

RELEXA

PURRING RELAXATION

and other Cat Strategies



**Relaxation and Breathing
Exercises, Anti-Stress Techniques
to Beat Anxiety for Good. Cats
Know How to Meditate, Do You?**

Olga Storm

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ENVIED YOUR CAT?**
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Relaxa the Cat



Purring Relaxation and Other Cat Strategies



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Have you ever envied your cat?

Cats radiate warmth and positive energy — they know how to enjoy and live life in the present — seems like there's a lot we can learn from these tiny Zen masters.



Us people on the other hand, we live stressful lives, often riddled with tension and anxiety.

This audiobook was created to help solve these problems and learn from our cats — who have a lot to teach us about relaxation and being in tune with our bodies. You will learn how to reconnect with your relaxed state, how to enhance your sensitivity, and how to compensate for stress, while reducing anxiety.

This audiobook is essentially all about how to learn to relax deeply, how to fill yourself with positive vibrations and silently purr inside — like our feline friends.

You will meet an adorable cat named Relexa, who will teach you how to mimic his feline relaxation tricks and strategies.

And a professional psychologist Olga, who will translate cat language into human language — helping you to feel as totally relaxed, harmonious, super-sensitive and self-sufficient as possible.

This audiobook contains best five-minute meditations that you can listen to whenever you need to destress.

Practicing the guided exercises, you will also be able to master catlike grace. You will feel naturally confident and in complete harmony with your body.

Feline strategies may seem very easy and playful, however, in the end you will find that you have made a real leap in developing both physical and emotional intelligence.

CHAPTER 1

Introduction: Purring Relaxation



Hi, first, let me introduce myself, my name is Relexa. I have never been a monk, and I've obviously not studied any related teachings, I am not a Buddhist, actually, I am not religious at all — but I live in the present and in complete harmony with my body.

I am incredibly flexible, relaxed, and I can easily relax anyone. I am very playful, charming and a great communicator; I have many unique abilities and special life strategies that I would like to share with you.

In fact, it was easy for me to master these natural skills, because I was born a kitten, not a human. I am a cat and I have not forgotten my innate talents. Please do not think that cats are stupider than people, cats just have different talents and knowledge.

You people and us cats have a heightened body intelligence and great instincts. We actually have a lot in common, but for some reason you have forgotten how to use some of your natural abilities. I am not sure why people live with such terrible stress, I'm here to teach you how to relax and find joy in your everyday life.

I am sure you know that wild cats prefer to hunt at night. At night my cat eyes see better, I move silently, and less noticeably in the dark. But what do us wild and domestic cats do during the day? We rest. This is the time that we relax, bask in the sun, or enjoy the shade.

Cats are not workaholics, like other animals or humans. People often experience added conflict and suffering, especially with their bodies when they work too much and don't get enough rest, consequently, people are in a state of constant haste and stress. If you were a cat, you would spend more time resting, recuperating, and enjoying sleep.

You would spend more time taking care of yourself and enjoying carefree activities that give you pleasure. Walking every day would also help you to relax and purr, whether you are on your own, or in the company of someone who makes you feel good.

Being a cat, I may not be able to solve mathematical equations, but I do not waste my time on empty conversations. My cat head is not busy with endless internal dialogues, anxious thoughts, and overly ambitious plans.

I know what you are thinking — we are more evolved than you are, but us cats enjoy our perfection without ever comparing ourselves to anyone else. We know how to live in complete harmony with our own bodies, but you humans have already forgotten how to do this — what a pity.

Maybe I, Relexa the cat can be an excellent teacher for you in many ways and help you develop your ability to live in the present, be centered in your own body, and live in true harmony with yourself.

If you were a cat, you would always find the most comfortable place and position. If you were a cat, you would be able to warm and calm yourself when you need it and could therefore warm others.

You would truly try to enjoy life, to be relaxed and joyful — even if you have no specific reason to feel that way. You might even discover an incredible sense of playfulness and charisma in yourself. So, believe in yourself, because there is a little feline in everyone.

CHAPTER 2

Maintain a Comfortable Posture.



Relexa the Cat.

When I go to bed, I always choose my spot carefully, then I make myself as cozy as possible — turning around, stretching, curling up, and most importantly, I need to feel comfortable.

I love to take naps. And when I get up, I always stretch and yawn, I freshen up, and kind of warm up before going on with my day. Cute. I know.

In the past, people were naturally able to mimic this strategy, but now, according to my observations, you spend too much time in your head. Next time, try changing your posture and you'll see that this is an effective way to help you switch moods.

Oh, by the way, my best friend Olya does yoga, and I also practice my poses with her. When you do a backbend, you feel invigorated, and when you bend over, it helps to calm you down. Try standing on your head, and you will find your balance.

Watching Olya practice yoga made me realize that I have been doing a lot of this stuff since I was a kitten.

They also call our cat stretches "dog face up" and "dog face down." Hilarious. How many dogs you seen that are flexible like us cats? That's right, None!

