

Autogenic Training

Your Daily Dose of Relaxation



By Corina Pfister

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Preface

In my early years of Medical School, my mother started to teach Autogenic Training. I did not know much about it, but as a student with many ongoing exams, it seemed a good opportunity to learn something new and see if it would work with me as well as it did for her many students.

From the very first lesson I was convinced of its value. The practice left me feeling calmer and was a great refresher between long study hours. After practicing further, I realized that it was much more efficient than taking a so called “power nap.” After the nap I usually felt drowsy, and it would take time to get back into my books.

Not so with Autogenic Training. After only a few minutes of practice, I felt awake and able

to study immediately. The lessons helped relax me while at the same time made me feel more alert. It also improved my ability to concentrate. As you can imagine, the timing of this practice came at a most beneficial time of my life.

Now as a husband and father with two young children at home, Autogenic Training comes in handy as well. It helps to keep me calm when times get hectic!

Autogenic Training is a simple and efficient method and helps dramatically to minimize stressful situations. I would recommend it to anyone. Thank you mom for introducing it to me.

Stefan Rahm

Acknowledgments

This project could not have been done without the countless students I had the privilege to teach Autogenic Training. I learned from each of you. You have encouraged me to continue giving courses because of how rewarding it was to see the changes from your skeptical faces in the first lesson to your enthusiastic ones, sometimes as soon as the second or third lesson. I thank every one of you!

A special thank you goes to my three wonderful sons who have been AT- Students of mine during their years of studies and times of stress. Thank you for the support you have given me during the creation of this project. I would especially like to thank Oliver Rahm, my eldest son, who has encouraged and supported me during the

entire production of this online course from just an idea to reality. I'd also like to thank my son Philip Rahm, my second born son, who took the time to model for the illustrations in this booklet, to Philip's friend Mich Hodler, who created the illustrations and to my youngest son Stefan Rahm, who wrote the Preface. Much appreciation goes to Peter Mellen, who screened the very first text, to my editor Jasmyne Boswell, who helped bring everything into good form, to Katherine Hartwig Dahl, who patiently rehearsed with me, to James Mylenek Sr., who designed the e-book and to Joel Katz, who added the audio and composed the music.

I couldn't have done it without you!

Corina Pfister

Introduction

Hello, I'm Corina Pfister. Welcome to the on-line course for Autogenic Training (AT).

AT is widely known in the German speaking parts of Europe where its effectiveness has been clinically tested and proven. It has been my good fortune to teach this highly successful, centering practice in Switzerland for the past 20 years.

So what exactly is Autogenic Training?

In the early 1930s a German physician, Dr. J. H. Schultz, ahead of his time, engineered this specific technique incorporating elements of both Yoga and Hypnosis.

He realized that as beings inseparable from body, mind and spirit that our body responded

to verbal commands. And he noticed, that when we added a mental picture created with our imagination to those commands, our responses were enhanced.

AT works with two components:

- Affirmations (verbal commands you mentally give yourself)
- Visualizations (mental pictures you create in your head with your imagination)

With these two components you can control breathing, blood pressure, your heartbeat and body temperature as well as other functions.

The purpose of this technique is to learn to relax at any moment of the day and prevent the effects of chronic stress. It also teaches you that YOU are in command of how you

feel. AT is an excellent tool you have with you at all times.

The technique consists of six simple exercises that offer tremendous benefit and return your body to a natural even flow. With AT, over time you also strengthen your ability to concentrate and learn to quiet your mind. Each exercise enhances the previous one, bringing you into an even deeper level of relaxation.

AT is very easy to learn and does not take a lot of time. It is one of the most efficient ways to shake off built up tension and stress during the day.

Incorporate this practice a few minutes, three times a day, and you will notice a remarkable difference in your stress level!

AT is often prescribed by doctors for:

- Stress symptoms (all types)
- Insomnia
- High blood pressure
- Anxiety
- Headaches
- Fear (of exams, pressure in sports, etc.)
- Psychosomatic disorders (all types)
- Pregnancy and childbirth
- Heart-surgery rehabilitation
- Preventative measures

And many more...

Your experience is what's important, so let's get started with our first lesson in Autogenic Training.

Lesson 1: Heaviness Exercise

Prepare your space: Choose a place and time where you won't be disturbed for the next few minutes. Turn off your phone or put it on silent mode. If you're at home or at work, inform family members or coworkers that you are not to be disturbed for the next few minutes. Once you have become used to this practice, it will be easier to set the stage in any location.

Now pick a seat where you feel comfortable. You can choose a sofa, an armchair, a regular chair or even a stool. You may want to remove your glasses, wristwatch or jewelry, loosen your belt buckle and even take off your shoes so that you can actually feel the floor with your feet.

Next, with your feet next to each other on

the floor, place your hands comfortably resting on your thighs, take a couple of deep breaths, like a sigh, and begin to relax. Let your shoulders drop and open and close your mouth a few times to make sure your jaw muscles are loose and your teeth are not clenched. Then let your lower jaw drop. If you like, close your eyes.

For the next few minutes, allow your mind to follow my words:



I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy, heavy

Right leg heavy, comfortably heavy, heavy, heavy

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Now let's come back and have a good stretch, flex your muscles and yawn, then open your eyes and bring your attention back to where you are sitting.

How did that go?

This first exercise is called the *heaviness-exercise*. When you feel the weight, the heaviness of your limbs and your face, your muscles start to relax, even your intestines rest. So this first exercise is the most

important one. When your muscles relax, a big part of your body is already at ease.

I am often asked, “How exactly does AT work?” The best way to answer that question is for you to experience AT for yourself.

Let’s do a simple, short exercise having you sit at your dining room table or in a straight-back chair. Get comfortable and close your eyes.



Imagine there is a bowl of assorted fruit in the middle of the table. Your very favorite fruit, or one you favor at this moment, is included. (In case you don’t like fruit, substitute the fruit with your favorite vegetables). Do you have a clear picture of this in your inner or mind’s eye?

Now that you see your favorite fruit in front of you, reach out and take a piece, placing it into the palm of your hand.

Feel it. Feel its texture. Does it have a rough skin, or is it smooth? Is it soft so you have to be careful not to squash it, or is it firm? Does it have a particular smell to it? Bring it to your nose and see.

Now, that you are seeing, feeling and smelling your favorite fruit, you might want to taste it. If you have to peel it first or cut the skin and prepare it, do so.

When you are finished, take a bite. How does it taste? Is it sweet or sour? Do you have to chew it? Does it dissolve in your mouth? Is the juice running down your chin?

Now slowly open your eyes. Were you able

to fully experience your piece of fruit? Let's review the process you experienced. First you imagined the object and could see it, then you felt it and then you tasted it. Using your imagination, you engaged all of your senses. This brought your image to life giving you a full experience of your piece of fruit. The experience then became real.

