

## Deepener - Clouds Across the Sky

I'd like you to use your imagination for a few moments now. I'd like you to imagine ... to think about ... yourself lying down ... outside ... on the most comfortable piece of furniture you can imagine ... It is a warm, gorgeous day ...

The sun is just beginning to set ... The temperature is just right, just the way you like it ... Best of all, there are no insects anywhere to distract you... It is as if this place were made just for you ...

You find yourself alone and completely safe ... comfortable ... So go ahead and imagine that piece of furniture that you are on right now ... Describe it to yourself in detail ... What is the color? ... The size? ... The texture? ... Get it clear in your mind so it becomes "real" to you ... It is more comfortable than the softest feather bed ... And as you lay there you are gazing up at the beautiful dawn sky ... You notice the colors ... the shades of reds ... blues ... and yellows ... The many colors, as the dance upon the few scattered clouds ...

As you continue to gaze ... effortlessly at the sky ... You watch the clouds begin to form into shapes ... Some look like animals ... Some look like trees ... All different shapes that let your imagination begin to roam ... When suddenly you notice one of the clouds that is nearly above you begin to form into the shape of a number ... It looks just like the number ... 25 ... and as the soft breeze blows on it, you see it begin to dissolve and blow away as easily as it formed ... Then you notice another cloud coming by that forms into the number ... 24 ... and that one begins to dissolve in the soft breeze too ...

You notice that this keeps happening ... slowly ... as the clouds form in to the number ... 23 ... then dissolves away ... and then ... 22 ... and it continues this way going down ... down ... in numbers ... very ... very ... slowly ... 21 ... and you notice that in between each numbered cloud ... as it blows away and as the next one forms ... 20 ... that you are becoming so ... so ... very tired ... 19 ...so ... so relaxed ... and you enjoy this wonderful relaxation ... 18 ... and you find yourself, even allowing yourself, to let go completely ... 17 ... You give yourself the permission that this is what you want to do ... 16 ... as you continue to see the

clouds forming into the numbers ... 15 ... and you continue to observe them ...  
slowly on your own ... 14 ... and with each one ... as it goes by ... 13 you become  
twice as relaxed ... twice as much as the one before ... 12 ... as you observe them  
... 11 ... dissolving ... just passing bye ... 10 ... you are so comfortable ... so  
open ... 9 ... deeper and deeper ... in to this wonderful relaxed state ... 7 ... All  
outside sounds ... seem to help you to let go even more ... 6 ... as you allow  
yourself ... to be there completely ... 5 ... totally relaxed ... 4 ... Totally safe ... 3  
... and completely at ease ... You fall into a wonderful dreaming state ... 2 ...  
until finally you see the last cloud form into the number 1 ... and as it dissolves ...  
you allow yourself to let go completely ... deep ... deep ... so very relaxed ...