

A Golden Life Healing Guide

DEEPLY RELAX



**5 Step MINI GUIDE to Help You Access
the Wellspring of Healing Within!**

a Golden Life Healing Publication by
Dr. Jeannie Arunimā Smith

Dedication

This mini-guide is a companion guide for "Deep Relax" and other guided healing meditations from my online store, **Golden Life Audio Journeys**. When we learn to truly relax, we are able to access the natural, universal healing power inside us all.

Written as a starting point, this guide is dedicated to every one of us who struggles *with even thinking* of giving ourselves time to relax, go inside, meditate, or rest. We fool ourselves into thinking there is not enough time to get everything done, let alone any time to spare for dedicated, true, refreshing, DEEP RELAXATION! What if relaxing allows us to be more efficient?

What we often neglect to consider, is that by ALLOWING ourselves to truly have this deep, restful brain break... for as little as ~15-20 minutes per day, how much our ENERGY, MOOD, ENJOYMENT, and QUALITY OF LIFE can be improved!

But don't take my word for it. Try it for yourself and you'll see!

My hope is that each one of us learns to honor and implement a truly DEEP relaxation time every day during our precious time on Earth, for even for a few minutes, in order to dip into the Inner Wellspring of restorative, healing power within. By doing so, in a ripple effect, we'll improve the Well-Being of ourselves and bring beneficial, peaceful energy to our entire world.

-Dr. Jeannie Arunimā

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5 Practical Steps to Learn to DEEPLY RELAX

Hello! I'm sure you've already guessed that I'm not going to tell you something new? Well, maybe I will, but that's not my goal. If you're like me, it just *feels* good to be reminded how important it is to take care of ourselves. To see the world through another person's experience, and in that way, generate enthusiasm to do what we already wanted, intended, or promised ourselves that we'd try. Is that true for you too?

As a full grown human being, you know how it feels to relax. You may not feel it as often as you want, but in our current life culture, we tend to equate relaxation with laziness. For many adults, eating dinner with a show (and maybe an adult beverage), is 'normal' and just about all the relaxation they allow themselves to take during their crazy-busy days.

But I want more than that for us. More than '*norm-al*.' Don't you? What if, simply by remembering and reframing the importance of deeply relaxing our body-mind interface..... we improve our health, and vastly improve our quality of life? What if you actually FELT BETTER from it?

Wouldn't you be drawn to the practice, again and again? Of course! That's the ticket, right there in the sentence above. Do you see the word? Yes, it's "practice." Again and again. But THIS practice is...enjoyable! Restful! And can even be WONDERFUL! How?

By giving yourself the gift of truly implementing these five steps, again and again, until relaxation becomes automatic, instant, and effortless whenever you want it. Let it become.... *easy*. Natural. These simple steps will help you to easily experience the path within. They are a kind of road map of events or considerations that will surely enable you to begin (or renew) the practice of deeply relaxing, and becoming fully present, in order to experience the wellspring of restoration and healing within. *Sound good?* Here we go.

Step 1: Claim Your Life's Time

By giving ourselves permission to designate time to whatever practice of self-healing we wish to do, we honor this vehicle of the body that we live through. Action steps: **1. DECIDE!** What action will you commit to specifically? Decide the factors of *what you'll do, when, and for how long.* **2. SCHEDULE IT:** *Write it down.* **3. SET AN ALARM,** a notification, or write a Post It. **Give** yourself a Gift of TIME. *You'll thank yourself later.*

Step 2: Create Your Own Sacred Space -Outside and IN!

Creating a sacred space is incredibly important in cultivating inner peace and deep relaxation... but the MOST important space is the SPACE WITHIN. Our mental space. On the inside, and the outside, setting up a beautiful, simple, clean and clutter-free environment will do wonders for your sense of peace! It could be a chair and quilt by the window. A cup of tea at the table, or a quiet space in your office. Truly, just the INTENTION, along with taking a tiny, thoughtful action of plumping a pillow or clearing a table will do wonders. You will see that even a small effort brings big results!

Step 3: Find Power in Your Mindful Breath

The greatest friend, and most powerful ally we have, is our own breath. It sustains us through life. When we turn our attention mindfully toward it, the breath will profoundly support us on our journey to deeply relax. Simply by taking a deep, long clearing breath, you initiate the body's natural, physiological response to release stress or tension.

Give yourself the gift of relaxation built into in your breath. Take 1-3 deep, mindful breaths to settle in to rest or sleep. You'll be letting your body know, "Hey! It's time to let GO! Time to relax." Over time, your body will get used to dropping into the wonderful feeling of full relaxation, more and more quickly, just by repeating the practice again, and again.

Step 4: Honor Your Beautiful Body

It's important to give the body what it *needs* so it *can* relax. If it's cold, hungry, too tired, or too antsy, it will be much more difficult to actually cultivate a deeply relaxed state. GIVE your body what it needs before relaxation, meditation, or other inward restorative practices.

Take the support of cushions, a warm blanket, or soft cover over the eyes to block out the light. Often times, before taking clients into a guided meditation session, I invite them to gently move and stretch their bodies, and in that way, allow the blood to flow and move the tension right out. In other words, get the aches & wiggles out! Compassion toward our own bodies goes a long way to establishing a restful state of mind. Combining stretching with breathing is powerful!

Step 5: Lovingly Embrace Your Mind

THIS IS BY FAR, is the most important consideration of *all!* As you know if you've ever been kept awake at night by worry or thinking that just won't stop, the mind is powerful indeed. Taking a stance *against* the mind by getting upset with it or trying to control it through force or punitive self-recrimination will only produce the opposite effect than is desired. It just doesn't work in a sustained way.

When we embrace and accept the fluctuations of the mind with a kind of loving detachment, we give it the respect that it's simply doing its job.... to think. By cultivating a practice of moving our attention to a quiet object of focus.... perhaps the breath, a mantra, candle flame or a lovely nature scene, we teach the mind how to find the stillness in the moment, or even in the eye of an ensuing storm.

For all practices in the steps above, let yourself adopt the old Tasmanian saying that goes, "*Little by little, a little becomes a lot!*"

Concluding Thoughts

The benefits of being able to quickly and deeply relax are many and powerful. In our fast-paced world, time may be our greatest treasure! Whatever your relaxation practice is, let yourself use these tips. Getting into the state of relaxation allows the brain to rest in deeper states and healing frequencies of restoration and renewal, which in turn will empower every aspect of our lives.

There is a term "relaxation response," which appeared in scientific research of the early 1960's. A study by Harvard Medical School researcher, Dr. H. Bensen, found that positive physiological changes and stress reduction, both crucial to health and wellness, were directly linked to relaxation. *Scientific research proves the benefits of simple relaxation!*

More recently, Dr. Bensen studied the effects of relaxation on each of the 40,000 human genes. His team confirmed, *"those who regularly used the relaxation response induced anti-oxidation and anti-inflammatory changes that counter acted the effects of stress on the body."* Recommendation? Want to counteract premature aging and disease patterns? RELAX!

Just 10-20 minutes, once or twice a day, was shown to markedly reverse the affects of stress on the human body!

This is great news! The American Medical Association reported that 90% of all disease comes from... you guessed it... stress! So now the question is, *what have you got to lose by relaxing just a little?* The answer....stress!

What could be an easier prescription? Use these 5 simple steps every day and enjoy a life of greater health and well-being. Just **DEEPLY RELAX!**



For the companion Audio Journey, "Deeply Relax" go to my website:
www.goldenlifehealing.com/audio-journeys-shop