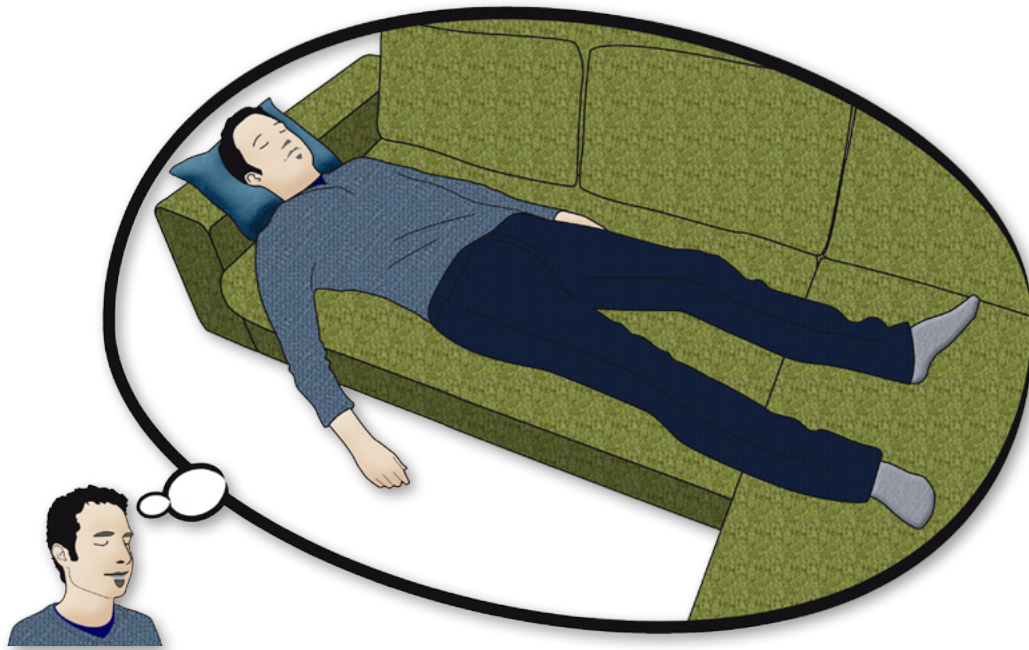
AT works the same way. With our imagination we bring forth the feeling of heaviness, and in addition, we use a mental affirmation by saying: arm heavy. Through your instruction and imagining, your body carries out your orders giving you the full experience of your command. Just like your experience with the fruit bowl, you bring your image to life giving you a full experience so that the experience becomes real.

How is this possible? The transmission from

your imagination and your thoughts to the physical body is possible, because we are a unified being of body, mind and spirit. Images come from the right side of our brain, the creative part, and are more easily understood by our subconscious.

To enhance these affirmations you can now add an image that for you represents heaviness.

For example, imagine carrying a large bag or laying in bed or sitting in a chair after a long day of working, gardening or hiking and can finally let go and relax. Any picture will do, as long as you have a reference to it and it suggests a *comfortable* heaviness.



That's the reason why we say, "Leg is *comfortably* heavy." Some people get 'heavy legs' from long standing work, this is what we want to avoid; it should be *comfortably* heavy!

So let's practice again.

Sit back and relax, feet on the floor and hands resting on your thighs. If you like, let your eyes close and take some deep breaths. In your mind's eye, let a picture of you comfortably heavy arise.

Again follow my instructions.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Come back, have a good stretch, flex your muscles and yawn, then open your eyes and bring your attention back to where you are sitting.

Did you notice our opening affirmation? “I am completely calm and relaxed?” This gives our subconscious the suggestion to shift from working mode into relaxation mode. Then we guide the actual exercise: right arm heavy, etc., and at the end we are “Coming Back,” which tells our body to come back into a waking state, back into an alert, fresh state of mind and body.

Of course, if you use the AT to go to sleep and are lying in bed, you can eliminate the prompt, “Coming Back.” But any time you do the AT during the day, this “Coming Back” is a very important part of the exercise. It breaks off the control circuit in your body, so all your parts are back to ‘normal’.

If you happen to be left handed, you may start with your left arm, then right arm, right leg and left leg.

Let's practice one more time together.

Sit back and relax, check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close all by themselves. Let an image of you relaxing comfortably heavy arise in your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Come back, have a good stretch, flex your muscles and yawn and then open your eyes and feel relaxed and alert!

Now it is up to you! Practice. I suggest two to three times a day. Integrate your practice into your personal schedule. A good schedule is morning and evening and then once during the day — mornings to get a good start, evenings to ease down from any built-up tension and any time during the day to remind you to take it easy and be calm.

Teach yourself and develop a good practice habit, regularly. In the beginning, the purpose is to establish the habit to practice. Don't expect it to work at all times. I recommend, in the beginning, to practice at the same time and place each day. Set an anchor so that, in time, when you sit in your 'AT-Chair', your body system will know immediately,

“Ah, now I am allowed to relax!”

Tip: Start a diary and take notes about your AT progress. You will find some days are better than others. Seeing progress will help you to stick with it.

Have fun starting AT with the following quote from the German writer and poet Wolfgang Goethe:

“It is not enough to know it, you also have to use it. It is not enough to want it, you also have to do it!”

Lesson 2: Frequently Asked Questions and Warmth Exercise

Welcome. You're back with Corina for Lesson 2.

How did you do with your first experience of the Autogenic Training? What did you find out about yourself? Did you have any problems?

Here are the most common questions people ask:

Q. Do I have to say these affirmations aloud?

A. *No, you just think them. You say them to yourself.*

Q. There is just so much noise around me that I cannot concentrate.

A. *It is true, that we are living in a loud world*

today. Good thing you noticed! If you start to practice and there is noise, the first thing to do, is acknowledge it. You tell yourself, yes there is this noise. Do not try to push it aside, get angry about it or pretend it is not there. It is there; it is a fact. But now that you're aware of it, you have a choice: either you decide you cannot practice now and postpone it to another time, or find a quieter place. OR, you can decide, yes there is this noise, BUT I will not let it bother me. Tell yourself: I am indifferent to noise; I am indifferent to noise; noise is all the same to me . . . If you start with your practice and then all of a sudden there is a noise that interrupts you, just acknowledge it and make the decision to be indifferent to it! Yes, it is up to you, if you want to be bothered or not. You have the power to decide! And besides, AT is actually helping you to concentrate better. Be a little patient. You just started!

Q. I have so many thoughts in my head. They keep taking me away from the affirmations.

A. *That is a common problem when you first start AT. That's why you are learning it. You can proceed the same way with your thoughts as with an outer noise source. Acknowledge the thoughts and then tell them in a friendly manner that for the next few minutes they have to wait outside. You are busy now with relaxing and will come back to them afterwards. Treat the thoughts like a little child that keeps nagging at you. Discipline this 'child' in a friendly manner and it will, in time, be quiet and wait! Again, do not forget that you have just started your practice.*

Q. I cannot feel any heaviness in my body.

A. *Do this little exercise: Sit relaxed on your chair, arms resting on your thighs. Now, lift your arm very lightly with your other hand.*

What do you feel? You might feel the weight of your physical arm. You might notice that it actually has weight. Now you have a reference to guide you. However, the purpose of the exercise is not to feel weight, but to become relaxed. The feeling of weight is just a tool that takes you there. Do you feel a little more relaxed after the exercise than before? If you do, even if you did not feel weight, it is perfectly fine.

