

Autogenic Relaxation Training

A systematic practice for deep nervous system rest

Autogenic training, developed by Dr Johannes Schultz, is a scientifically validated self-hypnosis technique. With regular practice, it deeply resets the autonomic nervous system.

WHAT IT IS

Autogenic training uses six standard exercises based on sensations of heaviness, warmth, heartbeat, breath, solar plexus warmth, and forehead coolness. It works by directing attention to specific body sensations — training the body to release tension and enter deep parasympathetic rest.

Research shows it reduces anxiety, improves sleep, lowers blood pressure, and builds emotional resilience. Most people notice significant effects after 2–4 weeks of daily practice.

PREPARATION

- Sit or lie in a comfortable position where you won't be disturbed
- Loosen any tight clothing
- Close your eyes and take three slow, deep breaths
- Practice for 5–20 minutes — start with 5 and build gradually

THE SIX EXERCISES

Say each phrase slowly, internally, 3–6 times. Don't force the sensation — simply invite it.

Exercise 1 — Heaviness

'My right arm is heavy... my right arm is very heavy.' Then left arm, both arms, both legs, all limbs.

Exercise 2 — Warmth

'My right arm is warm... pleasantly warm.' Repeat through all limbs.

Exercise 3 — Heartbeat

Hand on your heart. 'My heart is beating calmly and steadily.'

Exercise 4 — Breathing

'My breathing is calm and effortless. It breathes me.'

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Exercise 5 — Solar Plexus

Hand on belly. 'My solar plexus is warm and radiating warmth.'

Exercise 6 — Forehead

'My forehead is cool and clear.' This often produces a beautiful stillness.

— CLOSING THE PRACTICE

Always close intentionally: clench your fists and arms firmly, take a deep breath and stretch, then open your eyes. Never skip this if you need to be alert afterward.

Practice daily for at least 3 weeks before assessing results. This is a skill, not a quick fix — but it becomes one of the most reliable tools in your toolkit.