

# Quick Meditation Using Steps to Elicit the Relaxation Response

The following is the technique reprinted with permission from [Dr. Herbert Benson](#)'s book [The Relaxation Response](#) pages 162-163

**1. Sit quietly in a comfortable position.**

**2. Close your eyes.**

**3. Deeply relax all your muscles,  
beginning at your feet and progressing up to your face.  
Keep them relaxed.**

**4. Breathe through your nose.  
Become aware of your breathing.  
As you breathe out, say the word, "one"\*,  
silently to yourself. For example,  
breathe in ... out, "one",- in .. out, "one", etc.  
Breathe easily and naturally.**

**5. Continue for 10 to 20 minutes.**

**You may open your eyes to check the time, but do not use an alarm.**

**When you finish, sit quietly for several minutes,  
at first with your eyes closed and later with your eyes opened.**

**Do not stand up for a few minutes.**

**6. Do not worry about whether you are successful  
in achieving a deep level of relaxation.**

**Maintain a passive attitude and permit relaxation to occur at its own pace.**

**When distracting thoughts occur,  
try to ignore them by not dwelling upon them  
and return to repeating "one."**

**With practice, the response should come with little effort.**

**Practice the technique once or twice daily,  
but not within two hours after any meal,  
since the digestive processes seem to interfere with  
the elicitation of the Relaxation Response.**

\* It is better to use a soothing, mellifluous sound, preferably with no meaning.  
or association, to avoid stimulation of unnecessary thoughts - a mantra.