

Waves

- Imagine yourself at the seashore, looking out on a vast ocean
- See the waves coming over and over
- Hear the sound of the waves, the rhythm of the waves
- Smell the waves, the salty waves

The Cloud

- Close your eyes
- See yourself lying on a cloud
- Feel yourself floating
- Feel no weight in your body
- Just feel yourself floating

The Brook

- Close your eyes
- See yourself beside a brook
- Hear the water passing by
- Watch the water flowing
- Watch the water, clear and pure, moving
- Feel the peace of the water

Geese

- Close your eyes
- Imagine geese flying in the sky
- See yourself - your own spirit - flying with them
- Watch them growing smaller as they fly away
- Feel yourself moving slowly, effortlessly with them
- See them disappear over the horizon

Dunes

- Close your eyes
- See the dunes along the beach
- Imagine lying by the foot of the dunes
- Feel yourself growing comfortable on the sand
- Feel the restful dunes protecting you
- Feel yourself at peace

Sky

- Look up at the sky
- Study the sky
- Feel the immensity
- Watch the sky's characteristics
- Read the sky
- Watch the show in the sky

The Sun

- Imagine the sun - not too hot - just pleasantly warm on your feet
- Feel the sun warming your legs
- Feel the sun on your abdomen
- Feel the warmth on your chest from the sun
- Feel your fingers and hands warming from the sun
- Feel the sun on your arms and your arms becoming warm
- Feel the sun gently warming your face

Mountain Air

- See yourself in the mountains
- Take a deep breath
- Smell the cool, fresh mountain air
- Feel your lungs filling with that sweet, refreshing air
- Breathe again and feel, the cool air coming into your nose
- Smell how pure the mountain air is

The Moon

- Close your eyes
- Imagine it is a clear night
- See the full moon brightly shining in the dark night
- Look down at your feet
- See the moon - the whole, huge moon - reflected in a tiny pool of water
- Concentrate on the moon's reflection

A Pebble in the Lake

- Imagine sitting beside a clear, blue lake
- Drop a small pebble in the water
- Watch it slowly, slowly float to the bottom
- See the circles on the water's surface
- Watch the circles widen and widen until you feel completely relaxed

Tight Fist

- Tighten the fist on your right hand
- Hold it, hold it, tighter and tighter
- Release it slowly
- Feel the tension being released
- Tighten the fist on your left hand
- Hold it, tighter and tighter
- Release the fist slowly
- Feel all the tension spread away

The Magic Circle

- Make a circle with your thumb and forefinger, leaving a ¼" space between them
- Focus on your fingers, the circle, the space
- - As you become more relaxed, the thumb and forefinger will close forming a complete circle
- Focus on the circle
- Feel your finger and thumb closing the circle
- As the circle closes, feel the relaxation become deeper and deeper

The Refuge

- Imagine a place where you feel safe and peaceful
- See yourself coming closer to that place
- See yourself entering that special place
- See yourself safe and peaceful in that wonderful place

The Neck Drop

- Close your eyes
- Let your chin drop to your chest
- Rotate your head slowly from left to right in a complete circle
- Stop and let your chin fall to your chest again
- Now rotate your head again in a full circle from right to left

Warm Hands

- Close your eyes
- Place your right hand, palm down, in your lap
- Concentrate on your hand
- Imagine your hand getting warmer and warmer
- Feel your fingers getting warmer
- Feel your palm getting warmer
- Feel your face and forehead becoming pleasantly cool

The Shrug

- Stand up or sit straight
- Let your shoulders drop
- Now bring your shoulders up toward your ears
- Let them drop again
- Shrug your shoulders and release them five times
- Feel your shoulders relax

The Stairs

- Close your eyes
- Imagine you are standing at the top of a flight of ten stairs
- Count the stairs
- Imagine at the bottom of the stairs is total peace and harmony
- Slowly descend the stairs one step at a time, counting the stairs as you go
- With each step you are getting closer to total peace
- At step five say, "I'm halfway there"
- Feel yourself going deeper and deeper into relaxation
- Go all the way to ten
- At ten say, "I am deeply relaxed"

Bodiless

- Close your eyes
- Say to yourself, "My feet are warm, heavy and relaxed"
- Say to yourself, "My legs are warm, heavy and relaxed"
- Say to yourself, "My abdomen is warm, heavy and relaxed"
- Say to yourself, "My hands are warm, heavy and relaxed"
- Say to yourself, "My arms are warm, heavy and relaxed"
- Say to yourself, "My back is warm, heavy and relaxed"
- Say to yourself, "My neck and shoulders are warm, heavy and relaxed"
- Feel your whole body become relaxed

Music

- Close your eyes
- Listen intently to a piece of soothing, special music
- Hum the piece as you hear it
- Let the music surround you
- Let the music sink into your pores
- Feel the music enter your entire being

Texture

- Close your eyes
- Select the feel of a favorite texture such as silk or a down comforter
- Imagine the texture on your skin
- Feel the texture
- Feel yourself pleasantly wrapped in the texture

Fragrance

- Close your eyes
- Think of a fragrance you enjoy such as cedar, gardenias, fresh-cut grass
- Fix the fragrance in your mind
- Breathe in the fragrance
- Smell the pleasant fragrance
- Imagine yourself in a cloud of fragrance

Blood Flow

- Close your eyes
- Imagine you can sense your blood flowing through your veins
- Picture yourself turning a knob to slow the flow
- Feel the blood moving more slowly and quietly
- Let your blood move calmly through your entire body

Eternal Unity

- Breathe in deeply, closing your eyes as you do
- Slowly release your breath saying “One”
- Breathe in deeply again
- Say “One” as you release your breath
- Breathe in deeply again, knowing the air you breather is the same air that was here when the world began
- Breathe out slowly, saying “One”
- You are one with eternity

The Phrase

- Close your eyes
- Select a favorite phrase such as “Walk with beauty,” “The Lord is my shepherd,” “An eternity of endless space”
- Repeat the phrase three times, breathing deeply as you do

Pouring Out Tension

- Close your eyes
- Extend one hand in front of you--arm straight out
- Turn your palm up and make a small cup with your hand
- Imagine the cup in the palm of your hand being full of tension
- Very, very slowly turn your hand over
- As your hand turns over, feel all the tension spilling out
- The more your hand turns over, the more you are at peace
- Let all the tension pour out

The Tub

- Close your eyes
- Imagine lowering yourself slowly into a hot tub
- Feel your feet become warm and heavy
- Feel you legs become warm and heavy
- Feel your whole lower body sink into the warm water
- Feel the water cover your chest
- Feel the warmth spread up over your neck and shoulders
- Feel your whole body become warm and sinking downward into the pleasant water

Focused Breathing

- As you breathe in, concentrate on your diaphragm's expanding
- Feel it contract as the air escapes when you breathe out
- Just focus on your diaphragm as it expands and contracts
- Keep your awareness concentrated on your breath and diaphragm for one minute

Tingle Breathing

- As you breathe in, feel the air flowing up your nostrils
- As you breathe out, feel the air touching the hairs at the end of your nose
- Feel the tingle as the air brushes across the hair in your nose
- Breathe with awareness of the tingle for about one minute

Three Breaths

- Take a deep breath in
- Hold it
- Let it out slowly
- Take another deep breath in
- Hold it
- Let it out slowly
- Take one more deep breath in
- Hold it again
- Let it out very slowly

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