

A simple progressive relaxation technique:

Make yourself comfortable either lying or sitting down...your arms and legs uncrossed...and allow your eyes to gently close...I want you to concentrate on the different parts of your body...as you think about these body parts you can allow yourself to become completely relaxed...you can relax every part of your body until your entire body is relaxed...more relaxed than you have ever been...releasing all tension...all fatigue...becoming completely relaxed...relaxed...relaxed.

Focus on your neck...move your head gently from side to side and relax...let go and relax that part of your body...your jaw...let it relax naturally...teeth slightly apart...your tongue resting behind your bottom teeth...focus on your face...feel those muscles letting go and smoothing out...forehead and cheeks relaxing more and more...feeling all of those face muscles relaxing...letting go...loose and relaxed.

The top of your head down to the back of your head...letting go and deeply relaxed...as your body relaxes...your mind relaxes...every muscle in your neck, face and head relaxing deeper and deeper with each and every breath you take...your shoulders...relaxing heavily and naturally...feeling loose and limp and lazy...your back...feeling all of those back muscles relax like a handful of loose rubber bands.

Your breathing is easy and regular...relaxing even more deeply now...your arms...heavy and relaxed...feel those muscles letting go...your hands and fingers...comfortably relaxed...focus on your chest...feel that relaxation filling your chest muscles...relaxing deeper and deeper...let your mind relax...let it go deeply relaxed...your stomach muscles soften as you relax deeper than you have ever known...your waist, hips and thigh muscles... letting go...heavy and relaxed...your calf muscles...your feet and toes...limp...loose...deeply relaxed.

Your body is beautifully relaxed... sinking deeper and deeper into relaxation...your breathing becoming even more regular and easy...in a moment I'm going to count down from ten to one and with each descending number you can allow yourself to drift deeper...and deeper...into peaceful relaxation.

Ten...nine...eight...seven...six...five...four...three...two...one...a wonderful sensation flowing over you...no cares...no worries...nothing bothers you...nothing concerns you...you are completely at rest...it would take all of your effort to move a single muscle...you are aware of everything around you and relaxing deeper and deeper with every sound that you hear...you find it easy to focus your attention and imagine things very clearly.

I wonder if you can imagine an old stone archway...looking through this archway you see before you a beautiful tropical beach...it is very private...very safe...very relaxing...soft golden white sand stretches as far as your eyes can see...the warm summer sun shines in the perfect blue sky shining its powerful healing rays into the calm turquoise ocean...gentle rolling waves lap calmly at the waters edge creating a sugar- white foam full of diamond like bubbles...seashells of various shapes, sizes and colours lay scattered on the warm soft sand...tall palm trees...their giant leaves relaxing heavily in the warm summer sun...clusters of wild flowers grow calmly...their scent floating sweetly on the calm sea breeze...you can almost taste the salt in the air as the warm summer breeze plays against your skin...small rock pools with warm shallow still waters offer a safe haven for multicoloured

fish...a single soft white cloud floats across the summer sky as a songbird flies on the sea breeze and you hear the faint sound of its song...adding to the deep...deep feeling of relaxation...there are five steps leading down to this beach and with each step you take...you can allow yourself to go deeper and deeper into relaxation...so lets begin.

Imagine your foot as you place it firmly on the first step...as you do this you can feel yourself becoming more and more relaxed...down onto the second step now...feeling a wonderful relief as you drift deeper down into peace...onto the third step...feeling wonderfully free and so...so relaxed...as your foot reaches the fourth step...another wave of relaxation washes over you and through your entire body...down onto the fifth step now and feeling even more relaxed than ever before.

And now you're standing on the beach...feel the warmth of the sun all over your body...soft...warm...deep...sand under your feet...you see a little way ahead of you a beach hut...and at its side a relaxing beach chair full of deep soft cushions...you calmly walk over to the chair and sit down...you're surprised how comfortable it is...feeling even more relaxed...you take a deep breath...filling your lungs with fresh...clean...tropical sea air...as you breathe out a wave of powerful healing energy floods your mind and body...filling every nerve...every fibre...every cell in your entire being...each time you breathe in...You breathe in positive healing energy...and each time you breathe out...you release tensions...leaving more room for more positive healing energy.

****Brief pause****

It's time to bring this relaxation session to an end. In a moment I'm going to count up from 1-5. At the count of five your eyes will open and you will feel refreshed, relaxed, wide awake and fully aware ready to enjoy the rest of your day.

1-2-3-4-5...eyes opened, feeling refreshed and fully aware.