

THETA TECHNOLOGIES INC.

MIND'S EYE™ SERIES: SPECIALIZED SESSIONS

designed by Frank D. Young PhD.

CUSTOMIZED PROGRESSIVE MUSCULAR RELAXATION

PURPOSE: Many people carry tension in their muscles and other body systems. They can find it especially helpful to reduce muscle tension using this program.

Part 1 of the session features rapid downstepping as the user contracts and releases major muscle groups that are relaxed easily. The goal is general and noticeable tension release in most of the body.

Part 2 of the session features the athlete focusing on specific muscle groups where tension is typically stored by that person. For some it may be in the stomach or abdomen, for others in the diaphragm and chest; for many it may be the shoulders, neck, and upper back; for others it might be the face, jaw, and forehead.

Wherever it is, this is the time to work on it intensively, riding on the waves of relaxation generated in the first section. The athlete is encouraged to be more individual and specific in contracting and relaxing these muscles, perhaps sometimes repeating especially tight areas. Then the athlete can progress in relaxing the other targeted muscle groups. Now presumably the athlete is indeed relaxed, and able to focus on the next part.

Part 3 offers the listener an interesting alternative: for those who need extra practice in working on areas that are not fully relaxed, now is the time to review and repeat. For those who are quite completely relaxed, now is the time to focus on individual muscle groups that are required for the execution of a desired skill such as a golf swing, or relaxing the facial muscles in presenting at a business meeting, etc. By this time the target is the low alpha range; therefore no further relaxing is likely required. This range is ideal for imprinting of new patterns, thus attention to new groups of fine muscle synchronization to facilitate new patterns for optimal performance and enjoyment of mastery.

Part 4 begins with the athlete mentally scanning the body and noting the differences in bodily and mental relaxation, cueing relaxation from the very first contraction the next time the session is used. During minutes 17-20 the focus is on gradual re-entry into the outside world, leaving you more open and aware of your surroundings, perhaps less analytical, but certainly more intuitive and responsive to the world around you.