

Autogenic Meditation: to Conquer the Sleepless Nights

- **Few deep breaths into your core**

Let's begin by closing your eyes and relaxing into this peaceful healing session. I want to begin by taking a few deep breaths, breathing into your core, filling your core with life giving air as you feel your chest rise slowly. When your core and lungs are completely filled with air, this is one big breath. Now release the air slowly, in the most comfortable way for you. Let take a few more, filling the core with air until the bottom of your lungs are filled and you can feel it all the way to the top of your chest, then release slowly. You are doing great. Allow your body to adjust to the most comfort and relax.

- **Mindful Breathing**

Now allow your breathing to flow naturally and bring your awareness to the natural rise and fall of your breathing.

Without changing your breathing just allow yourself to breath naturally.

Notice your natural rhythm of your breathing. ...

Perhaps you can notice the differences of your breath in and your breath out. ...

Perhaps you notice the different muscles being used....

Notice how much you have relaxed. ...

- **Autogenic: Total Body Relaxation**

Perhaps you can even notice the relaxation in your legs as you breathe in and out. ...

Your legs are becoming heavy and warm....

You may begin to feel your legs becoming heavy with relaxation and the tension melts away from the muscles in your legs...

Now bring your awareness to your core and notice your core becoming warm and comfortable. Perhaps you can feel your core as it becomes warm and comfortable. All the stress from your core and torso just floating away as your core becomes more warm and comfortable.

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You can feel the comfort now moving down into your arms and hands.This comfort is not going down,down into your hands and down, down into your fingers all the way to your finger tips... You can feel your arm and hands becoming warm and heavy.... Your arms and hands are becoming warm and heavy. I wonder if you can feel any difference between one hand and the other?Perhaps one hand is warmer than the other... Or maybe they are both the same...

Notice how your body feels so much more relaxed with each breath in and out.....

Now the relaxation is moving into your shoulders and may notice the tension draining away from your shoulders. The tension is draining away from my shoulders. Feel the shoulders relaxing and releasing.

The relaxing moves now up to the crown of the head and down into the brow and eyes. Notice the tension release from the brow and the forehead flattening and the eye muscles around the eye and the eyelids relaxing even deeper. Notice the eyelids becoming heavier and heavier shutting tighter and tighter and down into the jaw.

Feeling so relaxed now from your head to your toes so relaxed.