

Autogenics, Day 1 program



“Meditation is listening to the divine within.”

Edgar Cayce, American Mystic and Akashic Records Reader

What is Autogenics?

Autogenics is a series of simple mental exercises to turn off the stressful ‘fight-flight’ mechanism in the body and turn on profound mental and physical relaxation.

Autogenics may attract you because you don’t have to wear an outfit (like in yoga), you don’t need to be experienced at meditation, and you can do your Autogenics practice anywhere comfortable and quiet.

Autogenics helps to maintain a balance between the two hemispheres of the brain, as well as between the two branches of the autonomic nervous system, *sympathetic* and *parasympathetic*.

The powerful techniques employed in Autogenics were originally compiled from a German study of language and relaxation through hypnosis, to discover which phrases and series of phrases were most relaxing to the human mind.

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Precautions: when not to undertake Autogenic Training

Avoid Autogenic Training if you have any of the following conditions.

- **If you have had a heart attack less than 3 months ago**, wait more than 3 months and take advice from your doctor before doing Autogenics. (Some of the later work enables you to change your heart rate).
- **People with irregular heartbeats** should avoid Autogenics.
- **People who are diabetic and undergoing regular insulin treatment** should only begin Autogenics with a doctor's approval and monitoring, since insulin dosage may need to be adjusted (often reduced) if you become a regular practitioner.
- People with **glaucoma**.
- People with **severe depression or schizophrenia**
- People with **an addiction**.
- Anyone who has had had **ECT** (electro-shock-therapy).
- People who have **epilepsy**.

As you can see from the list of precautions, this is a powerful form of mental training.

If you don't have any of the above conditions, then you are ready to start!

4 positions for Autogenics Training, or AT

The 4 positions you can use for your AT sessions are very simple.

- *Sitting upright yet relaxed.*
- *Sitting in a reclined position.*
- *Sitting in the ragdoll position.*
- *Laying down.*

These are all very simple positions to do your AT practice in, no pretzel like poses required.

Sitting upright yet relaxed

Sitting upright is the simplest position. Feet flat on the floor out ahead of your knees, hands relaxed palm down on your lap, sitting upright yet relaxed, without slumping.

Sitting in a reclined position

It's literally as it sounds. Feet still flat on the floor out ahead of your knees, only you are reclined slightly. If you have a comfy sofa, you will know this position! If you have no armrests, just rest your hands palm down on the seat either side of your legs. If you have armrests, rest your hands palm down on the armrests.

Sitting in the ragdoll position

This is the same as sitting upright and relaxed, but with one difference. Lean forward slightly, raise and tighten your shoulders and as you let them drop relax your arms and hands down onto your legs, palms down.

You can stay leaning forward slightly if that is more comfortable than sitting upright. This position is usually most helpful if you have tight back muscles or tight neck muscles.

The 3 Simple techniques that make up AT, or Autogenics Training

Now you are going to learn three simple techniques that will give you the framework for practicing Autogenics Training.

They are...

1. *Cancellation*
2. *Passive concentration.*
3. *Scanning.*

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Cancellation

Cancellation is how we cancel or finish an exercise set in Autogenics Training.

It is possible with practice to get into very deep relaxed states of mind with Autogenics, so it's important to have a practical and simple way to get right back into your body afterward.

Like the rest of AT work, it's very simple. Just one practice, or even two, and you will know how to cancel.

(It's assumed that your eyes will be closed, since you will have just finished part, or all of an AT exercise).

- 1. Clench both fists tightly (your eyes will be closed).**
- 2. Bend your elbows briskly and stretch your arms out, either in front of you or to the side.**
- 3. Take a deep breath in.**
- 4. Open your eyes and breathe out.**

If you have just finished your AT session in public...

As odd as it sounds, it's easy to do AT in the car, on a train, in your office, and so on! As you begin to practice regularly, you will be receiving so many benefits you will *want* to do AT as part of your busy day.

The first cancellation may look a little strange to others if you are in public, so you can use this option which is less obvious.

- 1. Clench your fists tightly.**
- 2. Turn the clenched fists inward towards each other and push your shoulders back, by arching your spine between your shoulder blades.**
- 3. Take a deep breath in.**
- 4. Open your eyes and breathe out.**

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Passive concentration

With Passive Concentration there is nothing to 'do'.

There is nowhere to go and nothing to achieve.

All that is required is to sit back and watch what happens our bodies and minds when we go through the Autogenic Training Phrases and Instructions.

This is a simple concept. It may take you some practice since it is largely the opposite of what most of us are taught to do with our minds!

Rather than 'trying' or 'making an effort' to do something, we are allowing the AT Phrases and Instructions to help us, allowing them to communicate freely with our bodies and minds, and noting the results afterward.

Scanning

Scanning is a method of checking in with your body and mind before you begin your Autogenics Training Exercise.

With the intention of loving observation, this is how you Scan.

Close your eyes. Let your mind travel to your feet, starting with your toes. Make sure you take in both sides of your body simultaneously. If you find this tricky to begin with, keep at it, it will come.

