



# MASTER

*Relaxation*

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## **Master Relaxation EP**

**Learning how to relax is essential for overcoming fear, anxiety, unwanted emotion, insomnia, stress related issues and/or destructive thoughts.**

With symptoms of these conditions becoming 'normal' overtime, it is not unusual to lose sight, no longer recognising just how unrelaxed we are.

The differences between the two only become obvious once the experiential level of relaxation arises. In that time we start to want to pay more attention to becoming relaxed, simply because it feels good. Once deeper states of relaxation are experienced we intuitively adhere more to this, eventually sustaining relaxation, even when fears or unwanted emotions arise.

We can't control what happens outside of us, but our inner world unlimited with possibilities and unconditional love, demonstrates very clearly how to take responsibility of our wellbeing.

Once relaxation ingrains deeper into the psyche it starts to create new, positive ways of being. With feeling good being the opposite to fear, it is important to understand fear isn't necessarily a negative but our reaction to fear is what further develops further contraction and resistance.

For example, while perceiving fear as a negative, our reaction amplifies the expression of fear in the psyche and exasperates:

Fear of fear itself, creates more fear. Or, angry with yourself for being angry, multiplying anger.

In both instances, positive outcome is very small since reacting impedes us from making conscious choices in the moment. By cultivating more relaxation of our being, we create space for conscious choice by responding and not reacting. Fear and anger begins to dissipate thus deeper wisdom arises.

Lets contemplate for a moment on what positive effect fear might present to us... we experience raw sensations that induce acute alertness. That very same heightened sense pushes awareness into expansion, within the present moment. Emotions, feelings become vivid, more alive. This truly wonderful raw energy put to correct use not only brings life to its magnitude but also save your live in some situations. This can only be a positive. The same applies for anxiety/stress and other conditions mentioned above. But the transmutable only takes place upon creating space in the mind, starting with relaxation.

Once any physiological and psychological issues clear, we can re-condition and re-program to live intentionally through making conscious choices and decisions. Live being free-to-act instead of reacting to events and people.

In the final stage of relaxation bliss is experienced. Without repetition of negative thought, or simply no longer effected by so-called disturbances of the mind; no longer reacting, no longer resisting, no longer contracting to life. Instead a relaxed - more open body and mind - from where deep peace and inherent bliss starts to arise.

Of course, relaxation needs to be reinforced through regular practise for its effect to become spontaneous.

Having let go and relaxed, we can now say we are in Yoga Nidra or corpse pose; a mini death. Try not to perceive this expression morbid, in fact far from it since its a dying of ego. Such characteristics of ego are fear, anger, self destruct, hurt etc. Once these characteristics dissolve the feeling can be seen and understood as illusionary; a consequence of awakening into a 'New You.

Therefore, this conscious sleep or relaxation of rotating awareness around the whole body is like the rising of a new dawn. In the same way the process of autumn shed its layers, there unfolds a blossoming of colours and radiance bringing out the aliveness of whats hidden within; deep peace, beauty and pure love.

You see, you cant really feel and give love when in a contracted state. So this the final stage of deep relaxation, an immersion of the whole integration and absorption of truth, is bliss.

As in Samadhi, translating to putting together. What is putting together is the mental condition as in Adi, equanimity between thoughts where there is no longer a fight with the mind (resistance, contraction, tensions and so on).

**Moving into Relaxation as the master should precede each of the following techniques:**

- Healing the Kidneys
- Breathing into Freedom
- Moving past Fear

Only when the body and mind is relaxed healing and clarity arises.



## **Technique 1 - Moving into Relaxation**

Dissolution of tensions/burdens/fears/emotions for full body mind total relaxation.

Master relaxation (often applied after a yoga practise), its reason being that by moving the physical body a certain way, helps dissolve surface tension and emotion that otherwise block us from the ability to relax.

**This supports the practitioner into deeper relaxation at the cellular level for healing to take place.**

Dissolving tensions and healing is the first and most basic stage of balancing and harmonising physical, emotional and mental body for us to go deeper. If in the stage where emotions have become so intense, for example you feel literally hijacked by anger, yoga is not advised. Connecting with nature is more effective to lift such heavy energies as anger or depression. Walking in the elements or swimming in the ocean. If you cant get to natural waters technique 2 will help.

**Its radical effects are known to transform anger to peace.**

Walking meditation excellent to calm anger, by way of deliberately slowing down your pace while visualising every footstep a breath.

