

# **Learn to Relax and Feel the Magic Happen!**



Why is it that we are so addicted to always be doing something? We seem to be constantly checking our phone, planning the next goal or avoiding disasters. NOT being busy is often misinterpreted as wasting time, wasting opportunities & wasting life.

***“The ability to consciously relax and step back from the pressure of life is the greatest gift of rejuvenation for your mind and body.”***

Relaxation is scarce in modern day life yet research indicates it is essential for reducing blood pressure, back pain, headaches and muscle tension. It is also the foundation for a strong immune system, better mental health and improved concentration.

Our lives will often be confronted with stressful situations, however true relaxation is not a temporary distraction of the mind by grabbing a glass of wine, binging on food or even watching a movie.

Conscious relaxation is not an escape but a response to releasing tension both physically & mentally in the present moment through peace and calmness.

Let me share 3 techniques that will enable you to create deep relaxation whenever the need arises. By following these three practices, you will cultivate relaxation as part of your natural character that will remain with you forever.

**Breathe:** Powerful technique of focusing your mind on the process of taking long, slow, deep breaths. This will distract unnecessary thoughts, relax the body and rejuvenate the mind.

**Imagine.** Simple technique of recalling pleasant experiences, places, or events in your mind. This will reinforce positive emotions to help you relax and focus.

**Meditate.** Easy technique of focusing on your breathing and bringing your attention to the present. This will enable you to relax in the moment without regrets of the past or fears of the future.

***Quote by Norman Vincent Peale; “Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body”***



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