***Stress Management Training***

Session Eight. Relaxation Exercise Script

***Inner Peace and Calm***

This is a relaxation exercise that can help you to listen to your own inner wisdom and healing capacities………..

You should be sitting or lying comfortably with your arms and legs uncrossed and your hands at rest……………………….

And allow your eyes to close…………. Take a deep breath as you begin to relax.

And allow the muscles of your face to relax…………. Allow them to become slack as you let go of any fixed expressions you have been wearing……… and relax the muscles behind your face……………. Allowing the relaxation to spread up into the muscles of your scalp…………. And down into the muscles of your neck……… feeling heavier and heavier and more and more relaxed.

And allow the relaxation to spread into your throat…….. relaxation spreading into your shoulders……….. and down your arms to your elbows, forearms, wrists, hands and fingers……..……….. feeling heavier and heavier and more and more relaxed.

And allow the relaxation to spread down into your chest…….. Relaxation spreading down to your stomach and lower abdomen……. Relaxation spreading all the way down your spine……….. from your neck and upper back, down to your lower back and buttocks…….. feeling heavier and heavier and more and more relaxed………….

And allow the relaxation to spread down into your thighs……… relaxation spreading into your knees and calves, down into your ankles and into the muscles of your feet. Feeling heavier and heavier and more and more relaxed…………….

And now relax your thoughts, imagine that all your thoughts or problems are bubbles, floating up to the surface of a glass of fizzy water, and as the bubbles reach the surface, they burst, and all your worries are released into the air. And do this now……..

And imagine that you are standing at the top of some old steps made of flagstones, with plants and flowers growing between them……… and the sun is shining….. and you can feel a warm breeze on your face……… and in a moment I am going to ask you to go down these steps, you will find it very easy, and as you go down I will count from ten to one, and with each number that I say, with each step that you take, you will become more and more relaxed……….. And go down the steps now…………. Ten, nine, eight, seven, six, five, four, three, two, one……. And you find yourself in a clearing, in a wooded area……. And you feel completely safe and comfortable in this place, as you gently become aware of what’s around you, smell the smells, hear the sounds, see what’s growing……..

And you notice a path leading down, away from the clearing, and you follow this path until you come to another clearing, a very peaceful and protected place…….. a fire burns in the middle of the clearing, and you become aware of a wise person, who is your own wise person, sitting calmly by the fire……… as you approach, your wise person welcomes you with a smile, and you greet them and sit together for a while……. And you look at the wise person’s face and become aware of their deep calmness and wisdom…….

And you may ask your wise person any question you like…….. listen carefully to the answer……… letting it become clear to you………

And rest for a few minutes………… and now it’s time to leave…….. say goodbye to your wise person, knowing that the calmness and wisdom of this person is your own calmness and wisdom……. Return by the path to your own clearing, feeling calm and at peace………

And find a comfortable resting place in your clearing and lie down on the soft grass, feel the warm sunlight on your skin, sink deeper into the warm soft grass and become aware of your slow calm breathing…………..

And as you lie there, comfortable and relaxed, become aware of a small blue light above you, and this light is a healing light, and the light begins to grow, becoming larger until the light is all around you……… and you feel its healing power…….. as you gradually allow it to sink into your body…….. healing any illness or tension or sadness…….

And as you feel yourself receiving the healing powers of this blue light, add to that power the force of your own healing powers……… imagine the healing powers of your own body coming together with the blue light, healing you…….. and imagine yourself feeling really well, free of tension, smiling and celebrating……… see and feel yourself, well, happy and free………

And allow the healing light to shrink to a small spot and disappear………….. leaving you in the golden sunshine……….. And be aware that this healing power is yours, just as calmness and wisdom are yours……….

And in a moment I am going to count to five, and when I reach five you will open your eyes feeling calm and at peace.

One, two, three, four, five………. Open your eyes now, ready to return to your daily life with a clam confidence.