

The Bradley Method®
Relaxation Practice Card
RELAXATION POEM

by Rhondda Evans Hartman

Let your whole being
sink slowly, slowly, slowly.
Feel your muscles
becoming limp and loose and comfortable.
Drifting or floating,
relaxed and comfortable,
warmth and heaviness spread through your body.
The baby in your uterus
is warm and heavy.
Feel warmth and heaviness
spreading from the baby to your abdomen, hips,
thighs, knees, lower legs, ankles,
feet and toes.
Slowly, the lower half of you is
loose and limp,
warm and heavy.

The upper half of you awaits its turn.
Slowly release, let go,
warm and heavy,
limp and loose.
Let every cell absorb and enjoy,
spreading up back and front,
chest and shoulders.
Arms and hands and fingers let go.

As your neck releases tension,
your head slowly shifts and becomes
more and more relaxed.
Nearer and nearer that comfortable state of
relaxation.

Erase the worries from your brow,
eyes loose but closed.
Eyes and all around eyes
limp and loose.
Cheeks loosen and droop,
jaw drops.
Tongue is loose in your mouth,
lips part slightly.
Warm, heavy, and comfortable.

Deep, slow, heavy breathing.
Breathe in and out slowly,
abdomen up and down slowly.
Limp and loose,
warm and heavy,
comfortably relaxed.

In your mind's eye
hold a softly purring kitten in your lap
while sunshine warms you both.
*Listen to the laughter of children
sledding on a crisp sparkly snowy hill.*
Ride a bicycle on a lazy autumn afternoon,
hair blowing in the wind.
*Sit before a roaring, snapping fire
with a red shiny apple ready to eat.*
Watch a robin build her nest,
weaving string and straw with percision.
*Lie on the warm sand, you and your love,
while the waves roll up on the beach.*

Limp and loose,
warm and heavy,
comfortable relaxed.