



Deep Relaxation

Sister Chan Khong

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For nearly 30 years Sister Chan Khong's Deep Relaxation practice has been a highlight for thousands of people who have attended Order of Interbeing Buddhist retreats. With Deep Relaxation the reader/listener will learn to meditate and relax body and mind at the deepest level, leading to a measurable reduction of stress levels. Sister Chan Khong effectively guides readers/listeners through the practice with a combination of spoken words and traditional songs from around the world, initiating a process that shows how we can achieve a more positive and healthy life as we move out of the meditation and into the world. With her soothing voice, her pacing, her extensive experience of practicing mindfulness in everyday life—and with the beauty of the gentle music—practitioners are able to achieve a state of profound relaxation. The relaxation practice is designed not only for those interested in mindfulness or Buddhism, but for anyone who needs to relieve stress. Working with the body's innate capacity to heal itself, these exercises will bring the listener/reader to experience ever deeper levels of relaxation that can activate the body's natural healing abilities. The book will leave the reader with a deep sense of well-being.

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