Q. Can I also practice more than three times a day?

A. *It has been proven that it is not more effective if you practice more often. But certainly if you feel like doing it, you can practice more, especially in the beginning to get into the habit. But often beginners are enthusiastic and overdo, only to find it is too time consuming and then stop altogether. You know what kind of person you are, so*

act accordingly.

Q. Can I use music with the relaxation?

A. *Yes, any type of relaxation music you like. You can also use classical music, but make sure it stays at about the same volume throughout the exercise. Try to alternate with music and without music, so you are able to relax independently from any outer help.*

Now let's get started with our next lesson.

The second lesson is an exercise experiencing warmth. When our body feels warm, our blood vessels have expanded and are therefore relaxed. If you are living in a cold climate, you know that when your hands are cold they also get stiff, which means they've tightened up. The blood draws back, in order to nourish the vital organs, and the blood flow is limited in the

peripheral nervous system.

Same thing happens when you tighten up because of stress. The blood flow will be slower in the tight muscles and receive less nourishment, therefore, you will get tired more easily.

The affirmation we say is:

“Hand quite warm.” We are going to add this exercise to the heaviness-exercise.

Sit back and relax, check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm,

warm, warm

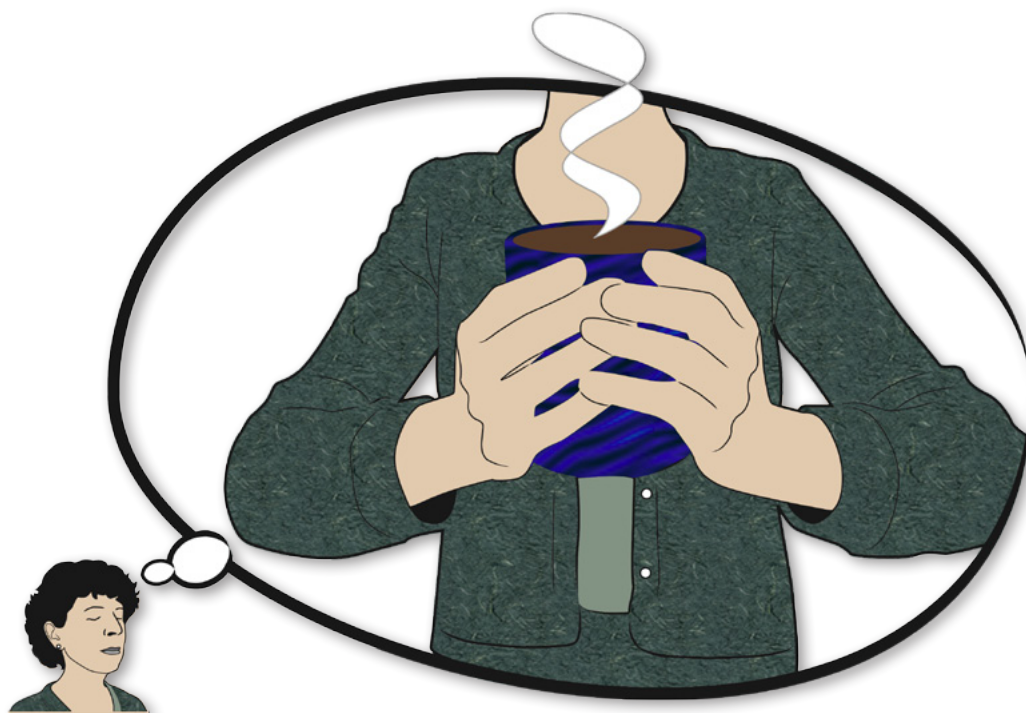
I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, then open your eyes and feel rested and alert.

You may wonder why we say *hand* warm and not also *arm* warm, as we did with the heaviness. It is because our hands contain the most sensation for warmth. Therefore, we will feel the warmth a lot faster if we address the hands.

You can now imagine a time and place where you have been cozy and warm. Maybe you have some warm mittens or you are holding a cup of hot tea between your hands. You might imagine putting your cold feet onto

a hot-water bottle etc. Again, anything that you can personally relate to will work. So let's practice again with the image you have in mind.



Sit back and relax, check your facial muscles, so they are loose, especially your jaw, let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves and let your personal image for warmth rise in your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm,

warm, warm

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, then open your eyes and feel rested and alert.

How did this work for you?

A question that often comes up at this point is, “What if I am already very warm and I do not really want to get any warmer!”

*In this case, the little word ‘comfortably’ will do the job. Just add it in front of the word warm, so you will say, “Right hand **comfortably** warm...” and your body system will do it just right for you. As a matter of fact, you may use this word any time you are not quite*

sure if this is really pleasing for you. Simply put 'comfortable' first and you will not have to worry.

If you are feeling heaviness and your muscles are starting to relax, you might already start feeling a light tingling in your hands. This means that with relaxing the muscles, your blood vessels automatically start to relax as well, and therefore you will feel the warmth. Studies have shown that the temperature of your hands can vary up to 2°C (3.6°F) depending on the starting temperature. One exercise is actually leading into the next. It is therefore important to do the exercises sequentially.

Let's practice together once more.

Sit back and relax, check your facial muscles so they are loose, especially your jaw. Let

your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves, and let your personal picture for warmth rise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm, warm, warm

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, then open your eyes and feel rested and alert.

One more practice tip:

Keep an Autogenic Training practice routine. Keep doing the exercises even if you think, "Today I don't need it. I already feel relaxed." As I told you in the first lesson, for the beginner the main thing is to get into the habit of practicing. It has to become a routine

like brushing your teeth or getting dressed in the morning. Then, when your system knows the affirmation and the visualization comes easily, the AT will be the greatest tool to help you keep calm and relaxed during a stressful day or a stressful time.

Good luck and enjoy getting and staying relaxed!

Lesson 3: Breath Exercise

Welcome. You're back with Corina for Lesson 3.

Have you incorporated the Autogenic Training into your daily routine by now? How does it feel?

Sometimes people struggle to fit the AT into their stressful life and say, "I could not practice this week because I was so busy!" If that sounds familiar, please take time to think about the following:

If a friend of yours asked you to do him or her a favor and listen to what he or she has to say for five minutes, what would you say? Would you have five or even more minutes for your friend? So be your own friend, and give yourself these five minutes! Stop

putting yourself last. Give yourself the same consideration you would give to your friends, your coworkers or your boss! You have to monitor yourself or your body is going to do it by starting to malfunction! So be smart and learn to relax and manage your energy.

Autogenic Training also helps you to become more aware of your needs, your body and your thoughts. If you feel funny about doing AT during work hours, try talking to others about the stress management you have started to do. You might become the leader for a healthier company climate. And if you still do not want to expose yourself, go to the bathroom and sit for a few minutes on the toilet seat and do your practice! Nobody can deny you using the bathroom!

Now, let's start with lesson three. Here, we will calm our breath. We will learn to calm

our breathing just by breathing without doing anything in particular. Maybe you are familiar with some other relaxation techniques and were told to breath in and out in a certain manner. Not so with AT. All you do is let your breath come and go quite naturally. In saying, “Breath quite calm and even, calm and even,” you are suggesting to your system to let go and breathe all by itself. So you might even add, ”It breathes me.“ This means you remain passive and just watch your breath come and go, come and go. Let’s add this to our two other exercises.

