

Autogenic Training Script

Written for clinicians and relaxation teachers. Ten minutes through all six standard Schultz formulas — heaviness, warmth, heartbeat, breath, solar plexus, cool forehead — including the cancelling sequence at the end that most versions leave out.

10 min · 5 segments

Ten minutes, five segments, six formulas. Each phrase is repeated — read the repeats exactly, they are the mechanism.

BEFORE YOU RECORD

- Every formula is said three times. Do not vary the wording between repeats, and do not vary your intonation either — the flatness is what lets it become self-suggestion rather than performance.
- Leave a real gap after the third repeat of each formula. Roughly fifteen seconds. That gap is where the sensation actually arrives.
- Keep the phrasing passive throughout: 'my arms are heavy', never 'make your arms heavy'. Autogenic training fails the moment it becomes effortful.
- The cool-forehead formula at the end is the one that lifts people back out. Do not soften it or run it into the closing.

01. How this works

1 min 30

[calm and instructive — they need to understand the passive-attention idea or the rest fails]

Hello. This is autogenic training — a relaxation method developed in Berlin in the 1930s and used in clinics ever since. Ten minutes, six short phrases, each repeated a few times.

The one thing to understand before we start: you are not trying to make anything happen. You say the phrase, you rest your attention lightly on the part of the body it names, and you let whatever comes, come. If nothing comes, that's fine too. Trying is the only way to get this wrong.

Sit back or lie down, somewhere you won't be interrupted. Let your arms rest away from your sides. Close your eyes. *[pause for 10 seconds]*

Take one breath in, and let it go slowly. We'll begin.

02. Heaviness

2 min 30

[flat, even, identical each time — resist all expression]

My right arm is heavy. My right arm is heavy. My right arm is heavy. *[pause for 15 seconds]*

My left arm is heavy. My left arm is heavy. My left arm is heavy. *[pause for 15 seconds]*

Both my arms are heavy. Both my arms are heavy. *[pause for 15 seconds]*

Both my legs are heavy. Both my legs are heavy. Both my legs are heavy. *[pause for 20 seconds]*

My arms and legs are heavy. I am completely calm. *[pause for 20 seconds]*

03. Warmth

2 min 30

[same flat delivery — the warmth formula usually lands harder than heaviness, give it room]

My right arm is warm. My right arm is warm. My right arm is warm. *[pause for 15 seconds]*

My left arm is warm. My left arm is warm. My left arm is warm. *[pause for 15 seconds]*

Both my arms are warm. Both my legs are warm. *[pause for 20 seconds]*

My arms and legs are heavy and warm. I am completely calm. *[pause for 25 seconds]*

04. Heartbeat, breath and solar plexus

2 min 30

[slower still — these three are the deepest point of the sequence]

My heartbeat is calm and regular. My heartbeat is calm and regular. My heartbeat is calm and regular. *[pause for 20 seconds]*

My breathing is calm and regular. It breathes me. It breathes me. *[pause for 20 seconds]*

My solar plexus is warm. My solar plexus is warm. My solar plexus is warm. *[pause for 25 seconds]*

I am completely calm. *[long pause — 40 seconds]*

05. Cool forehead, and cancelling

1 min

[the cancelling sequence is not optional — read it firmly, it is what returns them]

My forehead is cool. My forehead is cool. My forehead is cool. *[pause for 20 seconds]*

Now we cancel. This part matters — autogenic training always ends deliberately, never by drifting off. *[pause for 5 seconds, then firmer]*

Bend and stretch your arms. Firmly, twice.

Breathe in deeply.

And open your eyes.

The one exception: if you're doing this in bed at night, skip the cancelling entirely and let yourself go to sleep. Thank you for practising with me.

USAGE

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