

Relaxation Imagery

When you are ready, close your eyes and take a few slow, deep breaths. It is time to let go of your scattered thoughts and anxious feelings. Lie down on a blanket on the floor with your palms up and your feet separated slightly, letting your toes fall out to the side. Adjust yourself so that the skin of your back is smooth on the floor and there is a slight curve in your lower back. If you have any pain in your knees, bend your legs and place your feet flat on the floor.

Take your mind back to when you were in school, sitting at a desk, and looking at a chalkboard in front of the class. The entire board is covered with writing; it is filled with words and symbols that seem confusing and cluttered. These words and symbols represent the clutter that is in your mind, clouding your focus and interrupting your train of thought. Now imagine that in your hands you have a large, soft sponge, which you dip in a bucket of warm water and slowly wring out. Using your sponge, begin to move it across the board, gently clearing it and removing all traces of chalk. As you wipe the board clean, imagine that you are clearing out all of the worries and fears from your mind, erasing them from your thoughts and leaving yourself feeling calm, focused, and refreshed.

Continue with your eyes closed and begin to feel where your body contacts the surface beneath you, wherever your body contacts the chair. Feel the gentle support under your shoulders, arms, back, legs, and feet. Where there is muscle tension, begin to let it go. Begin to become more aware of your breathing, letting your breaths become longer and more relaxed.

Now bring your mind to a scene from your past in which you felt very relaxed, comfortable, and secure. This scene represents peace and relaxation; it takes you to a place away from all your worries and fears. Take a moment to lie down in this place and notice what it looks like. What are the sounds that you hear? Notice the colors that you see, the aromas that surround you, and what emotions you associate with the scene. Do you feel warm and cozy or refreshed by a cool breeze? You can return to this scene whenever you wish, and you can stay as long as you want.

Now become aware of your breathing again, and sense the surface underneath you that supports you. Begin to return to the present, where you feel relaxed, calm, and comfortable. Open your eyes and experience any feelings you have, any emotions that you feel, and notice how quiet your mind is and how relaxed and refreshed you are.