Sit back and relax, check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm,

warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

I am completely calm and relaxed. I am and stay completely calm and relaxed.

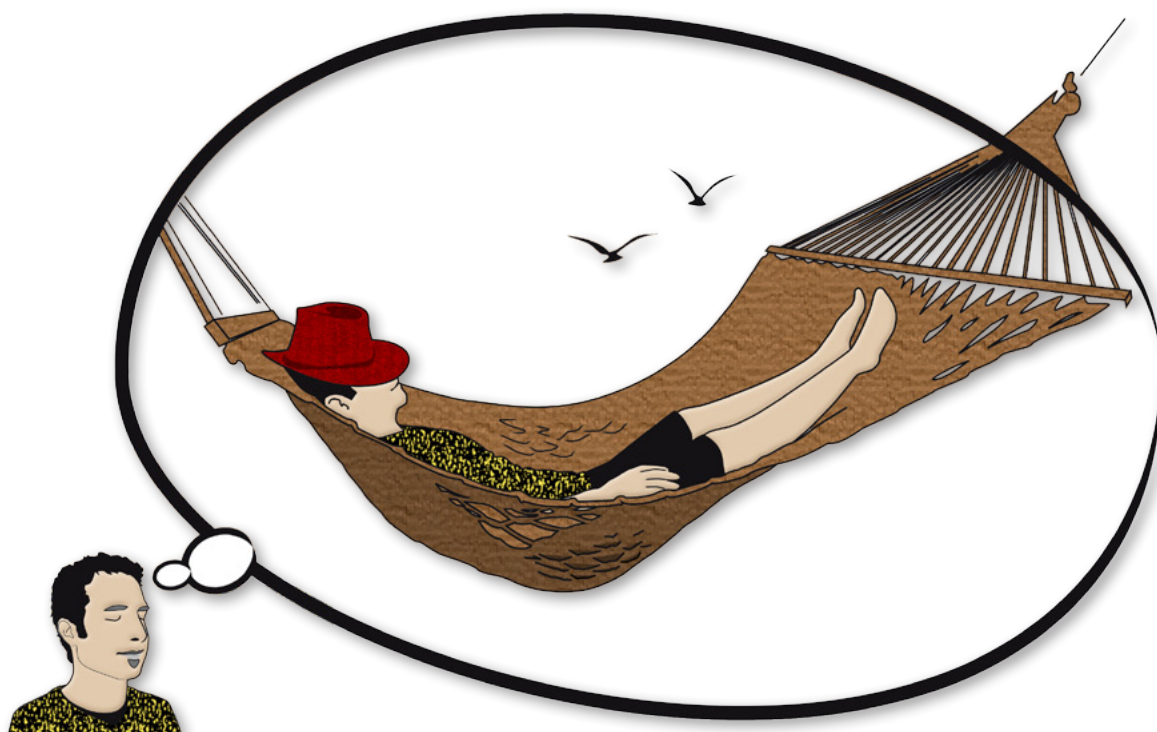
Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

This breathing exercise aims to bring you back into a state of confidence. You do not have to think, “I have to breathe in and breathe out.” It does it automatically. That’s the way your system is organized. It takes care of you! You can trust it. It will take care of you automatically if you allow it to! So often we think we have to be in charge of

every little thing in our lives and tense up because we have so much to do, so much to keep in mind. But the truth is, you can let go and hand over the steering wheel to your inner guidance. It will do a much better job than you. Why? Because it sees the bigger picture. As ego-minded humans, we think we have to be responsible for every little detail of our life and if we are not, our life will fall apart. So with the breathing exercise, you can learn again to trust in life, to surrender to higher source.

What would be an appropriate image for this breathing exercise? Maybe it would be listening to the waves in the ocean. Imagine how they slide towards the beach then slide out. Imagine this coming and going. Or you might be more drawn to a picture of a field of grain, each plant gently swaying back and forth, moved by the wind. Or even laying in

a hammock swinging slightly side to side, trusting that you are held. Again, whatever picture comes to mind, suggesting this rhythm, will do.



Sit back and relax, check your facial muscles, so they are loose, especially your jaw, let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves. In your mind's eye, focus on the personal image you chose for your breath.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm,

warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

How do you feel? Did you feel your breath become deeper, more even and more calm? And in doing so, did you feel your abdomen moving slightly in and out? Right now, put your hands on your stomach and feel how with each breath, it moves in and out, in and out, or up and down, up and down.

With each breath, this in and out or up and down movement is actually giving a little massage to all your inner organs. Your digestive system will reward you with a better performance and your organs will reward you for assisting them in an effortless job, therefore staying healthy.

Yes, breathing has to do with rhythm. Everything in life consists of rhythm including day and night, the seasons, the tide, the female cycle, biorhythm, etc. Our breath is a great teacher. It reminds us about the rhythm we are exposed to all the time. If we can find our breathing rhythm, we can find our own personal rhythm of life.

Breathing reminds us of something else too. Our breath connects us with each other. We all breathe the same air. The air is no better for wealthy people. The air is no better for

healthy people. We all have the same source of oxygen, even plants and animals! Breath teaches us this interdependence!

Let's practice once more:

Sit back and relax, check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close all by themselves. In your mind's eye, focus on the personal image of your breath.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm, warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me.

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

Remember, if you are '*out* of breath' you know you are stressed. If your breath is rhythmic, you are connected to your inner self and in your 'still point' and '*in* your breath'.

Reflect on the breath, let it happen, surrender to it. Eventually you will come back to your inner core and to your own unique rhythm. The breath is an amazing tool. It is always right here!

Keep on practicing until we meet again!

Lesson 4 : Heart Exercise

Welcome. You're back with Corina for Lesson 4.

I am sure that by now you've had some success with your Training. Maybe even those around you have noticed that you've changed? However big or small your progress might be, acknowledge it, be proud of it. Say thank you to yourself for moving forward, even if it was not always easy. To give appreciation to your progress triggers your motivation and cheers you on. We all know that appreciation and acknowledgement from our friends, partner, boss, parents, etc. gives us the encouragement to go on. But you can also teach yourself to be your own support team.

Rest for a moment and look back to where

you started. I am sure you are not at the same level as when you began. Often we are only looking forward to what still has to be done. It can be discouraging because there will always be more. We can always do better. But once in a while just sit on a bench, rest and look back to where you began and appreciate where you are now. You might realize that you've come quite a long way! Stay, rest and enjoy this moment. You will then be able to go on with a fresh enthusiasm for your next passage.

Lesson 4 in our Autogenic Training Course deals with the heart. It is strongly connected to our breath because as soon as our breath calms down, our heart does too. We are therefore saying the same affirmation to our heart as we do to our breath:

Heart quite calm and even, heart quite calm and even.

Let's practice together and incorporate this heart exercise.

Sit back and relax, check your facial muscles, so they are loose, especially your jaws, let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm,

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm, warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

Heart quite calm and even, heart quite calm and even, calm and even, calm and even

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and

feel rested and alert.

