

MINIVACATION PROCESS

Vacation: Getting away from restriction & pressured routines of life and the problems associated with them to experience a state of relatively unrestricted freedom, enjoyment, and pleasure.

Your Mission: Should you choose to accept it is to develop the habit of experiencing the freedom & relaxation of a vacation on a daily basis.

Steps:

1. Do the Relaxation Response process of laying or sitting comfortably and slowly breathing with your abdomen (belly).
2. Now as you breathe out, releasing the breath from the belly, imagine yourself floating up like a bubble rising gently up above the earth, watching it get smaller and smaller, until it is the size of an orange or grapefruit.
3. Look down at the earth, noticing how beautiful and peaceful it is.
4. Notice how all problems down there are smaller and insignificant from this perspective.
5. Notice how you can be happy and free - how you can relax and be rejuvenated - notice the peace and quiet around you in this place. Hang out and enjoy the space and the perspective.
6. When you're ready to, slowly descend back to earth, savouring the experience you just created. Slowly and gently breathing with your belly, re-enter back into the present - thanking yourself for the pleasure of the experience, and allowing yourself to carry it forward with you into your day.