

4-Steps to Relaxation for Stress Relief Now!

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GET A FREE ZEN GARDEN

with your purchase of either stress relieving fountain. The sounds of water moving through these Bamboo Fountain will be soothing as well as refreshing.



Reminiscent of authentic bamboo canes, this tranquility fountain comes complete with decorative stones and quality pump. *Item# 31027*

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GET THIS FREE ZEN GARDEN This Miniature Zen Garden includes the square dish, white sand, three stones, mini pagoda, and rake.



Bamboo Motion Water Fountain

When it fills with water, the bamboo chute on this meditative fountain empties itself, only to lift and fill again, infusing the space with the calming music of a mountain stream. *Item #35192*

Additional relaxation ideas, find more ideas & gifts at www.CareFairs.com



Reduce stress and consider shopping online when possible. CareFairs.com offers secure shopping as well as a free shipping option.

Stone-Finish Terra Cotta Tea-light Tower	Ginger White Tea Set Basket	Elegant Emerald Glass Oil Warmer	4-Tier Table-Top Fountain
			
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4 RELAXATION TECHNIQUES FOR STRESS RELIEF NOW!

This is a 20-minute relaxation, which, can be done once a day to ultimately change the stress level in your life.

1. First make a quiet space for yourself anywhere. This can be done at the office or at home. Do not attempt it while in the car. Now, clear your mind of all your daily stresses and pressures, give yourself this time. If you can, put on some soft music. It helps to "quiet" the mind.
2. Sit in a chair with your spine erect, shoulders relaxed, feet flat on the floor. If you have a difficult time knowing if you are relaxed, just intentionally tense your body and release it to feel the relaxation. Now, close your eyes and fold your hands together in your lap. Take 3 slow, deep breaths, inhaling to the base of your spine. Exhale fully between breaths. Feel and listen to yourself relaxing with each breath. During this first 10 minutes you visualize that you are like a tree that has large roots that go deep into the Earth. Imagine yourself retrieving the tremendous warmth and nourishment that is flowing into you from deep inside the Earth. Imagine you are being nurtured and protected by the Earth's vast energy force. Let yourself feel your own energy beginning to build and merge with this vast energy source.
3. For the next 9 minutes, put your hands with the palms up on your lap. Keep your eyes closed and imagine a beautiful ray of light above your head. Imagine the warmth and energy that is surrounding you. Let yourself feel the power of the light flowing through your body. Let yourself get comfortable with this powerful energy field and embrace it. Feel the power through every pore in your skin, feel it in every breath you take, feel it through the palms of your hands and all the way to the soles of your feet. Take control of the energy and send it back out the top of your head. Circulating the energy in and out of your body, above your head, behind you, in front of you and within you. Feel your energy building. You may experience a tingling sensation. And don't be disappointed if you seem to be just "sitting there." For those of us who "just sit there," fortunately this relaxation works anyway!
4. For the last minute, your energy will reach its highest point. This is the time you can focus and visualize on healing for yourself or others, request guidance, or the release of stress and anger. After completing your focus and visualizations, close your hands into loose fists And imagine yourself in the center of the energy you've created. Really feel yourself in the center of this magnificent energy force you've created. Remember that it is from this center you can be benevolent, healing, and impervious to the negativity from others and the relentless stress of daily life. Feel the energy. It is truly your power.Then slowly open your eyes.

Perform this relaxation at least 20 minutes every day. It will change you from the inside out. It will help you stay centered so you aren't reacting to other's negativity or to difficult situations in which you might otherwise lose your way. This is an extremely powerful tool, and it's yours for the taking.