**Whole Self Relaxation**

You may think you are relaxed but most likely you are not. At the innermost core a tension persists, usually giving rise to some level of hurry, fear, anxiety and doubt. It’s not just the tension of the day, either. Often, we carry tension from our recent and remote past creating a baseline tension we are not even aware of, with more tension added each day. Over time we become accustomed to carrying this tension in our backpack. We probably haven’t emptied it in years, maybe never even thought of doing that.

However, all tensions are not necessarily unhealthy, some can be healthy and help us develop resilience, and even help us deal with difficult situations. Nonetheless, no tension needs to be carried as a baggage.

It’s time to relax. Though relaxation is a complex, multidimensional phenomena, it’s possible to get to total relaxation with four simple steps.

**Step 1 – Start with the Circumference: Relax Your Body**It’s important to schedule in activities you enjoy that relax the body. For some that might be a massage, a reiki or do yoga. For others it might be swimming, jogging or hiking a mountain. We all have our own ways of relaxing our bodies. However, relaxation is not just available to you with a special planned activity; you are also able to relax in the moment with a simple technique in which you relax your body consciously. In a nutshell this is it: talk to your body and it will listen. With closed eyes, starting with your toes and sequentially moving up to the head, lovingly invite that part to relax. Talk to that part as you talk to a friend; let there be a dialogue between you and your body. Tell it to relax, and it will. Slowly and slowly, you will learn the knack of it. You will be surprised that if you approach any part of your body, it listens. It’s your body after all.

**Step 2 – Relax Your Mind**

If the body listens, your mind will also listen. Many people start with the mind, and they fail; they fail because they start from a wrong place. The right order is body first and mind second. If you become capable of relaxing the body voluntarily, then you will be able to help your mind relax voluntarily as well. Once you have become confident that the body will listen to you, you will have a new trust in yourself. Talk to your mind as you did to your body. Mind talking to mind may sound paradoxical, but it does work. That is how auto-suggestion works. As the body relaxes, mind becomes more friendly and willing to help to theses suggestions. Let the mind relax as you talk to it and you can watch the chatter in the mind go down.

**Step 3 – Relax Your Heart**

Once the mind is relaxed, move onto relaxing your heart, the world of your feelings, emotions. This world is even more complex, more subtle than your mind. But now you will be moving with great trust in yourself. You will know it is possible. If it is possible with the body and possible with the mind, it is possible with the heart, too. As the heart relaxes, the emotions mellow down; they may still be there. But they are just there, as if totally relaxed with a relaxed body and a relaxed mind.

**Step 4 – Relax Your Innermost Core**

At the very center of your existence -- beyond body, mind, and heart -- is your innermost core. I call it your “inner flame.” Our inner flame is your own individual consciousness; it’s the real you, body, mind, heart and you. The mind, the body and the heart just coexist with each other in a relaxed status and a new awareness and mindfulness arises.

**Total Relaxation**

First the body has to become utterly relaxed. Only at the point your body is relaxed should you move onto your mind and only when your mind is relaxed should you move onto your heart. Move in that order: first the simplest, then the complex, then the more complex. Only then can you relax at the ultimate core. This is total relaxation. Total relaxation is the ultimate: trust, surrender, love, acceptance, a flow state, union with existence, ego-lessness, ecstasy and more flow out of this state of total relaxation.

Activity creates much smoke and raises much dust around us, hence all activity has to be dropped, at least for a few minutes per day, to practice the relaxation routine described above. As you practice regularly, you fall into deeper and deeper rest. When you are utterly relaxed, for the first time you start feeling your reality; you come face to face with your being.

When you have learnt the art of being at rest you can be both active and restful together, at the same time, because then you know that rest is something so inner that it cannot be disturbed by anything outer. So, it is only in the beginning that activity has to be dropped for some time. When one has learned the art, then the relaxation and peace infiltrates 24 hours a day of your life. The miracle then happens when you can remain at rest and in action together. You have learned the art of relaxing in action making every day National Relaxation Day.

**Here to help**  
I’ve been a practitioner of meditation and mindfulness even before I entered medical school and have as many mentors in this field as I have had in medicine. I was moved to create Relaxx, mindfulness and meditation app, because I wanted to share what I had learned with the world. The Relaxx app offers tools for total relaxation in addition to varieties of meditations, and practical help for people with stress, anxiety and sleep problems. This app is now available to all Northern Light Health employees for free. All you need to sign up is [right here.](https://erc.enwisen.com/ASI/Toolset/DownloadPosting.aspx?code=def501d6)

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