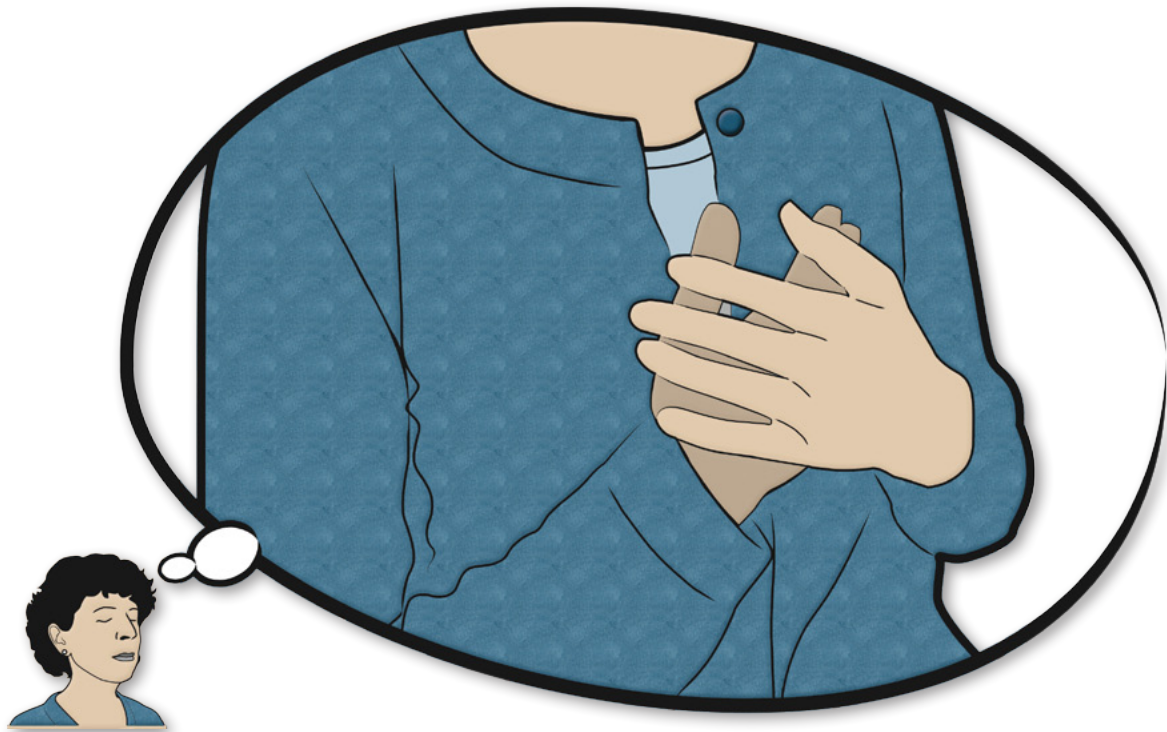
You might not have felt much except that you came into an even deeper relaxed state. And sometimes after this exercise you might feel your heart pounding and think that it became more excited than calm.

Yes, maybe it did get excited because for the first time it was addressed directly and happy for the attention! You actually realized there is indeed an organ that is working for you. Your heart is a vital organ. It is a muscle as big as your fist and pumps the blood throughout your body. Day and night, without resting, without a day off, without going on holiday or let alone a time out! What if it did?

We all know what happens if our heart decided to go on a vacation or even take a

rest for a few minutes. Heart failure we would call it, and rush to the emergency room of the closest hospital! Why not prevent this unthinkable state and let your heart know that you are grateful for what it does for you.

The heart exercise gives you the opportunity to do just this. You give it the acknowledgement, the appreciation, the admiration and the love it deserves. Let's just take time to feel our heart for a moment. You can feel your pulse and listen to it pumping, or you can just rest your hands on your heart and listen to it beat. Realize what a wonderful organ this is and say, "Thank you for all the work you do for me."



Now again, imagine a picture where you can see your heart working perfectly, pumping your vital fluid, your blood, into the periphery of your limbs and into the smallest capillary tubes, to nourish your cells with oxygen.

So, let's practice once more.

Sit back and relax. Check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor,

hands resting on your thighs. Let your eyes close by themselves, and let your selected personal image arise in your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm,
warm, warm

Right leg and foot quite warm, quite warm,
warm, warm

Breath quite calm and even, breath quite
calm and even – it breathes me, it breathes
me

Heart quite calm and even, heart quite calm
and even, calm and even, calm and
even

I am completely calm and relaxed. I am and
stay completely calm and relaxed.

Coming Back: have a good stretch, then flex
your muscles and yawn, open your eyes and
feel rested and alert.

How did this work for you? Once your heart gets used to being addressed, you will not find any significant changes as you did with your heaviness or warmth exercise. However, you might find that, finally, you can get your feet warm or feel much more alert after coming back. This is due to the increased blood stream that is circulating in your system. As this exercise also supports blood circulation, it also supports your metabolism.

This is also the reason that after practicing AT you do not feel drowsy as you might sometimes feel after a little nap on the couch. Autogenic Training is actually waking you up, leaving you alert and clear minded.

In case you do feel tired after each practice, it means that your body is truly lacking some rest. Listen to it and give it what it is asking for,

maybe some more sleep, less turbulence in your life, a more regular lifestyle, a vacation with not another overflow of activities, but lot's of rest and quiet time for yourself, or even a retreat time to draw back from all these goings-on for a while! Yes, Autogenic Training can show you where your lifestyle might need some corrections and long needed changes. Act accordingly!

Let's do one more practice together.

Sit back and relax, check your facial muscles, so they are loose, especially your jaw, let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves, and let your personal image arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm,

warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

Heart quite calm and even, heart quite calm and even, calm and even, calm and even

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

Wishing you a good integration of this heart exercise and looking forward to being with you soon for our next lesson.

Lesson 5 : Solar Plexus Exercise

Welcome back with Corina for Lesson 5 in Autogenic Training.

Today you will learn how to relax your tummy including all your inner organs.

I have already mentioned in the breath exercise, that if you breathe deeply and calmly, this will benefit your organs. By breathing in and out, the diaphragm, the large muscle that runs right below the ribcage, lightly presses your inner organs and gives them a nice massage. You see again, that the previous exercise helps you with this Organ or Solar-Plexus-Exercise.

The affirmation we use is: Solar Plexus soft and warm, or stomach soft and warm, or tummy soft and warm. Use the term with

which you are most comfortable. Here you have a choice in your phrasing.

The Solar Plexus is a crossing point of incoming and outgoing nerves, a complex network of radiating nerve fibers, located in the center of the abdomen. These nerve fibers radiate like a sun. That's why it is called "Solar" (sun, lat.) Plexus. They are connected to all the inner organs and feed them with information. When we address this part of our body, we actually address all our organs at the same time. As a physician and the developer of AT, Dr. Schultz knew about these connections and utilized them wisely and effectively.

