

Visualization Relaxation: Journey

Now we are going to begin the relaxation:

Put warm things on and cover yourself with a blanket.

The spine nicely aligned

Dip the chin down towards the notch in your neck so to straighten the back of the neck, soften your face

Arms a few inches away from the side of the body with palms facing upwards

Legs slightly parted and feet relaxed out to the side

As you settle into relaxation pose, relax the weight of your body into the support of the floor. Notice how the body makes contact with the ground. Release the back of your legs, the back of your hips, your lower back, middle back and upper back. Release the back of your shoulders, the back of your arms, the back of your neck and the back of your head. Make any adjustments you need to, to relax the body into the ground more fully. Soften into the support of the ground beneath you more completely.

Feel the muscles of your face, easing your eyes and your forehead, your mouth, jaw and tongue, relaxing your whole face. Feel the rise and fall of your belly as you breathe. Notice each inhalation as it enters the body and each exhalation. Breath in calm and breath out any tension, breath in calm and breath out release.

We are going to take a short journey now to a place of calm and tranquillity. A place where you feel warm, safe and relaxed. Imagine yourself in a beautiful meadow, see the vibrant colours all around you. Hear the sounds of nature. It's a beautiful summer's day and the sun shines brightly against the blue sky. You notice white wispy clouds gently drifting across the bright blue sky. You feel a warm gentle breeze brush against your cheeks and blow through your hair. The trees stand tall and proud and you watch and listen as the birds fly from branch to branch, you notice the vivid green of the leaves and the way the sunlight shines through them changing their shape and pattern as they are reenergised with the light and energy from the sun. You feel so very relaxed here, safe and warm as all of your tensions melt away in the warmth of the sun. You hear the many grasses of the meadow sway gently in the breeze as if they are weightless and light as a feather. You smell the perfume of the many different wildflowers that grow here and observe the bees feeding on the nectar. You notice the brilliant colours of the butterflies as they flitter across the bright blue sky.

As you continue on your journey through the meadow you come to a very shallow stream, as you look into it you see the sunlight dancing on the top of the water and you notice how it glistens as you look a little deeper into the very shallow water you notice tiny fish swimming their beautiful silvery scales glimmering in the sunlight.

There is a large boulder near the stream it has been in the sun all day and is warm and comfortable to lay upon. As you lie upon the boulder you close your eyes and feel the warmth of the sun listening to the gentle sounds of the stream. You feel the warmth and energy of the sun radiate down onto the top of your head like a brilliant white light, you begin to feel infused with a beautiful golden light it flows from the top of your head down into your neck, the shoulders, the arms, the elbows, the forearms, the wrists, the hands and all of the fingers. You feel its warmth move through your upper back, chest, the middle of your back, lower back, belly, hips and buttocks. It radiates downwards towards your legs, the back of the legs, the front of the legs, the knees and the feet all the way down to your toes.

As you breathe in this golden light, every inch of your being is infused with warmth and calm you feel completely relaxed. Enjoy this feeling of complete relaxation....

In a moment we're going to leave this place and return to the present moment but before you do remember how safe you feel here, how warm and deeply relaxed it is, it is your very own oasis of calm and you know you can return here whenever life becomes stressful or you simply need a place to just be.

When you're ready we're going to begin moving out of relaxation, gently move the fingers and toes. Let your sensation spread into the hands and feet. Stretch or move in any way that feels good. Then roll onto your right side and rest there. Breathe easily. When you are ready bring yourself up into a comfortable seated position. Rub the hands together briskly and feel the warmth and energy between the hands. Place the palms of your hands over your eyes and open your eyes wide into that energy.