[Autogenic Training Exercise](https://www.dropbox.com/s/dwiig7mmh9jggp7/5%20Autogenic%20Training.m4a?dl=0) - to get out of flight or fight stress mode (~8 minutes long)

Find a comfortable position with your head, neck and spine aligned and comfortable .... you can be sitting up or lying down flat… and if you are comfortable with it allowing your eyes to close...... Let's begin now by focusing on the sensations of your breathing.... imagining your breath rolling in and out of your body like slow and steady ocean waves..... and as your body is becoming more and more relaxed saying to yourself ... My arms are heavy and warm ........... I am at peace

Repeating this phrase to yourself..... Imagining your arms being warmed by the sun as this warmth flows gently and comfortably through your arms into your wrists, hands, and fingers .... as you repeat to yourself once again:

My arms are heavy and warm ...........My arms are heavy and warm ........... I am at peace……… I am at peace

Now bringing your focus and your attention to your legs for a few minutes ...... and repeating to yourself …. My legs are heavy and warm ........... I am at peace

And imagining warmth and heaviness flowing from your arms down into your legs, feet, and toes ..... and once again repeating to yourself…. My legs are heavy and warm ............ My legs are heavy and warm ............ I am at peace……… I am at peace

And now moving your focus and your attention to your heart and repeating to yourself .... My heartbeat is calm and strong ....... I am at peace

And imagining your strong heart beating calmly and easily ..... and repeating to yourself …. My heartbeat is calm and strong ...... My heartbeat is calm and strong ...... I am at peace……….. I am at peace

Moving your attention to your abdomen now ..... and repeating to yourself ... My abdomen radiates warmth .... I am at peace

And as you feel calmness and warmth filling your abdomen repeating to yourself .... My abdomen radiates warmth ..... My abdomen radiates warmth ..... I am at peace…….. I am at peace

And now bringing your attention to your forehead and imagining cool water flowing through your forehead ....... and repeating to yourself .... My forehead is cool and comfortable ...... I am at peace

Repeating to yourself as you imagine your forehead becoming cooler and cooler and more and more comfortable...... My forehead is cool and comfortable ...... My forehead is cool and comfortable ...... I am at peace….. I am at peace

And now moving your attention back to your breathing and imagining waves of relaxation flowing through your body ...... Feeling a sense of tranquility moving through your entire body with each in-breath and with each out-breath as you repeat to yourself ... My breath is calm and effortless ...... I am at peace

Repeating to yourself as you continue to imagine the easy, rhythmic flow of your breathing ..... My breath is calm and effortless ..... My breath is calm and effortless ..... I am at peace….. I am at peace

And now moving your attention to your body as a whole and imagining your whole body in perfect balance ..... and repeating to yourself..... My body balances itself perfectly .... I am at peace

And repeating to yourself as you imagine your body perfectly balanced and in goodhealth ......My body balances itself perfectly ....... My body balances itself perfectly ....... I am at peace….. I am at peace

And now imagining yourself healthy, strong and happy. Remaining in a deeply relaxed state as long as you like .... Allowing yourself to drift into a restful sleep, if that is what you would like………….

Otherwise, bringing yourself back into the room slowly and gently by allowing your breathing to deepen and perhaps gently moving your fingers and toes .... And when you are ready ... at your own pace ..... slowly and gently allowing your eyes to open .... feeling awake and alert but calm and relaxed ......