

## Progressive Muscle Relaxation - Spiritual Exercise Crafted for Therapists:

### 1. Preparation:

- Find a quiet and comfortable space where you won't be disturbed.
- Sit or lie down in a relaxed position.

### 2. Setting the Intention:

- Begin with a brief meditation or prayer, setting the intention for the PMR session. Focus on connecting with your inner self and inviting spiritual insights. Example: "As I embark on this Progressive Muscle Relaxation journey, I set the intention to open my heart to the wisdom within. May this practice guide me towards spiritual insights and inner peace."

### 3. Progressive Relaxation:

- Start by tensing and then slowly releasing each muscle group, beginning from your toes and moving up to your head. Visualize tension leaving your body with each exhalation.

### 4. Breath Awareness:

- Coordinate your breath with the muscle relaxation. Inhale as you tense the muscles, and exhale as you release tension. Let your breath become a rhythmic anchor for your spiritual journey.

### 5. Spiritual Visualization:

- As you reach each muscle group, visualize a corresponding aspect of your spiritual self. For example, when relaxing your chest muscles, envision opening your heart to spiritual wisdom.

### 6. Affirmations:

- Integrate spiritual affirmations during the relaxation process. Repeat phrases that resonate with your spiritual beliefs, fostering a positive and uplifting atmosphere. Example: (For chest muscle relaxation) "With each breath, I release tension from my chest. As I do so, I open my heart to love, compassion, and the divine energy that flows within and around me." Feel free to customize this example based on your personal spiritual beliefs or preferences.

### 7. Full Body Release:

- After completing the muscle groups, allow your entire body to relax. Visualize a wave of soothing energy flowing through you, harmonizing your physical and spiritual being.

### 8. Reflective Journaling:

- Conclude the session with a few moments of stillness. Journal any insights, emotions, or spiritual experiences that arose during the practice.