

and this time *slowly* relax, letting the forehead muscles go negative for a few minutes. Now lift the eyebrows again, just enough to feel slight tension across the forehead. Hold it, then slowly relax the tension completely, continuing to let go for 10 or 15 minutes.

Next, frown strongly by drawing your eyebrows together (Fig. 6) and note the tension between and around your brows. Quickly relax! Frown again, fairly strongly, and then slowly relax the tension. Frown again, but merely



FIG. 6



FIG. 7

enough to feel the tension slightly. Relax, go to zero, and remain negative for 10 to 15 minutes.

Finally, close your eyes tightly and continue to squeeze them together for a moment (Fig. 7), noting tension in both lids and around the eyes. Quickly relax! Repeat the movement but with somewhat less tension, then slowly relax. Next, with eyes still shut, merely imagine that you are closing the lids tightly, and feel the very slight tensions in the same places as during harder contraction. Then relax completely for 15 to 25 minutes. Total time: 45 to 60 minutes.

**3rd DAY:** Several sets of muscles move your eyes or hold them in a steady gaze. They work every waking moment unless you deliberately relax. Today you will learn to relax them. First, with both eyes closed, *imagine* looking as far to the right as you can. Then imagine looking to the far left. Repeat this right and left movement twice more (in your imagination). As you "look" right and left, note any tension felt to the right or to the left of each eyeball. Next, with your eyes wide open, look to the right (Fig. 8), then to the left (Fig. 9), and repeat the movement



FIG. 8



FIG. 9

both ways twice more. Again, did you detect the slight tension at the sides of your eyeballs as muscles pulled them in the direction you were looking? Such tensions occur thousands of times each day. Finally, let your gaze return to front-and-center and, looking at nothing in particular, relax all your eye muscles to negative.

Next, close the eyes and imagine looking up at the ceiling, then down at the ground. Repeat twice. You are now using different muscles. One set pulls the eyes up, another pulls them down. As muscles pull, they shorten, becoming tense. Note this tenseness, then let your gaze return to a central point, and relax.

Finally, with the eyes closed, imagine that you are looking straight across the room at a picture on the wall. As you "look" at the picture, try to note tensions present in the eye muscles that are focusing on that scene, then relax your eyes. Repeat the same procedure: "see" the picture in your imagination, then relax and go to zero. Total time: 45 to 60 minutes.



FIG. 10

**4th DAY:** Today, read these instructions, then begin with closed eyes. Start by imagining that you are on a porch. The house across the street has a flagpole at its roof peak and a big front window. Imagine that you look down the street to the right and see a man approaching (Fig. 10). Watch him as he passes before you and goes to the left until he is out of sight. Can you feel the same tensions as when you turned your open eyes from right to left? They are there!

Now, in imagination, note that a young lady is coming into view at the left (Fig. 11). Walking from left to right, she passes before you. Watch her until she disappears on the right.

This time, did you feel corresponding tensions in your eye muscles?

Next, imagine seeing a sparrow in the street before you. Suddenly, it flies to the top of the flagpole on the house opposite. "Watch" it alight for a moment, then glide back down to the street at your feet. Again your eyes will have corresponding tensions, first in the upper, then in the lower eye muscles. Relax them! Stay at zero for a few minutes.

Finally, imagine seeing a little girl in the window of the house opposite. Note the very slight tensions around your eyeballs as you focus on her. Suddenly, stop watching and let your eyes go to zero. See if you note a tiny difference. Repeat several times. When you learn to relax your eye muscles (this may take long practice), all mental pictures tend to fade out for short intervals, and you may fall asleep. Total time: 45 to 60 minutes.



FIG. 11

**5th DAY:** Today you locate tensions in your cheeks, lips, and jaws; these are some of the tensions that help you to speak. First, smile broadly (Fig. 12). You should notice tension all over the cheeks, especially above the cheekbones. Quickly relax! Now half-smile with half as much tension.



FIG. 12



FIG. 13

Slowly relax. Next, faintly smile so as to create the slightest possible tension in your cheeks. Relax again. Continue to zero for a few minutes.

Next, pucker the lips strongly as if preparing to whistle. Note the pronounced tension in them (Fig. 13). Quickly relax! Pucker again with less tension and slowly relax. Now imagine you are whistling, and try to note the slight tension in your lips. Relax to zero again and remain negative for a short time.

Finally, close your jaws very firmly until you feel tension in the muscles at the angles of the jaw in front of each ear lobe. Quickly relax! Now close them a bit less vigorously and slowly relax. Next, close them with only enough pressure to develop a slight tension. Then quickly relax to zero and remain there to the end of the period. Time: 45 to 60 minutes.



FIG. 14



FIG. 15

**6th DAY:** This lesson introduces the principal muscles used in speaking. With head comfortably erect, eyes closed, push your tongue forward against your front teeth (Fig. 14) and note tension in the tongue muscle. Quickly relax! Repeat and relax slowly, going to zero for several minutes. Next, pull or roll your tongue back in the mouth (Fig. 15) and note tension at the base of the tongue and floor of the mouth. Quickly relax and continue at zero for several minutes.

Second, count aloud slowly and distinctly from one to ten, noting the various tensions that come and go in your tongue, lips, cheeks, and jaw. Slowly say, "One," noting the ebb and flow of tensions required for that single word. Quickly relax! Say, "Two," then relax. Say, "Thu-ree, fo-wer, fi-vuh," and on up through "tennnn," relaxing after each word.

Tensions are also to be felt where muscles contract in the throat and larynx, breathing muscles, chest, and abdomen, all of which may be used in speech. Wherever you feel contractions—and search for them diligently—relax them, letting them go to zero. When you perfect this skill, you may be able to rid yourself of persistent tunes or jingles that run through your head, or banish the internal talk that runs interminably through the minds of most persons. This may be done just by relaxing the speech muscles, the lips, and the tongue.

**SUMMARY:** Excessive tension is a habit. Your goal is to substitute another habit, that of relaxing. You can do this if you practice. You have learned 12 sets of instructions. You should practice each set for one week, one hour a day. Break the hour up into 15-minute sessions if necessary. Every time you practice, it helps.

On the 3rd and 6th day of your practice week, instead of tensing and relaxing, sit down and immediately let your entire body go to zero. Stay there, without any voluntary tension, for 30 minutes or longer.

At first, as you sit, your mind will wander, fuss, and fume, and perhaps suggest that you are wasting your time. Sit it out. Tension is *doing*, which involves the contraction of a muscle. Relaxation is *not doing*, which involves the lengthening of a muscle. By not doing, your muscles learn to relax; thus the nervous system relaxes, too, and nature takes over to heal and invigorate.

You now know the scientific fundamentals of relaxation. The method is easy. Use it to erect a bulwark against personal illness and inefficiency. The cost is a fragment of time and a jot of your will power.

The reward can be beyond description.