Again, we just add this exercise to the previous ones:

Sit back and relax, check your facial muscles

so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm

Left leg and foot quite warm, quite warm,
warm, warm

Right leg and foot quite warm, quite warm,
warm, warm

Breath quite calm and even, breath quite
calm and even – it breathes me, it breathes
me

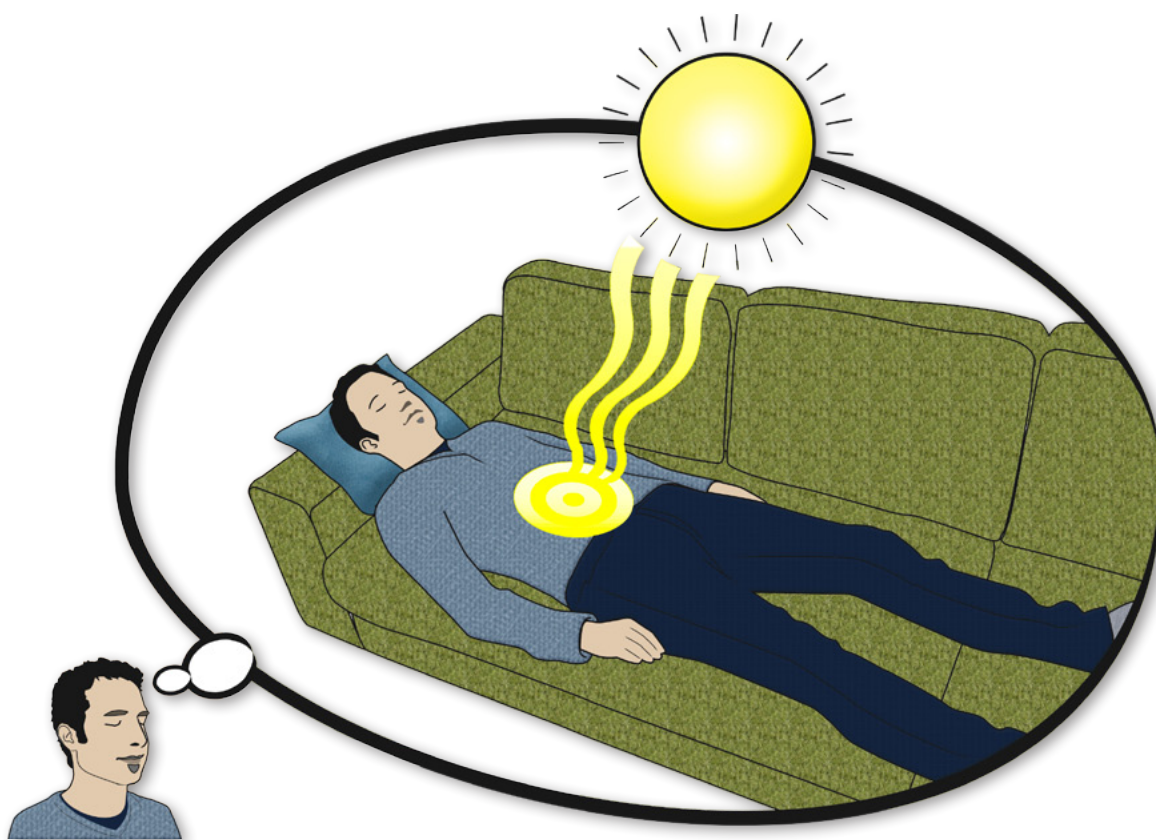
Heart quite calm and even, heart quite calm
and even, calm and even, calm and
even

Solar Plexus soft and warm, Solar Plexus
soft and warm, soft and warm, soft and
warm

I am completely calm and relaxed. I am and
stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

Use your imagination and find a related image, e.g. feeling the warm sun on your tummy, lying in a hot bath tub or maybe you remember having put a hot water bottle on your stomach when you had a tummy ache. Again, any picture you can relate to is fine.



Here are a few words about the Solar Plexus. It is part of the autonomic nervous system, which has two branches: the sympathetic and the parasympathetic. The two parts are responsible for opposite actions. The sympathetic is the more active part of “fight or flight.” The parasympathetic is more responsible for passive actions like “rest and digest.” To work properly it is important that these two branches are in balance. Just as it is important that we keep a balance between our active life of ‘doing’ with the passive life of resting and relaxing!

Addressing the Solar Plexus gives you the opportunity to balance your whole bodily organ system.

So let’s practice once more:

Sit back and relax, check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. And let your eyes close all by themselves. Let your personal image arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm, warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

Heart quite calm and even, heart quite calm and even, calm and even, calm and even

Solar Plexus soft and warm, Solar Plexus soft and warm, soft and warm

I am completely calm and relaxed. I am and

stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

Let's see which are the organs that we were addressing and just follow me with your hands to feel each of them:

Put your hands one above the other and place them below the left ribcage. Feel the *stomach*, the *pancreas* and the *spleen*. (Close your eyes and "listen" into these organs for a moment).

Then, slide over to the right side and feel the *liver* and the *gallbladder*. (Close your eyes and "listen" into these organs for a moment).

Bring your hands back to the middle, just

below your navel, and feel the *small intestine*. (Close your eyes and “listen” into this organ for a moment).

Now turn your hands so they are pointing down and place them vertically so that your fingertips are touching the groin. This way you will feel the *ascending colon* on your right side and your *descending colon* on your left side. (Again, close your eyes and “listen” into this organ for a moment).

Now slide your hands to your back and place them on your hips. You now have your *left and right kidney* in either hand. (Again, close your eyes and “listen” into this organ for a moment).

Slide your hands back to the front and place them in the groin. Here you will feel the *bladder* and the *reproductive organs*. (Close

your eyes and “listen” into these organs for a moment).

If you roughly know where your organs are located you might develop a closer relationship with them. You can also utilize this in addressing one specific organ if you think there might be a disorder. You can literally get in touch with your organs by putting your hands on them and listening to them. You might find that one of them has a message for you.

Think of your organs as your employees and visit them once in a while to see how they are doing. Then tell them that you really appreciate what they are accomplishing and give them gratitude! This will not only improve your body sensations but will greatly benefit your organs as well.

And now, let's practice again:

Sit back and relax, check your facial muscles so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves and let your personal image arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm,

warm

Left hand quite warm, quite warm, warm,
warm

Left leg and foot quite warm, quite warm,
warm, warm

Right leg and foot quite warm, quite warm,
warm, warm

Breath quite calm and even, breath quite
calm and even – it breathes me, it breathes
me

Heart quite calm and even, heart quite calm
and even, calm and even, calm and
even

Solar plexus soft and warm, solar plexus
soft and warm, soft and warm

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

Enjoy practicing until we meet again for our next lesson in Autogenic Training!

Lesson 6 : Forehead Exercise

Welcome. You're back with Corina for Lesson 6.

This is the last exercise you will learn and your relaxation practice is complete!

By now you are able to relax your body with:

1. The Heaviness-Exercise, letting go of tense muscles.
2. The Warmth-Exercise, expanding your blood vessels, allowing a better blood circulation.
3. The Breath-Exercise, calming and soothing your breath.
4. The Heart-Exercise, addressing directly an organ, allowing it to calm down.
5. The Solar-Plexus-Exercise, to settle down your nervous system in your

stomach.

By now you will have felt some definite signs of relaxation. Each exercise enhances the previous one and brings you into an even deeper level of relaxation.

