

Progressive Muscle Relaxation Induction.

Sit comfortably down, place your feet flat on the floor or let your legs rest uncrossed on a foot stool...let your hands rest on your thighs...take a deep breathe in... and slowly exhale... Take another breath and as you exhale, let the muscles around your eyes relax. Really relax the muscles around your eyes and temples, imagine the skin smoothing and softening. Your eyelids might start to feel heavy, so very heavy. It's ok just let your them close, let your eyelids close. Now start to relax the muscles of your face... the muscles of your cheek...relaxing the muscles of your jaw... so often we carry tension here...allow yourself to relax the muscles of your jaw...and it's ok to let your jaw open a little. That's it, just let any tensions drift away, it's ok just to feel comfortable just as you are.

That's right. Feel the muscles of your neck loosen and relax. Let the muscles in your shoulders go and let any tensions melt away. As you breath out, let the muscles in your chest relax and let go. Any stressful thoughts that come to mind, just let them go, let them melt away. Your back is well supported; let the muscles in you back unwind and relax, that's right, you're doing fine. Just relax, feel yourself drifting down to a wonderful feeling of relaxation.

Your arms can feel loose and relaxed all the way down to your fingertips. Let any tension just dissolve away. Your arms may feel heavy or your fingers may tingle and that's ok too. Feeling so comfortable, just drifting.

Each breath you take helps you relax a little more and any sounds you hear outside don't matter at all as you let yourself drift into a deeper relaxation.

As you exhale, let the muscles of your stomach relax, feel the tension fall away from your body as the muscles loosen and relax. Now as your body relaxes, move that relaxation down to your thighs, let them relax and in your calf muscles, let the tension melt away. Feeling so comfortable now, relaxed all the way down to your toes.

Notice how very comfortable your body feels, drifting in your relaxation, floating, deeper and deeper relaxed.

Deepener

And as you are relaxing deeper and deeper, imagine a beautiful staircase ahead of you. There are ten steps that lead to a special, peaceful and beautiful place for you. In a moment you can begin to imagine taking a safe and gentle and easy step down, down on the on the staircase leading you to a place that is peaceful for you a very special place for you. It can be anywhere you imagine it to be, perhaps it is a beach next to the ocean under clear blue skies, or perhaps in the mountains breathing in the fresh crisp air. Any place for you is fine.

In a moment I am going to count down from ten to one and as I do you can imagine taking the steps down and as you take each step you feel yourself becoming more deeply relaxed, more and more relaxed. Feel it just drift down, down each step and relax even deeper, ten, relax even deeper, nine...eight.....sevensix, deeper relaxed... fivefour....three...twoone deeper, deeper, deeply relaxed.

And now you can imagine a peaceful and special place, your special place. Perhaps you can even feel it; this is the most peaceful place in the world for you. Imagine yourself there, feeling the sense of well being as the peace and tranquility flows

through you. Enjoy these positive feelings and you can keep them with you long after this session ends. You can enjoy the feelings for the rest of the day and into the evening, tonight and tomorrow and beyond, wonderful peaceful, relaxed feelings.

Allow these positive feelings to grow stronger and stronger, feeling at peace and with a wonderful sense of well being and know that every time you relax like this you will be able to go deeper and deeper, more and more relaxed.

These positive feelings will stay with you all day and grow stronger and stronger as you continue to let yourself relax deeper and deeper.