

# Steps to Elicit the Relaxation Response

1

Sit quietly in a comfortable position.

2

Close your eyes.

3

Deeply relax all your muscles,  
beginning at your feet and progressing up to your face.  
Keep them relaxed.

4

Breathe through your nose.  
Become aware of your breathing.  
As you breathe out say the word "one" (or other calming sound)  
silently to yourself. For example,  
breathe in---out "one", in—out "one" etc  
Breathe easily and naturally.

5

Continue for 10-20 minutes  
You may open your eyes to check the time, do not use an alarm.  
When you finish, sit quietly for several minutes  
at first with your eyes closed and later with your eyes opened.  
Do not stand up for a few minutes

6

Do not worry whether you are successful  
in achieving a deep level of relaxation.  
Maintain a passive attitude and permit relaxation to occur at its own pace  
When distracting thoughts occur,  
try to ignore them by not dwelling upon them  
and return to repeating "one."

With practice, the response should come with little effort.  
Practice the technique once or twice daily,  
but not within two hours after any meal,  
since the digestive processes seem to interfere with  
the elicitation of the Relaxation Response