The relaxation may be performed without yoga, but a preparation helps ease the transition.

This completes with a technique 'lighting the fire of the heart', also known as 'blowing on the embers of the heart'. A meditative practice of Hridaya Yoga ignites even the most dimmest of light in our hearts through drawing on the breath. Just like blowing on the embers, by using the breath to caress the inner walls of our chest we ignite the fire of our hearts. Attentively listen for the warm voice of your soul through subtle vibration or sensation 'lighting up' the fire of our hearts.

**This listening attention is a nurturing.**

Allow time for the absorption of energy where within the great dome of our ribs, we connect more deeply with self for the transmutable to take place. Acceptance arises and expansion of awareness.

**Before you begin, remove all distraction.**

Then lay down comfortably, cushion beneath your head if neck needs support and/or beneath the knees if you experience lower back pain. By laying down we allow gravity to play its role assisting the 'letting go' of physical tensions. The spine and shoulders are able to relax, temples and jaw. The chest and hips open. Feet should roll out to the sides and palms face up.

A light blanket may be used.



**Technique 2** - Healing the Kidneys through visualisation & imagination.

Here, each individual's creativity via imagination, arises effectively for realignment of both superficial and deeper layers of emotions, by developing positive sensory responses.

When emotions and fear exasperate, it is important to heal during these phases as our glands become very strained after working hard sending signals of flight, fright, fight: a consequence of reaction. This endurance results in a wired nervous system or frazzled nerve endings where glands of the kidneys dehydrate and ache.

**This beautiful technique helps rehydrate and drench the kidneys with fresh energy.**

Cooling and calming for headaches, anxiety and insomnia. Restorative and rejuvenating.

Make sure you drink plenty of water.

Approach with a sense of detachment. During visualisation all passing phenomena (colour, form and so on) is exactly that; passing. While it can be very powerful it is not the ultimate truth of who you really are. Avoid becoming lost or attached to fantasy creating further illusion, as with any shadows that may surface. Be aware that too much attention given to shadows pull us deep into the stories and keep us stuck in those realities. Just a tool for healing this is not something we need to hold or grasp onto. Letting all come and go gives more potency to healing. By self inquiry approach asking "Who am I?" or "Who is experiencing the sensation?" we can develop detachment of all passing sensations and phenomena.

A simple approach yet when applied with sincerity this revelation of self-inquiry is one of profundity.

### **Technique 3** - Breathing into Freedom conscious breathing

The emotional body opens for clearing & healing (preference is to be facilitated by a practitioner, contact for one to one sessions) to see where emotion is held in the body, known and unknown. Don't worry if you first don't feel anything, know that in time what needs to surface will. And trust what is surfacing, does because its ready to release.

Ever felt sad for no reason at all? Consider this sadness you are experiencing is not actually yours but of another - a loved one, friend, family member and you have taken on their emotion. In the same way fear is a projection of many 'faces' of emotion within many psychodramas, conscious or not. Where there is fear or sadness - doubt and confusion arise; faces of illusion. This perpetuates negative vibration because fear anchors you in the safe pattern of the mundane; blocking you from your life's full potential.

Breathing into freedom is a process that removes such illusions. Clarity arises and you start knowing who you are, where you have been and where you are going in life; you can access & embrace in positive emotions again.

You start to feel a quiet confidence, increase more courage, determination.

## **Technique 4** - Moving Past Fear

The beginning of positively / actively managing issues of fear and anxiety.

Now you are relaxed, clarity starts to arise. We now start realising symptoms and triggers of fears and thought patterns and can begin to cut through illusion helping you ease into the 'real you'.

Exercises such as **moving past fear** helps through self-understanding. Perhaps in moments of anxiety or fear we say things and behave in ways we wouldn't normally. Once understanding this is not the real you, that the fear itself has taken power over you and is controlling you, you can start to separate these 2 aspects of 'you'.

Creating space in this way between the two realities gives opportunity to begin approach of gaining back control of the real you. Reinststate the real you, which is unlimited potential.

The visualisation of a destination points you to any place, work, person or situation you avoid, resist or become contracted due to fear or un pleasant experiences of the past that control your present and future. The intention is not to expect a particular outcome, but overcome fears through a safe and supported confrontation. All we are doing here is shifting or switching from one reality to another. A negative into a positive. It just takes a little effort and commitment to practice before it becomes natural, creative and even joyful.

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