

Deep Relaxation



1 . Physical relaxation :

The physical relaxation corresponds to the muscular and nervous relaxation. One feels a relief, an impression of openness and well-being. The body looks heavier. If relaxation is in the form of a still exercise, the body becomes more vibrant.

Note: the method I recommend for this physical relaxation is to start with the head and end with the feet. This may be disconcerting for some, because in many other methods relaxation is done from the feet to the head. The method that advocates going from bottom to top is based either on arbitrary inferences about physiology, psychoanalysis or energy, or on a final goal other than pure relaxation (for example: shamanic travel).

The upward climb goes in the natural direction of an awakening or a tension that boils the mind. The descent, on the other hand, induces calm, rest... The method that advises to go from top to bottom is based on the observation of the phenomenon of natural relaxation: this is a movement towards the earth, a descent, a heaviness.

Exercise 1:

Lie on your back, arms and legs symmetrically on the sides. Palms are facing upwards. Have the impression of softening and weighing down the different parts on the right side of your body, starting with the head and continuing up to the foot. Do the same thing to the left.

Exercise 2:

Same as the previous exercise but doing it in successive stages and on both sides simultaneously.

Consciousness ==> Physical sensations

2. Emotional relaxation:

Observe, become aware of your condition but, this time, do it with a neutral look.

How are you? Do you feel it in your body? Is there an emotion in you?

Consciousness ==> emotions

(Consciousness observes the emotional state)

3. Mental Relaxation:

Mental relaxation is the neutral or benevolent observation of our mental world that is made up of our thoughts and images or fantasies. It is an awareness of our mind and its mechanisms (conditioning, limitations, etc...). This consciousness is effective only when we are pure observers of our speech and mental images. This means that the mind is something other than our observing Consciousness: the mind is the object of the observation made by the Consciousness (the real subject)

Exercise 1:

Try to stay focused on the small needle of a watch or clock for 10 minutes without thinking about anything else at all.

Exercise 2:

Try to stop the mental images for 10 minutes.

Exercise 3:

Try to stop the lyrics in your head for 10 minutes.

We clearly notice that we have enormous difficulties in stopping the flow of our thoughts. This allows us to conclude that the mind is really a mechanism independent of our will. We can deduce that we do not control our thoughts in everyday life since childhood. This may ask us about their nature and origin.

Who thinks? Where do our thoughts come from? Do we think? Are our thoughts of the past or can they be of the present in harmony with the real? Are our thoughts conditioned? That they are the consequence of this lack of awareness and control of thoughts at the individual, family, social and world level?

Consciousness ==> Mental

4. The ray of consciousness (my discovery) :

The fact of «becoming aware» is similar to a lighting directed towards such or such thing: the screen of the television, your plate, your itchy nose, your breathing, the beating of your heart, the heat of the sun rays on your skin, your emotions, thoughts, etc.

Experience to do when you want in daily life or during a special session:

Be aware of the movement of your ray of consciousness, as well as its opening or closing. Example: you realize that your mind is "absorbed" by thoughts. Another example:

Another example: become aware of your right hand and then your left foot:

something has moved through your body. This is the ray of consciousness (not an idea or an image).

Consciousness =====> Ray of consciousness

The relaxation of the ray of consciousness will stabilize him here and now in our body. After a certain variable time, it will expand into space from the center. We will then perceive more things at once: it is the inverse of hypnosis and psychological conditioning.

5. The Consciousness:

Experience finding the place of your Consciousness. Observe its intensity and qualities.

Take some time for this experience: don't be rushed or demanding.

Consciousness =====> Consciousness

The Relaxation of Consciousness is the neutral or benevolent observation 1) of the information given by the five senses, 2) of the emotions, 3) of the mind 4) of the ray of Consciousness and 5) of the Consciousness itself. The observation of the Consciousness by itself is what defines the true Consciousness: we are really Conscious only when the Consciousness enlightens itself. Consciousness is not a having but a state of being. "To have consciousness of" is at a lower level "of Conscious Being".

Thus, only this Global Relaxation makes it possible to know oneself truly.

