



Relaxation - Practising Letting Go

Fundamental

Our point of view, the attitude, the formulated beliefs that we hold within ourselves and give us the framework of our identity, determine how we feel, what we think and how we act.

Collective views, conveyed through education - the parental home, the kindergarten, the school, the church, integration into the world of work, adaptation to the partner - inform our views, attitudes and beliefs.

In the process of adulthood - growing towards a matured personality - we go through changes. The better we experience, experience, understand and process this process, the stronger, more matured, more experienced we emerge from the changes. The development from a naive child to an awakened adult.

In our adults, we encounter borders as challenges that test our assets. We can measure our development by these challenges. They help us to remember what we have achieved so far, who we owe this path to, who we can rely on and how we want to be.

Definition

Relaxation is letting go during or after activation phases. It can be active or passive. Under certain conditions, our body produces independent relaxation. It represents a low activation. An emotional, physical and mental peace and relaxation are perceived. Under certain conditions, challenges can lead to tensions, which are subsequently called stress. Relaxation means setting well-being. It is experienced by everyone individually.

Scientific

Being constantly exposed to stressful experiences (chronic stress) can lead to health problems. The risk of cardiovascular diseases, diseases of the autonomic nervous system, autoimmune diseases and mental illnesses, even those that affect the personality, is increasing.

Studies show how our body releases the body's own morphines - endorphins - in short stressful situations. As a result, our sense of pain decreases and our mood rises.

This process could subsequently lead to addictive behaviour, which would explain why people believe that they work much more effectively under stress. In long-lasting stress situations, in turn, the body's own pain-relieving agents sink and inflammation of the joints increased. A possible consequence would be chronic pain.

In short stressful situations, the immune system would be activated. While persistently stressful situations suppressed the immune system.



The abrupt change from stress to relaxation can be negatively expressed in the let-down effect on well-being, e.g. through an unexpected cold or other somatic or mental illnesses.

From a biological point of view, there is the possibility to activate our muscles - by shortening. Muscles can also be thickened and hardened. The relaxation of the muscles takes place after activation. If the muscle is not tense, it cannot relax.

Perspectives

Through my long (since the age of 16) own practice of relaxation exercises, meditation, Taijiquan, QiGong, the study of psychology and studies in the empirical doctrines such as Taoism and Buddhism, I can say that not every method is suitable for everyone. In the same way, there is no omniscient method that works in the same way for everyone. Furthermore, a method can achieve different results in different situations.

However, it is important to understand that practising is essential. It's not for nothing that it means practice makes the master. Well, you don't necessarily have to be a master, but mastering the exercise helps in the moments when the exercise comes into play. And for that it takes repetition.

In relation to this point, I can recommend frequently small units rather than rarely practising longer units. If learning to be at the moment at the relaxation is desired also to experience relaxation, must be practised frequently in different situations to relax. On the other hand, if you want to learn to experience a certain duration of relaxation, you have to practice the relaxation over the duration of the desired time. This aspect also refers to applicable life circumstances that make it difficult to hold long practice sessions. In the same way and only in this way every practice session must be understood. Only when it is understood that the repetition of the exercise leads to the desired success, only then is letting go also experienced in the moments outside the exercise.

Exercise

1. What does Loslassen mean to you? What does relaxation mean to you? What do you associate with letting go, relaxing?
2. Is there a sound of letting go for you? Maybe a sound you've always used? What happens to you when you use the sound? Observe yourself closely. How does the body feel? What happens in the mind? What happens to your feelings and feelings?
3. Imagine the topic, the situation or the difficulties. Imagine how you gripped them tightly in your right fist. How does it feel? Stay with the feeling and the thoughts of this idea. Now slowly open your fist and look clearly at whatever you are holding in your hand. Blow it out of your hand, just like you blow a flower. And look after what was previously in your hand. See how it is moving further and further away from you. And re-examine how your body feels.



4. Meditation: Feel detached.

Sit up straight in a seat of your choice.

Put your hands loosely in each other.

Close your eyes.

The breath comes and goes in a natural way.

There is no right or wrong.

First, observe the breath by focussing your attention on the movement of your body.

The shoulders rise and fall.

Your chest widens and returns gently. The stomach expands and lowers.

Maybe you can perceive a warm, comfortable feeling in yourself.

Let your attention be on the feeling of warmth, in the place where you can now perceive the feeling.

The feeling of warmth may spread.

Maybe you can perceive a feeling of tranquillity in yourself.

Now press your hands together until you can feel the tension up to your upper arms.

Stay with the tension. How does the tension feel? Examine with your attention every area of your arms starting with the fingers, the palms, the forearms, the upper arms, your shoulders, your chest, your back.

Well, let go of the tension.

Again, examine every area of your arms with your attention, starting with the fingers, palms, forearms, upper arms, shoulders, chest, back.

Repeat the steps several times. Start by squeezing your hands. Hold the tension and press harder. Take the attention every area of your arms was, starting with the fingers, the palms, the forearms, the upper arms, your shoulders, your chest, your back.

Well, let go of the tension.

Again, examine every area of your arms with your attention, starting with the fingers, palms, forearms, upper arms, shoulders, chest, back.

May I be resolved.

May I have peace.

May I be lucky.

May I be relaxed.