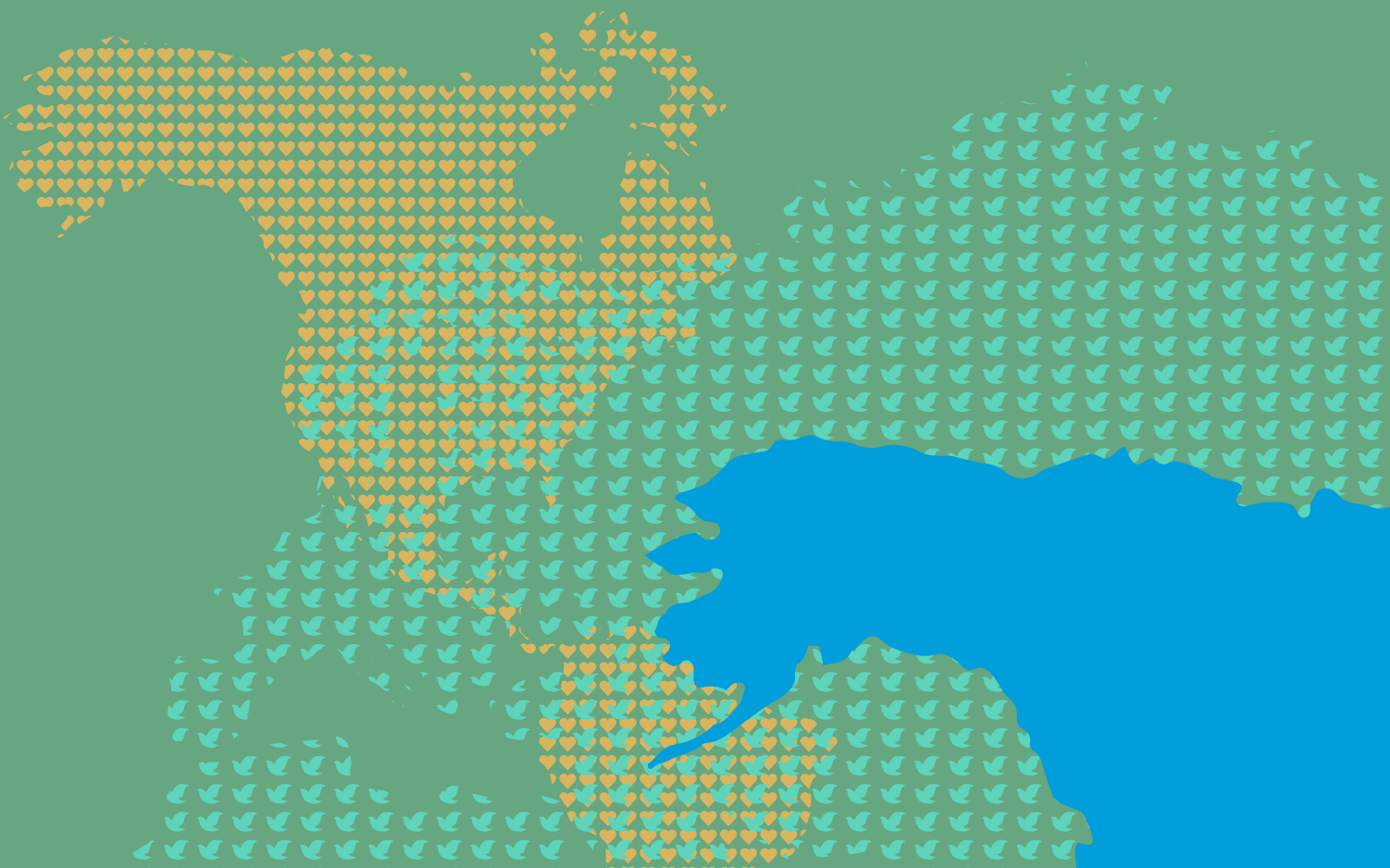




Me and you – building peace through communication





Conscious relaxation

Lay down on a matt or a firm surface with your hands and legs relaxed and apart. Close your eyes. Take a moment to make sure you are comfortable. Do you need a blanket or a pillow? Make yourself as comfortable as possible right now.

Let the weight of your body rest on the surface.

Imagine that you are laying on soft sand. Imagine the profile of your body pressing gently towards the sand. Every time you breathe out let the weight of your body relax even more on the sand. Each exhalation will let your body leave just a little bit wider and deeper mark on the sand. You are allowed to rest and let go now.

You might notice some thoughts or emotions rising – let them come without getting too attached to them. You don't have to solve anything right now. Just notice them. After noticing, let go of them, and turn your attention gently back to the profile of your body on the sand, and how the profile of your body keeps expanding with each exhalation.

Let your body rest here as long as you need.