The 6th exercise aims at helping you keep a clear mind, giving you a broader perspective over any given situation, keeping a cool head, and greatly improving your ability to think clearly, concentrate and focus better.

We achieve this by using the affirmation: forehead comfortably cool, forehead comfortably cool.

Since so many people have neck and shoulder problems from working in a sitting position, tightening up these muscles, we add an extra exercise just for the shoulder-

neck area by saying: neck and shoulder soft and warm.

As before, we add this to the previous ones:

Sit back and relax, check your facial muscles, so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm,
warm

Left hand quite warm, quite warm, warm,
warm

Left leg and foot quite warm, quite warm,
warm, warm

Right leg and foot quite warm, quite warm,
warm, warm

Breath quite calm and even, breath quite
calm and even – it breathes me, it breathes
me

Heart quite calm and even, heart quite calm
and even, calm and even, calm and
even

Solar plexus soft and warm, solar plexus

soft and warm, soft and warm

Neck and shoulder soft and warm, neck and shoulder soft and warm, soft and warm

Forehead comfortably cool, forehead comfortably cool, comfortably cool

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

How do you feel? You may not have experienced much difference. As with the other exercises, it takes practice to be able to differentiate temperature changes. But again, do not worry if you did not feel any warmth in the neck or coolness on your

forehead. The purpose of the game is to feel relaxed. In time you will also feel the benefit from this exercise and that your concentration will improve, your thoughts will not wander as much and your head will feel lighter.

And with this neck-shoulder exercise you will also find that you will not tighten up as much or as often. You will become more conscious about these areas of your body so you can relax them again and let your shoulders drop.

What visualization would benefit these exercises? The neck-shoulder exercise will promote a better flow of your blood vessels, similar to your warmth exercise. So you might imagine a shawl or a sweater wrapped around your neck, or putting up the collar of your coat or shirt to protect your neck from

any annoying draft.

The picture you might want to use for the head-exercise is putting a cool damp washcloth on your forehead or feeling a cool breeze touching your forehead on a hot summer day. Again, any association that comes to you with a cool forehead will do.



Caution: Do not overdo in saying “cold forehead!” This in fact might trigger the

opposite and leave you with a headache. That is why we are using this affirmation always with the word *comfortably* cool!

Let's practice:

Sit back and relax, check your facial muscles so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves. Let your personal image arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Right arm heavy, quite heavy, heavy, heavy

Left arm heavy, quite heavy, heavy, heavy

Left leg heavy, comfortably heavy, heavy

Right leg heavy, comfortably heavy, heavy

Right hand quite warm, quite warm, warm, warm

Left hand quite warm, quite warm, warm, warm

Left leg and foot quite warm, quite warm, warm, warm

Right leg and foot quite warm, quite warm, warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

Heart quite calm and even, heart quite calm and even, calm and even, calm and even

Solar plexus soft and warm, solar plexus
soft and warm, soft and warm

Neck and shoulder soft and warm, neck and
shoulder soft and warm, soft and warm

Forehead comfortably cool, forehead
comfortably cool, comfortably cool

I am completely calm and relaxed. I am and
stay completely calm and relaxed.

Coming Back: have a good stretch, then flex
your muscles and yawn, open your eyes and
feel rested and alert.

The head exercise differs from the other
exercises. It does not directly enhance the
blood circulation but leads to a general
normalization of a relaxed state of mind. It
will help you feel competent, think clearly

and concentrate better.

This exercise is excellent to cope with headaches, especially when they are triggered by stress. Other causes can trigger headaches or migraines so always check with your physician first. However, before you go and buy an over-the-counter painkiller, you might as well learn AT. You might be surprised about the result it gives you for a strained mind! Often the tight muscles in your shoulders and neck are the cause for your headaches. You might try the following affirmation for your tensed up head: head free, neck light.

So let's just practice once more:

Sit back and relax, check your facial muscles so they are loose, especially your jaw. Let your shoulders drop, feet on the floor, hands

resting on your thighs. Let your eyes close by themselves. Let your personal images arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Arm quite heavy, quite heavy, heavy, heavy

Leg quite heavy, comfortably heavy, heavy

Hand quite warm, quite warm, warm, warm

Leg and foot quite warm, quite warm, warm, warm

Breath quite calm and even, breath quite calm and even – it breathes me, it breathes me

Heart quite calm and even, heart quite calm
and even, calm and even, calm and
even

Solar plexus soft and warm, solar plexus
soft and warm, soft and warm

Neck and shoulder soft and warm, neck and
shoulder soft and warm, soft and warm

Forehead comfortably cool, forehead
comfortably cool, comfortably cool

I am completely calm and relaxed. I am and
stay completely calm and relaxed.

Coming Back: have a good stretch, flex your
muscles and yawn, open your eyes and feel
rested and alert.

I am sure you have noticed that I did not say right and left in the first two exercises!

Did it confuse you? Maybe just in the beginning? I wanted to introduce a way to practice once you are quite safe and accustomed to your practice. You may have noticed that with adding a new exercise each time, the whole practice is longer. You might be ready to shorten it some by letting go of addressing both sides of your body and by even pulling together the breath and heart exercise.

But do not rush it. You might start shortening it when you only have a little time and then do the longer version again when you have more time.

This last exercise is the base to improving your ability to concentrate, of heightening

your achievements and your performance in any subject. To be head and shoulders above the matter is a state of mind many could benefit from. Not only students who have to fill their heads with book knowledge, but anyone who wants to lead an efficient life, wants to get things done and reach any set goals.

In anchoring our intentions and affirmations in a relaxed mind, we start to lay out new neurological pathways. They will be stored and remembered. Once familiar, they will replace the old. A calm and relaxed state of mind is the first step to living your full potential.

We will meet in Lesson 7 and practice together. There, I will give you more information and tell you how to refine and optimize your Autogenic Training.

So keep practicing until we meet again.
Enjoy!

Lesson 7 : Summary and Tips

Welcome to our last lesson with Corina.

By now you've likely become quite used to your practice and notice your progress. Maybe even the shorter version is working for you quite well.

In lesson 7, I would like to introduce you to an even shorter way. So lets practice:

Sit back and relax, check your facial muscles, so they are loose, especially your jaw, let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves. Allow your personal images to arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Arm quite heavy, quite heavy, heavy, heavy

Hand quite warm, quite warm, warm, warm

Breath and Heart quite calm and even, breath and heart quite calm and even, calm and even

Solar plexus soft and warm, solar plexus soft and warm, soft and warm

Neck and shoulder soft and warm, neck and shoulder soft and warm, soft and warm

Forehead comfortably cool, forehead comfortably cool, comfortably cool

I am completely calm and relaxed. I am and

stay completely calm and relaxed.

Coming Back: have a good stretch, then flex your muscles and yawn, open your eyes and feel rested and alert.

Try this shorter version and see if it fits you. Do not feel pressured to do it. Do it only if you like it and feel that your body is following along. In time your body system might react to simply mentioning the word heavy, warm etc. and transforms it into the desired state of relaxation. We will do that version together also, at the very end of this lesson.

First I would like to give you some tips. These can be helpful if you feel that you are still struggling with the practice.

