

PSY 330 Positive Psychology ~ Reese
On-Going Assignment: AUTOGENIC TRAINING
(in preparation for the)
COMPASSION & LOVING KINDNESS MEDITATIONS ASSIGNMENT

ASSIGNMENT: Practice the Autogenic Training as prescribed below a minimum of **one time per day for four (4) weeks**. (I suggest at bedtime). Reflect briefly and substantively into the Journal Assignment Manager once a week at the end of each week. In the reflection, be sure and note whether or not you were able to feel the sensations in your body. (In and final journal entry add a separate paragraph about the entire experience.)

NOTE: The successful practice of Autogenic training will be necessary for the upcoming Compassion & Loving Kindness Meditation.

AUTOGENIC TRAINING

The autogenic training exercises below can help you recover from anxiety, stress, and tension. Persons who practice autogenic training twice a day fall asleep better and sleep more deeply. They think more clearly and are less prone to anxiety or depression. People who meditate each day for fifteen to twenty minutes, once or twice a day, age more slowly. They are less likely to become ill.

Repeat every phrase, silently, in your mind, three times. Say the phrase in a quiet, thoughtful way. Pause after and notice how you feel. Focus on your feelings – emotional & somatic – for two or three breaths. Practice each set of exercises until you are quite comfortable with them.

Set 1:

I feel quite quiet. . . I am easily relaxed. . .
My right arm feels heavy. . . My left arm feels heavy*. . . My arms feel heavy and relaxed . . .
My right leg feels heavy. . . My left leg feels heavy. . . My arms and legs feel heavy & relaxed . . .
My hips and stomach are quiet and relaxed . . . My breathing is calm and regular . . .
My heartbeat is calm and regular . . . My shoulders are heavy . . . My face is smooth and quiet . . .
I am beginning to feel quite relaxed. . .

*NOTE: *If you don't like your limbs feeling heavy, substitute "light".*

Set 2:

My right hand is warm. . . Warmth flows into my right hand . . . My left hand is warm. . . Warmth flows into my left hand . . . Warmth flows into my hands. . . My hands are warm. . .
My right foot is warm. . . My left foot is warm. . . My hands and feet are warm. . .
Warmth flows into my hands and feet . . . My eyes are comfortably warm and peaceful . . .
My forehead is cool and my eyes are warm . . . I am warm and peaceful . . .

Set 3:

I am beginning to feel quite relaxed. . . I feel calm & confident. . . I appreciate myself & others
My life has many blessings . . . I see my own blessings . . . I appreciate life more and more . . .

Set 4:

Just for today, I anger not, I worry not . . . I am grateful and humble . . .
I do my work with appreciation . . . I am kind to all . . . I live in gratitude . . .

This exercise was adapted from Lynn D. Johnson, PhD with permission.
Want to enjoy life more? Check out Dr. Johnson's book at <http://enjoylifebook.com/>