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Using your *Learn To Relax* CD

The intent of your *Learn To Relax* CD is to help you relearn the natural skill of relaxation. Somewhere between childhood and adulthood, many of us forget how to dial back the stimulation of the outside world to access the deep peace that resides within us. Feeling relaxed is not dependent on our external world meeting certain criteria. Rather, it is a state of being that is available to us through our own means.

As with the learning of any skill, you will achieve best results when you practice with your CD on a regular basis. Professional basketball players routinely practice free-throws in the relative quiet of their home gyms so that they can call on the skill under the pressure of a game. In the same way, by regularly practicing relaxation skills in the quiet and safety of your own environment, you'll be better able to call on the mind-quieting technique when experiencing distress in the world. Track 1 is approximately 18 minutes long. It provides the most structure and instruction. Good results have been reported by people who complete the full track, at least, once a day. If you can schedule two sessions per day, you are likely to realize even better results.

Ironically, some people report feeling an increase in anxiety when they first begin to use the CD. If this occurs for you, give yourself permission to cut your practice sessions short. As your mind grows accustomed to sensation of relaxation, you are likely to find that increasing the length of each session is possible until you are able to complete the entire track.

Track 2 is approximately 20 minutes long and offers less instruction. After you are able to complete Track 1 comfortably, you may move on to Track 2. It is not suggested to listen to the two tracks consecutively during the same relaxation session, unless you feel very comfortable with the combined length of time.

The goal is for you to learn the technique so that you can call upon it, without the need for the CD, when you encounter stressful situations or when you, simply, wish to bring on the relaxation response.

The CD is not intended to be a sleep aid. Training the mind to relax while in an awake and alert state is quite different from relaxing with the intent of falling asleep. The brain wave responses of the sleeping brain vs. an actively relaxing brain are very different. It is best to wait about 2-3 hours, after using your CD, before going to sleep.

This CD is not intended to replace the counsel or guidance of a mental health professional. If your anxiety and/or depression persist or worsen, consult your mental health professional.

The CD is intended to be used in a safe, controlled environment. Do not listen to the CD while driving or engaging in any other activity that requires your being alert and attentive.

Please contact me with any questions.

Wishing you peace,