- Before you even start practicing, make sure you are comfortable in your seat or lying on your bed, that nothing bothers you, like jewelry, wristwatch, glasses, tight belt etc.
- Deliberately tell your system that you are going to relax now. Maybe tell yourself: noise indifferent as I explained in Lesson 2.
- Take a couple of deep, long breaths like you would sigh. You can do it silently or really also make a sound. It means that you actually breathe out a little longer than you breath in. This will relax you immediately. You

can do this 'Sigh-Breath' separately from the rest of the AT. You can use it as an own tool any time of the day you feel like you need to calm down a little, and you cannot take time for the whole practice of the AT.

- If your thoughts tend to draw you away from the practice, maybe practice a shorter time but more often, or just keep going from one exercise to the next without much space in between so that your other thoughts have no time to slip into your mind and drag you away.
- Just do the short version, the one I will introduce at the very end of lesson 7.
- Keep your attention with the body part you are focusing on, e.g. if you say

right arm heavy, stay with the right arm, saving the left one for later.

- Let it happen, don't try to MAKE it happen! Be your own observer!
- Take a walk before your practice or jump around for a while to shake off excess energy.
- If you cannot concentrate, check the following:
 - Have your house or sleeping place checked for any electromagnetic disorders
 - Geotactic disorders
 - Momentary mental strain that might need medical attention
- And last but not least, don't try to force it, if you want to force it, you will

strain yourself even more, use
unintentional intention!

Enjoy your practice! It should not be a chore! Have confidence! Albert Einstein said: “You have to look at the impossible for as long as it takes it to become an easy matter. Miracles can happen through training!”

If you like you can start to concentrate on some specific goals you would like to achieve such as: passing a test, winning the gold medal in the Olympics, getting your job done, having less fear, less anxiety, coping with an illness, accepting a stroke of fate. Whatever you want to achieve, Autogenic Training will support you and help you to cope with any setbacks in a positive way. For this reason it might be helpful to find a specific affirmation that will support you even

more for just this goal. For instance:

- I am peaceful. I am staying relaxed.
- I am full of joy and everything is working well.
- My body is healthy and strong.
- I stay centered, happy and relaxed.
- I am sleeping deeply and peacefully.
- I am trusting life.
- I am reaching my goal.
- I am courageous and free. (Free of fear, pain, tension etc. You just need to say free, your body system knows what it wants to be free of!)

These are just a few examples. Create your own, personal sentence. Just say it in a positive way, free of any negativity. So if you want to be free of fear, say: I am courageous and free (of fear), and not: I don't have fear. Use the positive form because if your

subconscious hears the word fear, it cannot differentiate. If I ask you, “Do not think of a purple elephant!” What happens? Of course the purple elephant pops right up in front of you. So be careful about your phrasing! It also helps to say short, concise sentences. It might also help to make a rhyme.

The affirmation, “I am calm and relaxed,” can be used for any occasion. So keep this one for all cases. But if you want to work on a specific topic you can support your achievement by adding an appropriate affirmation. You can insert them at the beginning or end of your practice or can insert them between any of the exercises. You might also say them to yourself anytime of the day and even go to sleep reciting them.

There are countless books about positive affirmations. If you wish, go to a bookstore

and let your heart find the right book to support you. Browse through the shelves and take the one where your hand stops. Don't stay too long. The selection is overwhelming.

Now I'm going to explain, using a very short version of the process, what happens in your brain when you do Autogenic Training.

You are actually slowing down your brainwave pattern from Beta into the Alpha state. The brainwaves are measured in Hertz.

We measure about 14 Hertz/sec. when we are in a conscious alert state of mind, taking in whatever comes from our 5 senses. When we are excited, angry or afraid, our brainwaves move up and when we are stressed out they climb up even higher. They can rise to 40 H/sec., which will end in

a total collapse.

So between 14 and 40 H/sec. we are in the so-called Beta frequencies.

When our brainwaves are between eight and 13 H/sec., we say our frequency is in the Alpha state. This is the field we are entering when we practice AT. This is also the realm we enter right before we go to sleep. It is the field we reside in when we are relaxed and creative. In this state we begin to have access to our subconscious, to our intuitive world, to the right side of our brain. This frequency is not only beneficial for our health but also for our creativity. Artists, writers, physicians, company managers, teachers, inventors, just to mention a few, are all in need of creativity and intuition. Those who have learned the practice of AT are often using it to induce this Alpha state of mind. In

this state of mind we are more likely to make the right decisions, to find the right words, to take the right actions. This is when we are connected to our inner guidance, connected to our core. Then we are IN our breath and not OUT of breath!

Below eight H/sec. we are registering in the Theta and Delta realms, which are the frequencies of deep meditation and sleep.

And now let's practice once more, this time in the very concise form:

Again, sit back and relax, check your facial muscles, so they are loose, especially your jaw, let your shoulders drop, feet on the floor, hands resting on your thighs. Let your eyes close by themselves and let your personal images arise in front of your mind's eye.

I am completely calm and relaxed. I am completely calm and relaxed.

Heavy, quite heavy, comfortably heavy, heavy

Warm, quite warm, warm, warm

Breath and Heart quite calm and even, breath and heart quite calm and even, calm and even

Solar plexus soft and warm, solar plexus soft and warm, soft and warm

Neck and shoulder soft and warm, neck and shoulder soft and warm, soft and warm

Forehead comfortably cool, forehead comfortably cool, comfortably cool

I am completely calm and relaxed. I am and stay completely calm and relaxed.

Coming Back: have a good stretch, then flex and yawn, open your eyes and feel rested and alert.

Here's one last word about your practice. Autogenic Training is a TRAINING. It is like a muscle that needs to be trained or else it will get stiff again. Keep it flexible by training it regularly. It might take several months until it is fully integrated into your system. But I am sure that if you have kept up until now, you are becoming quite good at it, finding it beneficial. Congratulations!



With this basic course in AT you have laid the foundation for a healthier and happier life! It has been a joy for me to pass on this technique to you! Thank you for engaging in it!

And one last sentence to think about by Humphrey Bogart: “It only starts when it’s over!”

Epilogue

It feels good to have completed this online course in Autogenic Training. It sets a final period to a long carrier as a teacher of this relaxation technique. I have had the privilege to introduce this method to a large number of students. People of all kinds, who felt they needed a way to find out of a stressful time in their life. This method has helped them all, all who took the time to really learn it. It is simple and does not take up much time, but still you have to want to learn it.

Often, it seems, that only in times of great distress, people are willing or finally ready to invest in changing and take on a habit that makes them more relaxed, leads them to a good and healthy lifestyle. No matter where you, as the reader of this text may stand, I hope Autogenic Training will do the trick for

you as well! May it lead you to a fulfilled and happy life!

Corina Pfister

Disclaimer:

The Technique of Autogenic Training is not a substitute for seeing your doctor or taking prescribed medication. The author of this online-course cannot be held responsible for any negative side effects of this Training.

Warning:

Do not apply this technique while driving a car or operating any motorized vehicle. Stop your vehicle, then do the exercise and be sure to “come back” completely before continuing to drive.



Shake off your burden and stay joyful and alive!