The autogenic training exercises below can help you recover from anxiety, stress, and tension. Persons who practice autogenic training once or 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 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 and relaxed. . . My left arm feels heavy and relaxed. . . My arms feel heavy and relaxed and relaxed . . .
My right leg feels heavy and relaxed. . . My left leg feels heavy and relaxed. . . My arms and legs feel heavy and relaxed and relaxed. . . My hips and stomach are quiet and relaxed . . . My shoulders are heavy and relaxed and relaxed . . . My breathing is calm and regular . . . My heartbeat is calm and regular . . . My shoulders are heavy . . . My face is smooth and relaxed . . . I am beginning to feel quite relaxed . . .

Set 2:
My right hand feels warm . . . Warmth flows into my right hand . . . My left hand feels warm . . . Warmth flows into my left hand . . . Warmth flows into my hands . . . My hands feel warm . . . My right foot feels warm . . . Warmth flows into my right foot . . . My left foot feels warm . . . Warmth flows into my left foot . . . My arms and legs feel warm and heavy . . . Warmth flows into my hands and feet . . . My eyes feel warm and peaceful . . . My forehead feels cool and my eyes feel warm . . . I am warm and peaceful . . .

Set 3:
My eyes feel warm and peaceful . . . My forehead feels cool and my eyes feel warm . . . I am warm and peaceful . . .

Set 4:
My chest (or, solar plexus) feels warm . . . Warmth flows into my chest . . .

Set 5:
I feel quite quiet . . . I don’t have to think now . . . Thoughts are not important now . . . There is nothing to bother or disturb me now . . . I am not interested in thoughts now . . . My thoughts come and go . . . There is nothing to bother and nothing to disturb me . . .