
7. 61-Point Relaxation Practice

Facilitator: Today I am going to lead you through a 61-point guided relaxation practice, which works deeply on your nervous system to balance subtle energies and increase your mental harmony. It helps sharpen your concentration and shift your attention inward. Lie somewhere comfortable and make sure that you are warm enough. I will guide you to systematically move your attention through internal points as I mention them. Allow your awareness to flow to the points without moving any part of your body. Begin with your breath. Breathe in. Breathe out. Observe your abdomen as it rises and falls with the gentle flow of your breath. Now bring your awareness to the:

Center of your eyebrows	4th finger	Right ankle
Center of your throat	5 th finger	Knee
Right shoulder	Left wrist	Hip
Elbow	Elbow	Center of your pelvis
Wrist	Shoulder	Left hip
Right thumb	Center of your throat	Knee
2 nd finger	Spiritual heart center	Ankle
3 rd finger	Right side of your chest	Left big toe
4 th finger	Heart center	2 nd toe
Right wrist	Navel Center	3 rd toe
Elbow	Center of your pelvis	4 th toe
Shoulder	Right hip	5 th toe
Center of your throat	Knee	Left ankle
Left shoulder	Ankle	Knee
Elbow	Right big toe	Hip
Wrist	2 nd toe	Center of your pelvis
Left Thumb	3 rd toe	Heart center
2 nd finger	4 th toe	Center of your throat
3 rd finger	5 th toe	Center of your eyebrows

This concludes your 61-point guided relaxation practice, which moves swiftly and systematically to keep you awake and aware and prepare you for deeper yoga nidra or your regular meditation practice.

This 61-Point Relaxation Practice is adapted from the practice taught by Swami Rama, founder of the Himalayan International Institute of Yoga Science and Philosophy. This adaptation is included with permission of the Himalayan Institute.

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A full-sized, printable copy of this resource is available at:

IntelligentLivingForever.com/Worksheets. Look for the title of this worksheet.