Consciousness ==> Consciousness ==> Consciousness substance or ray
==> Thoughts and images ==> Emotions ==> Physical body ==> Outer world

In fact, the natural state of the Consciousness is the receptivity of the information given by the real concrete world. This listening to the real goes through the five senses that are smell, taste, sight, touch and hearing. But this pure vigilance, this Presence to Self and to the world, is no longer disturbed by the mechanisms of the mind (spoken thoughts or images), the emotions or even the physical sensations themselves (the 5 senses).

Usual pattern (perception of the real is constantly disturbed by thoughts):

Consciousness ==> ray of Consciousness ==> mental (+ emotions) ==> body
==> real concrete world

This pattern corresponds to what we usually call "being aware of". But, in truth, it is a mixture of embryonic consciousness, of "subconscious", of mind and emotions. The mind is made up of subjective or conditioned memories and interpretations. More often than not, we judge everything every second in relation to the past, to our history. After that, how do you want to see things as they are ?!

New pattern after total relaxation (without thought disturbances):

Motionless and silent consciousness (the observer subject) ==> ray of dilated

consciousness ==> Consciousness ==> 5 senses ==> real world

True observation and relaxation are only effective in the stillness and radiance of Consciousness. This means that pure observation is a state of Consciousness totally open, silent, not involved, without judgments, and therefore accompanied by Compassion.

What interest can deep conscious relaxation have?

Health at all levels:

In our current state of scientific knowledge, it is shown that stress causes the contraction of one muscle or one organ. For example, a man has resentment and anger in him; this will contract his liver, chest or throat. The more he ruminates his anger, the less these organs breathe and function freely...

The interest of relaxing is therefore essential for physical health.

Where does his anger come from? It is due to a fixation of his mind on an event of the past! In fact, at that time (and still today), we saw as above that he probably should not really be listening to reality! What he ruminates is that his own subjective and immediate interpretation of a partially lived reality. It is built a subjective world and causing stress, evil being, the feeling of being a victim, the lack of responsibility...

It is constructed an image of itself that no longer corresponds to the present life.

Consequences: His consciousness focuses and narrows more and more on details or ideas quite reduced on HIS reality. He lives in a mental world created by himself. On the other hand, by relaxing the mind, or by taking a step back from the flow of thoughts, a psychological cleansing starts automatically.

The interest of relaxing is therefore essential for mental health.

Finally, when all this is understood and we have begun to practice deep relaxation, we have discovered another dimension of our Consciousness. We have illuminated the light source itself. Consciousness identified itself with the tiny beam of light projecting "unconsciously" on an object whose sensations were disturbed or "coloured" by the interpretation of the ever-acting mind. The mind was almost always focused on one thing at a time (1 sense, 1 thought, 1 emotion, 1 object...). Today, the Consciousness is clear and impartial like a bright white light. It blossoms like a beacon illuminating all around it and illuminating itself! We finally live in Reality !

The interest of relaxing is therefore essential for the fulfilment of the Consciousness and for true self-knowledge.

Make real choices:

The interest of conscious relaxation is also to be conscious and free to make real unconditional choices by the mind itself conditioned and limited. We can only make real choices when we have gone through the stage of impartial and relaxed

observation. This is a real action that should not be confused with the reaction... In addition, listening allows us to adapt more easily to life, that is to say to be more in the spontaneity and in the right action.

The opposite of relaxation is self-hypnosis or self-conditioning: it is our mind that fixes and contracts (or focuses) on an idea, a thought, an image, an emotion or a sensation (for example: the eyes, hands and words of the hypnotist; what television, society or parents have repeated to us many times...).

In conclusion, relaxation is like a hand that opens to let things be as they are. Conscious Relaxation is a liberation: that is, the emergence of a real observation of the Real as it is to finally be able to make real unconditioned choices. The more we relax, the more receptive and truly conscious we become: we perceive things better and in greater numbers. Our field of consciousness certainly increases at every moment and we then develop an increased knowledge of the world in which we live. Conscious Relaxation is the deepest, as it results in immediate relaxation on the other four planes.

To go further, read the works of Krishnamurti, Stéphane Jourdain, Stéphane Rudaz, David Ciussi, Lama Guendun Rinpoche, Nisargadatta Maharaj (via Ramesh S. Balsekar for example) and later: Andrew Cohen, Yohann Soulas.