Then move up your feet to your heels, then to your ankles, calves, shins, thighs, hips and pelvis, stomach, chest, shoulders, upper arms, elbows, forearms, wrists, hands and fingers.

Now take your mind to your back, starting with your behind, up the big muscles of the back, around the shoulder blades, up the back of the neck, over the scalp, the forehead, around the eyes, the cheeks and the jaw, which should hang loosely and comfortably.

You can do the scan really slowly the first time you do it. Over time, it will become more natural and you will complete it more quickly.

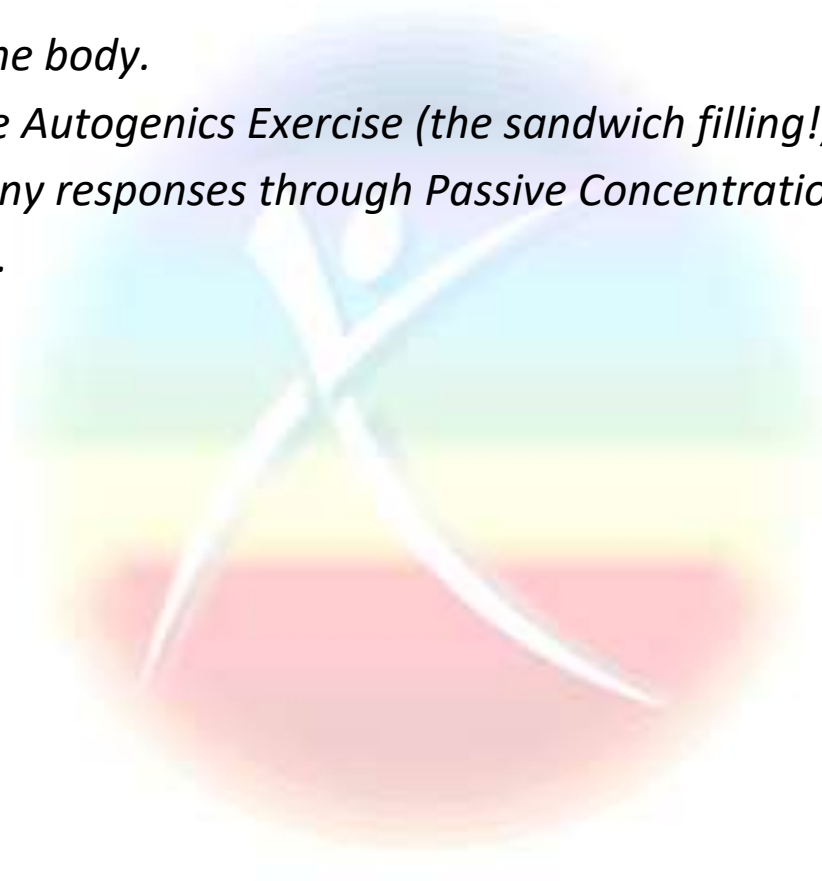
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How an Autogenics Training Exercise works

Now you know how to Scan, you have learned the basics of Scanning, Passive Concentration and Cancellation, we are going to turn them into a sandwich with the first Autogenics Exercise.

The order goes like this.

- 1. Choose a position (sitting, sitting reclined, ragdoll, laying down).*
- 2. Scan the body.*
- 3. Say the Autogenics Exercise (the sandwich filling!).*
- 4. Note any responses through Passive Concentration.*
- 5. Cancel.*



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To complete the sandwich, we need our first AT Exercise

Day 1 AT Exercise

- 1. Get into your chosen AT position and close your eyes.**
- 2. Scan.**
- 3. Take your mind into your dominant arm (the one you write with).**
- 4. Repeat 3 times “My (right/left) arm is heavy”.**
- 5. Cancel and open your eyes.**
- 6. Close your eyes again and take your mind into your dominant arm a second time. (No need to scan again).**
- 7. Repeat 3 times “My (right/left) arm is heavy”.**
- 8. Cancel. Open your eyes.**
- 9. Close your eyes. Take your mind into your dominant arm a third time.**
- 10. Repeat 3 times “My (right/left) arm is heavy”.**
- 11. Cancel. Open your eyes.**

Some golden rules for your AT Exercises

If you feel any uncomfortable emotions, cancel out and take a break.

If you see lots of images, also cancel out and take a break.

The focus is on noticing body sensations, that is all. Afterward, you can jot down any body sensations you noted in a journal you can keep for AT work.

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You can repeat this exercise 3 times or more during the first day.

Benefits of Autogenics Training

This process can result in a deep sense of relaxation for both body and mind.

There are other exercises that follow on from the Day 1 Exercise.

If you'd like to know more about Autogenics Training, you can contact me at the client portal to book a practice session.

I hope you enjoyed this energy exercise!

Any further questions, [feel free to contact me via the client portal](#).

To have an Akashic Records reading or Autogenics Training, you must be over 18 years of age.

