**Law of Relaxation**

The Law of Relaxation states that the more relaxed you are, the more likely you are to emit positive energy around you. When you are relaxed, you are in a state of ease and flow, which allows you to be more open and receptive to positive experiences and opportunities. People are naturally drawn to those who exude calmness and positivity, and when you emit positive energy, you are more likely to attract positive experiences and opportunities.

How do you practice relaxation? The body, mind, and heart are interconnected, and relaxation should start with the body before progressing to the mind and the heart, the home of emotions. This approach is reflected in many relaxation practices, such as yoga and breathing exercises, which focus on relaxing the body before moving on to the mind and emotions.

When we relax the body, we activate the relaxation response, which helps to reduce stress and tension. This, in turn, helps to calm the mind and quiet the emotions, allowing us to cultivate a greater sense of inner peace and well-being. By focusing on the body first, we lay the foundation for deeper relaxation and greater overall wellness.

Yoga, for example, is a practice that emphasizes the importance of relaxing the body before working on the mind and emotions. Through a series of physical postures and breathing exercises, yoga helps to release tension and increase flexibility, while also calming the mind and promoting greater self-awareness. Similarly, breathing exercises, such as deep belly breathing or alternate nostril breathing, start with the body and gradually move on to the mind and emotions, helping to create a sense of deep relaxation and inner peace.

By focusing on the body first, we create a solid foundation for deeper relaxation and greater overall wellness. So, whether through yoga, breathing exercises, or other relaxation practices, remember to start with the body and let the relaxation spread from there.

In addition to its impact on the energy you emit, relaxation also has a direct impact on your own well-being. The more relaxed you are, the less stressed you will feel. Stress is a natural part of life, but when it becomes chronic or overwhelming, it can have a negative impact on your physical, emotional, and mental health. Chronic stress can lead to a wide range of health problems, including high blood pressure, heart disease, depression, and anxiety. By contrast, when you focus on increasing relaxation, you can reduce your stress levels and improve your overall well-being.

So, how can you cultivate relaxation in your life? **Relax Infinity App** offers many different techniques and practices you can use to promote relaxation, such as:

1. Meditation: Meditation is a powerful tool for promoting relaxation and reducing stress. By focusing your attention on your breath or a specific object, you can quiet your mind and enter a state of deep relaxation.
2. Deep Breathing including Infinity Breathing: Deep breathing exercises can help to reduce tension in the body and promote relaxation. By taking slow, deep breaths, you can activate the parasympathetic nervous system, which helps to counteract the effects of stress.
3. Mindfulness: Mindfulness is the practice of being fully present and engaged in the present moment. By cultivating mindfulness, you can reduce the impact of stress and promote a sense of calmness and relaxation.
4. Yoga: Yoga is a form of exercise that incorporates deep breathing, meditation, and physical postures to promote relaxation and reduce stress.

Relax Infinity is available at no charge for all Northern Light employees and their spouses. [Click here](https://erc.enwisen.com/ASI/Toolset/DownloadPosting.aspx?code=e197ab6d) to activate Relax on your mobile app. [Click here](https://erc.enwisen.com/ASI/Toolset/DownloadPosting.aspx?code=133bddfe) to activate Relaxx on your desktop.

In summary, the Law of Relaxation teaches us that by focusing on increasing relaxation in our lives, we can emit positive energy and attract positive experiences, as well as reduce our stress levels and improve our overall well-being. By incorporating techniques such as meditation, deep breathing, mindfulness, and yoga into our daily routines, we can cultivate a sense of inner calmness and tranquility that can have far-reaching benefits for our personal and professional lives.

A picture containing text, clipart

Description automatically generated