



# AUTOGENICS TRAINING

First, sit in the meditative posture  
and scan the body.

***My right arm is heavy.***  
*(repeat 3 or more times)*

***My arms and legs are heavy and warm.***  
*(repeat 3 or more times)*

***My heartbeat is calm and regular.***  
*(repeat 3 or more times)*

***My solar plexus is warm.***  
*(repeat 3 or more times)*

***My forehead is cool.***  
*(repeat 3 or more times)*

***My neck and shoulders are heavy.***  
*(repeat 3 or more times)*

***I am at peace.***  
*(repeat 3 or more times)*

Finish by canceling:  
Arms firm, breathe deeply, open eyes.



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