Autogenic Training
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♫ An instruction for self-learning ♫
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1. What you should know about AT...

What is autogenic training?

The autogenic training was as a method of self-concentrative relaxation developed in the 20s by the Berlin physician Johannes Heinrich Schultz. It is used for relaxation to prepare for mental or physical activities or the regulation of strong emotions (such as excitement, anger or aggression) and the setting of a quiet night's sleep.

By autogenic training, it is possible to affect organ functions that are controlled by the autonomic nervous system. We use our own imagination. By example we imagine the subjective relaxation peace sign, heaviness or heat, we create a state of brain cells rind, as it exists in actual relaxation. Through regular and systematic practice you will learn eventually to make that condition arbitrarily.
2. How do you learn AT...

Basic exercises

When you have succeeded with the help of exercises to guide their perception in the interior of her body and specifically to relax specific muscle groups, then you are ready to devote themselves to basic exercises of the AT. The goal is that they learn only by self-instruction body processes to change your position.

The two basic exercises "severity" and "heat" are always linked with the rest tint. Please take a practice session ahead of a basic exercise and train them intensively until the respective feeling are setted (gravity / heat) with you.

Rest exercise

The attuning for the exercise will be introduced in this formula. They will be setted off by themselves and wait until the rest are setted.

The peace formula should not be misunderstood as an exercise in which an idea direct through psychophysical response. It has the function of the vision for the future achievable, which comes to work only after some practice time.

If you quiet lying or sitting - without focusing on an exercise formula – that would be very hard, they should advance to lie quietly or sit while relaxing, but at first should all the muscles follow this order and relax or investigate the occurring thoughts, attract temporary leave until they start practicing.

Pictorial representations of particularly soothing and seemingly situations can support a determination in autogenic training.

Don´t fight intensively against the rising of thoughts, but leave them the idea as a movie pass ("thoughts cinema"), then begin to use the AT.

The "let it happen" attitude is the key.

Before starting any exercise, you should use the base rested tone.

Following formula is used as a self-instruction set:

„I’m very quiet.“

Make now the formula set in mind before and try to feel the calm. Let us spend a few minutes time, until you feel completely calm.

Repeat the rest tint again.
Heavy exercise

This exercise gives the relaxation of the muscle movement. Not only in physical and also mental effort in one experiences is often a tension in certain muscle groups (eg, thinking, frowning). Conversely, muscle relaxation and mental relaxation are related.

Muscle relaxation is often perceived as "member's severity". Under no circumstances should anything be "made" or "forced". The attitude is that of the "Done omission" because every emphasized performance attitude leads to tension and is therefore contrary to the spirit of the AT.

In the course of further training, the heaviness may spread spontaneously on to particular areas of the body ("so-called generalization").

Due to the relaxation in the muscles, it is a slight structure in the joints, thus connected to light gravity changes in the extremities. This shift gives the feeling of heaviness.

You can learn on the known associations back tire (bed severity, severity after extensive physical labor, after sauna). Also relaxation exercises are highly recommended.

After a long hike, biking, horseback riding, swimming, etc. The exercise proceeds smoothly.

Sometimes you might not be sure if you ever feel the heaviness. Think about the principle of operation of the autogenic training with every imagination only when it leads present lively, automatically to a physiological change.

Read the following formula sentences carefully and try to memorize them. Say out your minds in the formulas and follow the instructions.

„I am completely calm“
„The right (left) arm is very heavy“
„Both arms are very heavy“
„Both legs are very heavy“
„Arms and legs are very heavy“
„The body is quite heavy“

Turn back now from the AT by:

→ Fists clench! Arms tighten securely! → Breathe deeply! → Open the eyes!

› Start your exercise.

› Repeat this until the feeling of weight is setted.
Warmth exercise

The muscle relaxation is enhanced with heat exercise in terms of vascular relaxation. You will learn to reach an arbitrary interference of the blood supply in certain areas of the body. The increased blood flow makes itself felt in the areas concerned as heat sensation. If subjective feelings of increased circulation has already been received during the Heavy exercise, there is little difference in practice which is perceived accepted.

Most people feel the cooling of the fingers first of all as intense prickling or tingling and totally no or after the heating. The heat experience can last up to 30 minutes after exercise.

When you feel the sensation of heat very perceive (eg only in the arm), you should know that it is a problem of perception, the objective changes occur always broader than the subjective feelings. The realization in the legs usually takes a little longer time than in the arms.

Read the following formula sentences carefully and try to memorize them. Say out your minds in the formulas and follow the instructions.

„I’m very calm.“
„The right (left) arm is very warm.“
„Both arms are very warm.“
„Both legs are very warm.“
„Arms and legs are very warm.“
„The body is very warm.“

Turn back now from the AT by:

➔ Fists clench! Arms tighten securely! ➔ Breathe deeply! ➔ Open the eyes!

➔ Start your exercise.

➔ Repeat this until the feeling of weight is setted.
3. How could you use AT in your daily life ...

公式意图或自我指导

一旦您掌握物理放松的基本锻炼和AT的器官，您就可以使用非常individual formulas that you recite in addition to the usual formulas of AT to achieve a desired state. 公式意图或自我指令是压缩关于您自己的行为以及状态干扰的思维。您可以通过内部听到和语言（横幅）被图形化呈现。例如，如果您想要一个更强的声音，您的公式可以是 "I am confident." 或 "I do it with my own self-confidence."

方法论和教学考虑

接下来，必须注意以下步骤来开发自己的自我指令：

- 附带的和图像必须由你自己寻求和发展。
- 公式性解决方案应该简短、简单和容易掌握。
- 公式性解决方案应该是积极的。
- 它不应该只是禁止或要求。
- 公式性解决方案应该是公平的和符合个性。
- 格式化是为了表达信心和乐观。

The effect of the formulaic intent formation extends a special focus on the psychological aspects of experience and behavior. The formulaic resolutions must be a long time regularly connected in autogenous state the terms of the lower level.

The intense effect of such suggestions in words based on the realization of deferred excitement in the tone of a reduced cortical activity.

Use the abbreviated form:

Once you have developed their own sets of formulas, it's about you rehearse and automate their effects, just as it happened with the ground and body exercises.

First, perform a complete AT and induce:

"Peace - gravity - heat - heart and breathing calmly and evenly - solar plexus (abdomen) flowing warm - forehead comfortably cool."

If you are in a completely relaxed and suggestible state, try their own sets of formulas during a session about 10 to 30 times as intense as possible.

The deeper the immersion and the more the shutdown of external stimuli succeed, the easier it is to anchor the resolutions.

Important: Do not listen to the speech of the formula set into itself, linger let the intent or the mental image and sense resistors or any you like.