

GET THE MOST FROM YOUR RELAXATION

To gain most benefit from using these tranquil yet powerful recordings I would advise the user to follow some basic guidelines. They really are just common sense when you think about it and you will work out what is right for you as you continue to practice with these audios.

Pre listening

Avoid stimulants eg. alcohol, caffeine or copious amounts of sugar. It will be much easier to relax your mind and body without these coursing through your system.

- Try and rid your relaxation space of distractions eg. Turn your mobile or house phone(if anyone still has one, I do) off if possible. If you live with others let them know you need quiet for half an hour. Put household pets somewhere else (they will still love you).
- Make yourself comfortable. Find yourself a cosy space and use blankets, cushions, pillows to support any areas that need it and keep your body at the optimum temperature for you.
- Have a comfort break before you begin (it's so difficult to relax fully with a full bladder or if you are thirsty).
- Now settle down, listen to my voice and most of all ENJOY!!

During your session:

- As you listen your mind may start to wander amongst everyday living. Your 'to do' list, what are you going to have for dinner? Etc.. it's ok. This is perfectly normal. Don't beat yourself up, just gently guide your mind back to listening to the recording. Some days will be easier than others, but as you practice this more and more the easier days will outweigh the more difficult.

Just Relax xx

