



an inward revolution

**Denise Jarvie**

The Art of Relaxation and Healing



## A WAY TO HELP YOU RELAX AND HEAL

**1 Start from where you are** – whatever has brought you to this moment has passed, the only thing that matters is what you choose to do from this moment onwards. Every breath every moment is an opportunity to begin again. Stress creates a path to relaxation and healing but helping you to refocus on what you do want.

**2 Find your truth** – there are many truths, feel what resonates with you and let everyone else live with what resonates with them.

**3 Know Yourself** – what makes your heart sing and what makes your heart shrink? Focus on your singing heart.

**4 Trust Yourself** – still yourself, meditate or just give yourself some space. From this place your wise answers will arise. Hence the old saying “If you sleep on it, the answer will be there in the morning” all is working out for you – you know yourself the best. If you take action from an out of balance place you will create more out of balance situations. Come into balance and then action. I called this inspired action.

**5 Practice** – adjust your perception, your vibration and adapt to this new way of being. Before long it will become your natural way of living. Learn to be more resilient and not take things personally



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## A MEDITATIVE EXERCISE TO DO IF YOU ARE STRESSED

1. Stop whatever you are doing or thinking and simply breathe.
2. Find a place to sit down. Relax your shoulders and your jaw.
3. Begin to slow down your breathing - you are doing really well.
4. Place your hands on your stomach and feel it rise and fall as you breathe.
5. Bring the word "Ease" to your mind - each time you breathe, imagine you breathe in "Ease".
6. Keep doing this for 30 seconds to a minute or until you feel a little calmer.
7. When you feel calmer imagine your favourite colour embracing and relaxing you from head to toe.
8. Surrounded by your favourite colour you begin to feel a little safer and confident in yourself.
9. In a few minutes you will feel ready to resume your activities.
10. Go easy on yourself and give yourself all the time you need.
11. You are worthy of feeling good.
12. Your Higher Self loves you no matter what you say or do, for it knows your true nature is love.
13. Congratulations you have just created a new path for your day.