

A Day of Radical Self-Care

REB SELF-HELP RELAXATION PROTOCOL

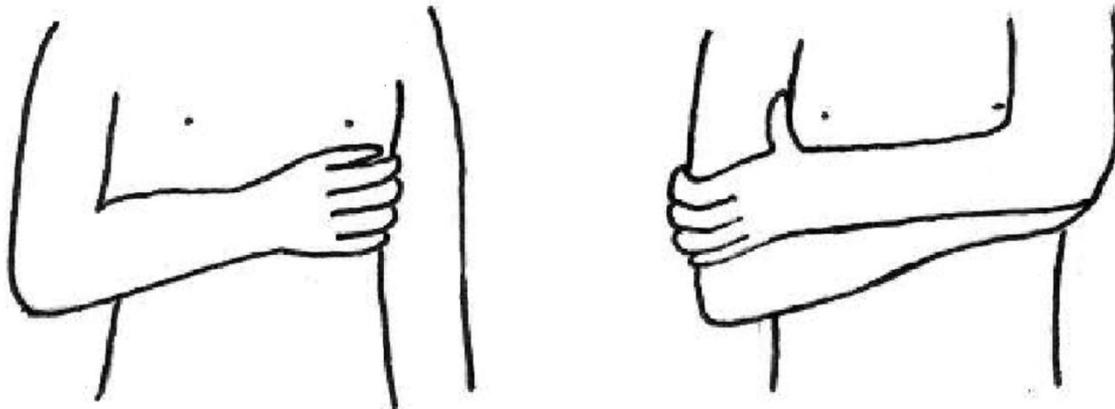
Special Instructions for those who suffer from Bipolar or Post Traumatic Stress Disorder: Begin using this relaxation process slowly, staying in the posture no longer than 2 minutes the first few times you use it. Once you become used to the deep relaxation that occurs deep within your body, you may use it as often and for as long as you wish.

Directions

Sit in a quiet place where you won't be disturbed. Quiet relaxation music is nice. TV is OK, but it won't give you the same level of deep relaxation or allow your mind to become quiet and still. You can use this process at work as a "time out" or for relaxation during a tense meeting or while at the dentist office or experiencing any other medical procedure.

15 to 30 minutes in the posture is ideal. 10 minutes is helpful when practiced daily.

- Prepare for your session by getting your energy flowing. Rub your hands together until they become warm. Shake out your arms, shoulders and body and get nice and loose. Breathe deeply from your diaphragm, inhaling and exhaling through your nose. Place your tongue on the gum ridge behind your upper teeth so that you have a nice energy flow. The breathing and the connection of the energy flow are important steps in this process and your results will be far superior if you include them.
- Set an intention for the session. Example: *I want to relax deeply and create a quiet mind*
Notice your pre-session mental, physical, emotional and spiritual stress so that you can fully appreciate the positive changes at the end of the session.
- Once you are sitting with your feet up, or reclining on your couch or bed, get into the REB posture by crossing your arms across your chest. Place your right hand under your left breast, resting it on your rib cage, and place your left hand on your right arm about an inch above your right elbow.



- Concentrate on your breathing and notice when your body begins to relax and become calm.
- Begin the bi-lateral squeezing. Gently squeeze your right arm and then squeeze your left chest area. This is a rhythmic motion that continues throughout the process. Let your breathing and the posture do the work for you. Trying hard to relax actually creates lesser results. Your body knows what to do.
- You are a witness to your own relaxation. Do not get attached to anything you are experience or feel. If you notice stress in your neck and shoulders, allow the process to ease the stress. Notice a thought as it creeps into your mind, and then let it go. Whatever the thought, sensation, or feeling, notice it, accept it, and ***allow*** the process to alleviate them.
- After 5 to 15 minutes (1 or 2 minutes if Bipolar or suffering from Post-Traumatic Stress Disorder), once again concentrate on your breathing. Give gratitude for the amazing way your mind and body has responded to the process. Bring your right hand to the center of your chest, fingers spread apart and lay your left hand over the right, allowing your little finger and your thumbs to touch or overlap. This posture forms a heart mudra. Concentrate on a nice heart feeling that you want to incorporate into your life: Kindness, beauty, softness, wisdom, compassion, joy, thankfulness, sincerity, balance, connectedness, peace, safety, love, forgiveness ... there are many. Sit quietly as you breathe in the energy of your chosen heart feeling. When ready, release the mudra and go about your day feeling positive, refreshed and happy.