When I just stand or sit, or when I just walk, people admire how beautiful and graceful I am. Yet, I do not pose for anyone, I simply find the best position and make myself comfortable.

Olya. What can we learn from a cat?

When I think about cats, it always seems to me that they look at us humans with a level of superiority. But working as a psychologist for many years, I know many people are truly unhappy, even if they don't admit it to themselves.

I have seen how many women and men are often obsessed with physical attractiveness and forget how to experience physical happiness and comfort. It's sad to realize how many of us are preoccupied with superficial opinions, more so than with real relationships.

Maybe cats really are superior to us, even if not in every way, but in some respects and abilities.

Sometimes it's helpful to imagine yourself as someone more advanced and efficient. Imagine you are limitless, super productive, in the exact position you want to be, how you would socialize with other people? How would you feel? Would you be less stressed and anxious, or more so?

Think about how you would physically tune in to deep rest and relaxation.

The feeling of anxiety in everyday affairs can be reduced if, instead of thinking about possible failure, you straighten your shoulders and your back, take deep, conscious breaths, tune in to what you are doing completely — physically and emotionally.

In all situations, before you start to relax, position yourself in a way that makes you feel good.

During the day, be aware of what position you are in, and try to adjust, so that you in the most comfortable position possible.

By consciously choosing your posture, you can choose your state of mind.

For instance, for quicker learning, and effective thinking, a symmetrical sitting or standing posture maintaining a straight back is most effective.

I think if we want to learn from cats, we must adopt their strategy and learn through play, and imitation, through real action. Let's do some exercises right now that will help you naturally choose the best posture and tune in mentally to learning, creative work, and rest.

Please do not attempt these meditation exercises while driving. To practice any of our recommended exercises, please choose a calm and comfortable place where no one will disturb you for at least 5 minutes. So put on your headphones and enjoy, these exercises will be both useful and pleasurable.

Meditation exercise. Resting pose.

You may have noticed that cats allow themselves some time to adjust their posture, change it, and get comfortable. This exercise is all about developing this skill.

So, if you have already found a comfortable place to relax, begin by stretching and feeling your whole body. Take any comfortable posture, take a deep breath in and out, while trying to remain aware of all sensations.

With the next deep breath, add more weight to the surface you are lying or sitting on.



Be aware of any signs or sensations of comfort or discomfort throughout the body —

change position, inhale deeply, exhale slowly, releasing all tension.

Now, put more weight on your lower body,

then on the upper body,

let the head also relax and give more surface weight.

Change positions, again, choosing something that evokes the deepest feeling of relaxation.

Just breathe consciously for a while, enjoying the comfort and harmony of the body. Stretch and feel your whole body rested and refreshed. Return to your normal active state.

Meditation exercise. Pose for learning and effective visualization and creative thinking.

Get into a comfortable sitting position. Breathe in and out calmly. Feel the support you are sitting on and distribute your weight symmetrically. Breathe with full awareness of this feeling of support.

Straightening your back, allow your spine to stretch so that you feel as comfortable as possible, straighten your shoulders, slightly raise your chin, look straight or upwards. Imagine the sunlight pouring onto you.

Take a deep, slow breath, opening your chest. Exhale slowly, as if you are exhaling your energy through your hands and into your palms.

Feel the strength and confidence in your hands and palms.

Inhale again, straightening your shoulders, feeling the inner lift, exhale slowly filling the entire body with energy.

You will feel confidence and active energy flowing through your body.

Repeat this exercise before you start working on intellectual or creative projects and activities.

When you think and create, try to be fully aware of yourself and your thoughts, try to direct all your feelings and inner strength to the task.

Turn on your intelligence one hundred percent. Be creative and open minded, be playful yet critical, and enjoy the process.

Look for interesting ideas, be totally attentive, internally active, grab onto good ideas, play with them, consider them, feel them from all sides, criticize them, and choose only the best ones!



CHAPTER 3

Warming and Cooling



Purring Relaxation and Other Cat Strategies

Relaxa the Cat. How do I warm myself?

When you people are lonely and cold, us cats try to warm you inside and out with our warmth and purring.

Yes, warmth is something we always have available. I'm a master at generating warm.

When I'm feeling lonely or just cold, I curl into my special cat warming pose. I feel inward-looking and whole, I breathe with my whole body, warming myself, sometimes I purr softly, creating special vibrations full of pleasure, and generating internal energy.

Oh, if I could teach you this! It would be life changing.

Olya. Warming up and purring.

Sometimes we need to feel that we are emotionally whole, to feel warm inside, we need to learn to generate these feelings of warmth and well-being within ourselves.

The next meditation exercise will help you learn how to warm yourself up on a very deep emotional and sensual level.

Before starting meditation, find a quiet place to relax for five minutes where no one can disturb you. While sitting or lying down, position yourself so that you feel as bodily and emotionally focused on yourself as possible.

So, you feel as self-sufficient as possible, a position in which you feel comfort, and harmony within yourself.