

## Deep Relaxation

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“Time-out!” How often during our busy lives have we wished that we could just call “time out” and everything would stop for a short while, while we relax deeply and regain the energy to resume. Perhaps a short daydream, just like this script, is all that your client needs.

### **(The Script)**

I would like you now to use your imagination ... as you relax ever deeper and deeper ... and imagine now it is a warm summers day ... you are out in the country and have found a lovely spot to spread your blanket and take in the view. Spread your blanket now and gently seat yourself in a very comfortable position ... that's it ... so warm ... so comfortable. It is one of those days when you have all day and nowhere to go ... just you ... the warm sun and the clear blue sky stretching out seemingly for ever. Feel the healing warmth of the sun on your body ... for it is the perfect temperature today ... the day you have decided to get away and do some deep relaxation.

You are in a large field covered in lush green grass. The field is surrounded by beautiful trees whose leaves gently rustle in the warm, light breeze as do also the wild flowers growing throughout the field. You feel so relaxed and calm as you notice a solitary eagle far off in the distance circulating high up on the air currents. You notice how he does this with no effort at all ... he just stretches out his huge wings and ... floats ... nature provides all he needs. You notice the trees on the edge of your field ... they are all so majestic and beautiful and yet they just grow so tall without effort ... it just happens as nature provides all that they need.

Imagine now that you lie back on your blanket and slowly close your eyes. So warm ... so comfortable ... so relaxed. You ponder for a moment on the eagle and the trees. They just live their lives knowing that there will always be a tomorrow and that nature will provide all they need. They have faith in this and they understand the loving energy that flows through all things, as of course, so do the grass and the flowers ... they just are ... they are just being.

As you lie comfortably on your blanket in the warm sun, with the gentle breeze making everything perfect, you realise that you are now so relaxed that you too, are just being ... you just are ... you are a part of everything and you can now understand that no matter where you are in life ... whenever you need to ... at work ... at home ... travelling ... you can always take yourself back to this field in your imagination. You can and will be momentarily back on your blanket in this beautiful field ... feeling the healing warmth on your body ... and the companionship of the eagle, the trees and the grass and flowers. You will automatically drop into a state of

deep relaxation as you allow nature's energy to flow through you and restore you ...  
look after you ... nurture you ... just like the eagle, the trees, the grass and the  
flowers.

You will just be. A human being ... having the faith that nature will provide all that  
you need and that there will always be a tomorrow.