Just feel your body and see if there's a particular place that's bothering you. Let any such place come into your awareness. Every time you do this, you may find new areas. That's okay. Each of us is different from one moment to the next. For a moment, focus on whatever area that you're feeling. If you're aware of tension there, see if you can get some of the tension to release, just by focusing on it. We can learn to release tension by feeling it, by becoming more aware of it. Throughout this program, you'll have many opportunities to strengthen this awareness. You may find soon that you can actually relax your body quite

deeply and quite rapidly by bringing awareness to each part that's "speaking" to you somehow.

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Exercise 1: Letting Go

Welcome to the first exercise of my Relaxation Program. I hope it helps you relax - even a small amount in the beginning is fine. I'll introduce this first exercise with this wonderful testimonial I received as an email message several years ago from a young man who discovered and tried it online. I've received many such rewarding messages. I believe this one especially tells better than I ever could the great value of learning to relax.

"After completing Exercise 1, a remarkable thing happened to me! For the first time, I got my pulse down to 70!! I have heart problems and high blood pressure, and I'm so worried because I'm only 21. All my life my pulse has been at 90 or above. I feel so wonderful. I sat here in front of my computer and cried because I've never felt my pulse slow down so much, and I realized I had control. Thank you so much. Incredible!"

[name withheld]

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