

The Relaxation State

By Christine Heart Savage

What is relaxation?

Definition...

1. The state of being free from tension and anxiety.
2. The restoration of equilibrium following disturbance.

So many people don't know what it is to feel truly relaxed. When they first experience the 'relaxation state' they are amazed by the feeling and they don't want to come out of it. True relaxation is quite profound.

There is relaxation and *relaxation*.

1. Relaxation is the state of feeling good and being free from tightness or tension in the body, the mind is not consumed by racing or dominant thoughts and the emotions feel balanced and neutral.
2. *Relaxation* is a state whereby the physical body is loose and surrendered, the emotional body is completely calm and peaceful, the mind is still and empty, and spiritually there is a feeling of being intrinsically connected to a deeper part of your self and an all pervading truth. A state of pure harmony is reached.

Relaxation 1 is what most people think of as relaxation. It is more, in actual fact, a state of less tension rather than true relaxation.

Relaxation 2 is what true relaxation is. This is a distinctly beautiful and harmonious state and when you reach it *you will know* you are in true relaxation. It's what we all wish to experience in our lives.

Once you are in a state of pure relaxation there can be many different types of delicious occurrences experienced and insights gained. You may feel like you are floating on air; you may feel like your body has sunk into and become part of the floor; you may have a spiritual or religious type of experience; you may experience a connection with a loved one who has passed over (always very beautiful and deeply emotional); information may be made known to you; you may experience a higher form of communication; in the least you will feel a sense of deep tranquility. There are so many different experiences you can have in a deep state of relaxation, all very peaceful and divine.

These experiences can be profound and very often surpass limited personal beliefs.

The magnificence and the penetrating effects of the experiences can influence you at a deep level both psychologically and physically, and can ultimately change the way you live your life. A more authentic understanding of your self and the meaning of life is gleaned as you increase your ability to trust, surrender and sink into deeper and deeper states of relaxation.

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There is an all-embracing silence in which resides a stillness of paranormal magnitude. This immense silence exists inside every person and once it is experienced there is automatic, indwelling, fundamental change.

True relaxation is a process of letting go and this surrendering act takes you on a journey inside the body and inside the self... a literal adventure into "*inner space*".

Most people are not good at 'letting go', in fact as a society we are lacking greatly in this area and often need support to reach deeper states of relaxation. Surrender is also a trusting process and the need to be safe is paramount. Initially, learning to 'let go' takes courage as most people they feel a bit apprehensive and vulnerable. Choosing a safe environment and an experienced and trusted practitioner will aid this elementary process.

What does surrender mean?

Definition...

1. To abandon oneself entirely
2. To cease resistance
3. To give up or hand over.

Letting go is a sinking process, a '*dropping into*' the self on all levels; body, mind and soul and as mentioned earlier, it takes trust and courage. Most people have no idea how to let go, we've never been taught, in-fact our fundamental education is quite the antithesis.

How can I learn to surrender?

You already possess the perfect tool that will support you and teach you to surrender! You were born with it... you never leave home without it... you have it with you twenty four hours a day, seven days a week... it's cost effective and in-fact, you already use it every day. What is it? Your breath! Your breath is the most amazing tool you have. The very act of breathing gives life and yet we are a society of very poor breathers. Proper breathing is a skill that most people have not cultivated.

Poor breathing habits by default create tension and stress and this accumulates in the system. Old tension has a grip of iron and if we don't learn to release it... it will lodge itself in the tissues of the body. Learning to surrender and relax deeply allows this old tension to loosen its grip and dissipate as the body enters deeper states of relaxation. The act of breathing triggers the relaxation response.

Making a choice to let go into deeper and deeper states of relaxation is the fastest path to freedom. You will be able to *feel* yourself moving into a different state of consciousness and you can either choose to resist the fullness of the *pull* or you can choose to get out of the way and let it take you over completely. It can feel like you are falling into unbounded and unfamiliar territory, this is where your courage and trust enters the scene. Choosing to go with it, will of course land you the biggest and juiciest result on the road to internal peace and harmony.

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Breathing aids and accelerates the process of surrender, it is by far the most efficient and effective method I know. I trust this technique and its process implicitly.

Your breath has the capacity to liberate you from your self. It is the bridge between tension and relaxation; stress and harmony; sickness and health. Conscious breathing builds a bridge between the conscious and unconscious parts of yourself.

The breath has the ability to unify all situations and bring them into balance and harmony. It personifies *intelligence* itself. The breath embodies the Essence of life!

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