

Relaxation exercise -

before each time you begin to massage your baby

Close your eyes, and focus on your body and your breathing. Inhale slowly and deeply, pause, and exhale, slowly and deeply. Breath in, breath out. Your breath is all you need to relax.

(When your body is balanced and relaxed your hands will communicate this relaxation to your baby. Let's spend a few moments now to unwind, relaxing and balancing, integrating mind, body and spirit. You will communicate this integrated state of being to your baby through your hands. Remember that massaging your infant is first and foremost a way of communicating with your baby, through your touch, through your presence.)

Now sit quietly and focus on your breath.

Feel each breath fill your body with both a peaceful sense of spirit and the energy of being alive.

Feel the weight of your body coming into balance, as you sit comfortably.

Allow the wave of relaxation to move through your body, beginning with the soles of both your feet.

Feel it moving, up through your ankles and into your legs and calves.

Then, feel it moving on into your knees and thighs, then into your buttocks and hips.

Feel it filling your abdomen, warming and relaxing your belly.

Feel it filling your solar plexus, and as it does, you take another deep breath, and as it does, you quiet your mind.

Now feel it warming your lungs and opening your heart.

Feel it into flowing up into your shoulders and then, down into your arms, all the way into your fingertips. It fills your hands and fingertips with a new awareness and sensitivity, and the ability to communicate love.

Feel as this relaxing energy travels down your spine, and across all the muscles of your back.

Feel it moving back up your spine and into your neck and then into your face and head.

Feel it, as this relaxing peace and this relaxing energy warms your face and brings to it a special glow, a glow of peace and a glow of joy, and the glow of the love that you feel for your baby.

Now open your eyes and prepare to share this relaxation with your baby.