

## **Autogenic Training**

(Adapted from Autogenic Training by Micah Sadigh)

Auto = self / “from within”

Genic = generated

**Goal:** To allow your body’s self-regulating, homeostatic (repairing, balancing) mechanism to become activated to counteract the effects of stress.

### **5 Requirements:**

#### **1. Reduce Environmental Stimulation**

- Dimly lit room
- Loosen tight clothing
- Find a position that places least amount of tension on muscles and joints; put rolled up towels under knees or back to reduce tension
- Close eyes
- Start slow, deep breathing

#### **2. Passive Concentration**

- This is the key principle
- Sounds weird...isn’t concentration active?
- It may help to think of it as an effortless state of passive attention to a specific task – as if you’re observing it but not actively participating in it.
- If you force it, it may become stressful and that counteracts the purpose of the exercise.
- Have a casual attitude toward the exercise...avoid attempts to actively interfere with the body’s natural functioning...this will take practice. *Just let it happen.*
- It’s kind of like when you fall asleep...it just happens....you can’t force it to happen

#### **3. Making mental contact with a specific body part**

- Direct your mental activity to a body part. Imagine you’re looking at a body part with your eyes closed. Hold this image in your mind’s eye.
- When do your limbs feel heaviest? Right before sleeping?
  - For heaviness, you can imagine your body part sinking into the chair like a sandbag.
- When do your limbs feel the warmest? In the tub? When under a warm blanket?
  - For warmth, you can also imagine holding a cup of warm coffee, or bathing that body part in warm, not hot, water

#### **4. Repetition of specific phrases for a period of time**

- Silent repetition of phrases each time you exhale
- Phrases put in the present tense (my right arm is heavy...or my breathing is calm)
- Repeat each phrase 5-7 times
- Saying these phrases is good because it keeps them in mind...but they need to be used in conjunction with the imagery. So, if you say your arm is heavy and warm AND imagine that it’s wrapped in a cozy warm blanket...it’s even more helpful. Whatever works for you as a relaxing image or a warmth-inducing image.

*\*\*If you simply trust your body to do what you’re visualizing, then you will discover that it will.\*\**

#### **5. Daily practice.**