

## **A simple exercise in stillness in order to achieve the relaxation response:**

Pick a focus word, phrase or image. Sit quietly in a comfortable position. Close your eyes. Relax your muscles. Breathe slowly and naturally, and as you do, repeat your focus word or phrase or try to recapture the image. Assume a passive attitude. Don't worry about how well you are doing. When other thoughts come to mind, simply say to yourself oh well, and gently return to the repetition. Continue for ten to twenty minutes. Practice the technique once or twice daily.

The relaxation response is the opposite of the stress response, the so-called fight-and-flight response. The relaxation response occurs when we're resting or meditating. It causes blood pressure to go down and metabolism, heart and lung activity to slow down.