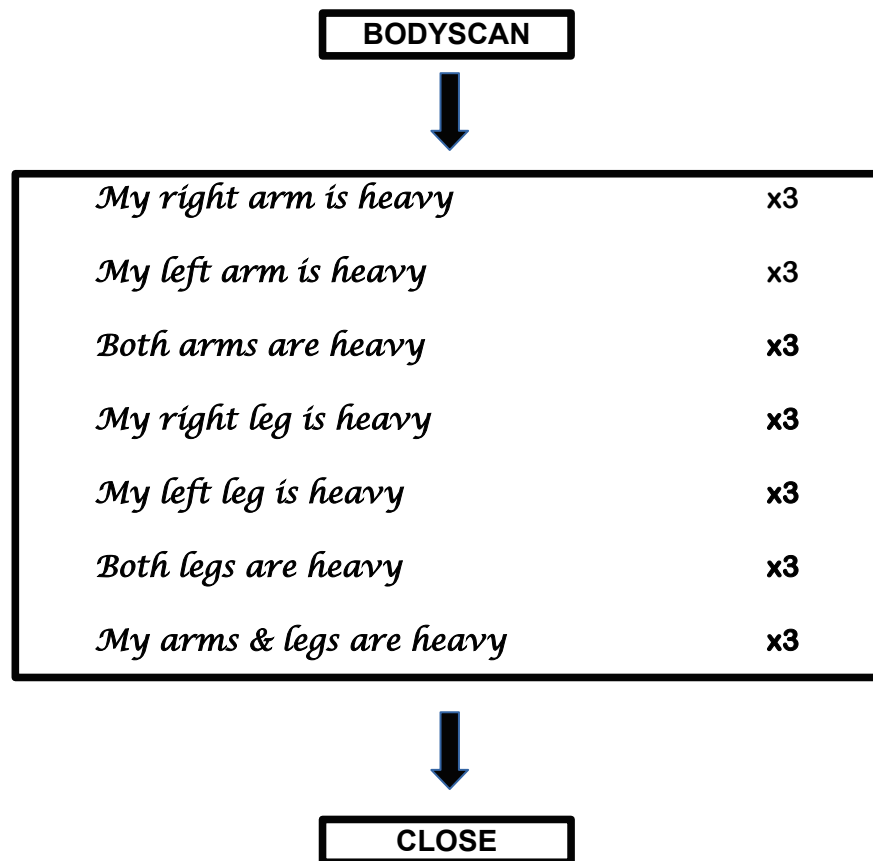


# AUTOGENIC TRAINING

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## EXERCISE ONE

### Heaviness in Arms & Legs



- Practise in bed, in an armchair or in a recliner. Ensure that your body position is quite comfortable, straight and symmetrical. Adopt exactly the same body position each time.
- BODYSCAN: Having settled down into position, close the eyes and take a quick mental walk from feet to head, lasting only a few seconds, to check your body position & adjust if needed.
- CLOSE: Open the eyes, have a good stretch and a deep breath to become fully alert again when you wish to end the session. No need to carry out the Closing procedure if practising the exercise in bed at night.
- The autogenic mantras, autosuggestions, are recited in the mind not out loud while making good mental contact with the relevant part of the body, i.e. feeling it as continuously and in as much detail as possible.

- Left-handers begin "My left arm is heavy" and continue with a mirror image of the above sequence.
  - Instead of the *right-left-right-left* sequence as shown above, you might prefer to rotate around the limbs in a circular fashion:- *right arm - left arm - left leg - right leg*. You may want also to experiment with different wordings and variations, for example varying the order of the words to find which works best for you:- "Heavy is my right arm", "My right arm heavy is", "Right arm heavy heavy".
  - Practice involves *dual attention*, keeping the spotlight of the attention on two things simultaneously - (1) saying the words to yourself, and (2) making full mental contact with the part of the body you are talking about, feeling that part of the body as continuously and in as much detail as possible.
- • Ensure, as you recite the mantras rhythmically to yourself, that you feel each arm and leg as a single unit stretching all the way from shoulder joint to fingertips, hip joint to toes.