

## **Virtual ME/CFS and Relaxation Centre in Second Life**

by a member

I have recently come across a brilliant virtual ME/CFS support and relaxation centre on the internet which is called **The Centre for ME /CFS and Other Invisible Illnesses in Second Life**.

Second Life is an on-line multiuser virtual world, used by many different groups, where one is represented by an avatar. One can chat with others around the world in real time and follow interests from home.

Within Second Life there is an ME/CFS Centre where there are resources, art exhibitions, games and places for people to meet. Within this centre there is also a wonderful relaxation centre where you can listen to relaxations and yoga nidras. If you like you can go for a wander around and find various places to sit and relax, such as beside a waterfall with lovely waterfall sounds in the background, or on a beach with the sounds of the sea in the background. You are able to chat to people you meet there both in text or in voice. It is a fantastic place for anyone with ME/CFS and is a very suitable and safe environment for those who are housebound or bedbound.

The relaxation centre has guided relaxations playing all the time, the recording being changed daily. The relaxations include yoga nidra, guided imagery, nature sounds, progressive muscle relaxation, relaxation for health and healing and guided relaxation. They vary in length from 10 minutes to 50 minutes. There are also facilitated group relaxations where you can do a relaxation or yoga nidra with other people guided by someone. This is done in a lovely location by a tree not far from the sea where there are several yoga mats placed in a semi circle. You just move your avatar up to a mat and click on it to lie down. When the relaxation starts you can move away from your computer and just lie down or sit wherever you are in your real world e.g. lie on the floor on a mat or in bed and listen. Although I often do relaxations and yoga nidra by myself at home, its really nice to be able to do a relaxation/yoga nidra with others too. It's also a lovely way to meet new friendly like minded people. I've been doing facilitated group relaxations/yoga nidras at the Relaxation Centre with others from all around the world, from Australia, the USA, to Europe and the UK. I thoroughly recommend joining – it's well worth the effort.

There are also other areas on Second Life which may be of interest, such as meditation groups, which some of the members of the Relaxation Group have recommended.

**Information on how to join Second Life** is on the **Facebook page** for The Centre for ME /CFS and Other Invisible Illnesses in Second Life

<https://www.facebook.com/ME.CFS> . There a post pinned to the top of the Facebook page with all the instructions needed to join. First of all you must join Second Life, which is an on-line multiuser virtual world and this is explained on the Facebook post. After joining Second Life you can then enter the Relaxation Centre by clicking on the link in the Facebook page. If you need help joining or using Second Life or the Centre then contact the group

administrator Dianne Elton. Dianne lives in Australia and is very friendly and helpful and has severe ME/CFS. You can contact Dianne by either sending a message on the ME/CFS Facebook page (above) or sending her a message on her Facebook page. Her details are on the “About Us” page on the above Facebook page. If you are thinking of joining Second Life, let Dianne know and, if necessary, she may be able to (or arrange for someone) to show you around and help get you started. It’s really important to remember, however, that all the people in the ME/CFS group on Second Life, are very ill also and just like you, have their limitations healthwise.

Once you have made the effort to join Second Life and the ME/CFS Centre and Relaxation Group and have mastered very basic navigation etc. and made the relaxation area your home page it becomes very easy to use, so it is well worth the effort.

The Facebook page for The Centre for ME /CFS and Other Invisible Illnesses in Second Life also has lots of other interesting information. There are also some direct links to some free on-line relaxations.

### **Here is some additional information for reference later on if you do decide to join.**

**To access the Relaxation Centre**, you can click on the link in the pinned post on the Facebook page and then click on “visit this location” (or you can put <http://maps.secondlife.com/secondlife/Bentley%20South/31/50/23> into the Second Life browser address bar or your Internet browser address bar) . In order to partake in group relaxations and yoga nidras you need to **join the Relaxation Group**. You can join the group in several ways. (a) One way is to contact Dianne with your Second Life avatar name and she can send you an invitation. (b) Another way is to go to the Relaxation Centre in Second Life and to one end of the mats there is a “join sign” – which has a picture of the yoga mats in a semicircle. Just click on the “join sign” and follow the prompts which appear in local chat. If you put <http://maps.secondlife.com/secondlife/Bentley%20South/21/47/23> into the Second Life browser address bar it will bring you close to the join sign.

**To access The Centre for ME/CFS and Other Invisible Illnesses** where the resources are, you can use <http://maps.secondlife.com/secondlife/Bentley%20South/92/78/21>. There should be a “join sign” nearby. There is also a “join sign” at the Relaxation Centre. Or, alternatively, if you have mastered Second Life navigation you could try walking your avatar there from the Relaxation Centre.

**If you need help using and navigating around in Second Life there is a tutorial** which can be found by pasting <http://maps.secondlife.com/secondlife/Virtual%20Ability/170/99/23> into the Second Life browser address bar. Please remember if you need help, you can contact Dianne and she can help you or put you in contact with someone who can and they may be able to go round with you.

**Emails of when there are group relaxations/yoga nidras are sent to** members of the Relaxation Group. Please note that the times are in San Francisco (Pacific) Time. (For UK time you need to add 8 hours at the time of writing this). Remember to check your junk folder in case the emails end up there.

Sheffield Yoga for ME/CFS

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[www.sheffieldyogaforme.org.uk](http://www.sheffieldyogaforme.org.uk)