

*NAB Communities Commits to Enlightened Living*  
**WELLNESS | WHOLE BODY TENSION TAMERS**



Stress relief manifests itself in many forms, be it sitting on the couch or sleeping in. Unfortunately not all relaxation methods like these are actually beneficial to your health. With these whole-body tension tamers, find a relaxation technique that works for you. Instead of unwinding in front of the television this evening, which does little to reduce stress, look to these introductory relaxation techniques for an alternative path to whole-body health. Your body is a temple! Learn how to treat it accordingly.

*Relaxation can be as simple as remembering to breathe.*

**Relaxation Technique | Conscious Breathing Relaxation**

Use your conscious intention to just start relaxing your body in coordination with your breath. Very deliberately, as your breath comes in, relax. As your breath goes out, let go and relax more. This will help you begin to associate the act of breathing with relaxing your body. Put your attention on your face, neck and shoulders, a place where many hold tension. Is the inhale or exhale making you tenser, or more relaxed? Just notice what is really going on as you breathe and forget why.

Once you discover the level of tension that is working in you right now, every time you inhale and exhale, deliberately relax those places in your body that involuntarily tense without you deliberately telling them to do so. Just bringing some conscious attention to places that are commonly tensed as you breathe will help gently relax them. You will find that if you let your breath be steady and soft, the tension will more easily release. If you tense your muscles, your breath gets choppy—having a start-and-stop, start-and-stop, start-and-stop quality. You will probably notice that when there is a sense of tension in your breathing, your muscles cannot relax. They will either maintain their level of tension or get even tenser. Try to breathe as softly, steadily and calmly as you can. With each breath, see if you can let your tension go a little more—if you can. If not, it's okay. In time, you will.

*From [The Chi Revolution: Harnessing the Healing Power of Your Life Force](#) by Bruce Frantzis*

**Relaxation Technique | Regaining Control of Your Emotional Body**

1. **Breathing is #1.** Stop and take ten deep breaths into your heart center. Practice

pranayama (conscious breathing techniques designed to clear the pranic body or pranamaya kosha) to help with your emotions.

2. **Ask yourself:** What is the root of this emotional stirring?
3. **Ask yourself:** What is my vision for the best possible outcome for this situation?
4. **Ask yourself:** If God were watching my actions right now, what could I do to respond in a way that would make Him/Her/Supreme Source/Creator proud of who I am as a reflection of Light, Love, Compassion, and Conscious Awareness?
5. **Express yourself!** Journal, create art, cry, laugh, and vocalize in ways such as chanting, singing, and screaming at the top of your lungs.

*From Journey to Joyful: Transform Your Life with Pranashama Yoga by Dashama*

### Relaxation Technique | Healing Fragrance Bath

One of the most delightful ways to use essential oils is to sprinkle them on top of a freshly filled bathtub of warm water. Keep the bathroom door closed. Light a candle after turning off the lights, then lean back to enjoy the warm fragrance. The oils penetrate the skin as your body soaks. Swish them around for more body exposure. Your olfactory system picks up molecules in the air so breathe deeply. This is like a light steam for the respiratory system.

#### Early morning bath

- 3 drops Cardamom (*Elettaria cardamomum*)
- 4 drops of Mandarin (*Citrus reticulata*)
- 5 drops of Black pepper (*Piper nigrum*)
- 2 drops Ginger (*Zingiber officinale*)

Fill the tub to the top. Add the drops for a great way to start the day and have a stimulating morning meditation.

#### After a stressful day

- 3 drops Bay laurel (*Laurus nobilis*)
- 2 drops Elemi (*Canarium luzonicum*)
- 1 drop Spikenard (*Nardostachys grandiflora*)
- 5 drops Grapefruit (*Citrus x paradisi*)

Feel your nervous system unwind as your body relaxes and your mind comes back into the present moment.

*From Awaken to Healing Fragrance: The Power of Essential Oil Therapy by Elizabeth Anne Jones*

### Relaxation Technique | Crystal Healing

Here is an easy and reliable method for using stones and crystals for short therapeutic sessions at home:

1. Choose stones or crystals with which you wish to work.

2. Retreat to a quiet place where you can lie down.
3. Place the stones and crystals near you.
4. Lie down on your back.
5. Place the stones or crystals on your body, starting with the root chakra, working your way up until you reach the crown chakra.
6. Rest for about 20 minutes, with or without music.
7. When the time has elapsed, remove the stones or crystals one at a time, starting with the piece located at the crown chakra.
8. Stay calm and still for about 5-10 minutes before getting up.
9. Clean stones or crystals appropriately.

**Featured Stone: Apophyllite**

Crystal System: quadratic

Colors: white, yellowish, clear, blue green

Chakras: heart, crown, third eye

Hardness: 4.5 to 5

Origin: Australia, Brazil, Czech Republic, Great Britain, India, Italy, Norway

Formation Process: magmatic

Chemical Composition: complex calcaro-potassic silicate with fluorine

*Purification:* cold water, incense, sunlight, earth

*Recharging:* quartz cluster, sunlight

*Apophyllite is a stone rich in water, which confers a superior energetic conductivity than other phyllosilicates. A highly spiritual stone, it allows us to reach a deeper state of relaxation and receptivity. Placed on the throat, apophyllite soothes asthma attacks; it soothes the eyes when placed directly on them.*

*From Crystals and Stones: A Complete Guide to Their Healing Properties by The Group of 5*