

Deepener – Rabbit in a Hole

Still using your imagination as you now relax more and more... you allow a deep sense of calm to fill every cell in your body... still so very, very comfortable... so relaxed and calm... on your special personal lounge in the beautiful warm sunshine...

Something catches your eye at the end of the garden... some movements... in your mind's eye you look closer and you see something that you hadn't noticed before... there they are... some rabbits playing and some other rabbits quietly eating the grass. You notice how beautiful they are... all fluffy and furry... all so well fed and healthy... just like you, they are well protected and safe at all times... and just like you, they are all calm and relaxed... just enjoying the warm sunshine and the special relaxing breeze...

You notice... just off to the side... there it is... you can see their rabbit hole... their burrow... the entrance to their home underground where they go to rest... relax... and sleep... You also notice that the remaining twenty rabbits aboveground are all yawning... it is the time of day for them to go down into their home to fall into a deep sleep... where... just like you... all you, and they, will hear is the sound of my voice... and as each rabbit enters the burrow... you will relax more and more... deeper and deeper...

As you watch the rabbits... they begin to enter their burrow starting with the number 20... calm and relaxed... number 19 enters the burrow to rest, relax, and sleep... 18... then 17... relaxing deeper... feeling so calm... 16... number 15 yawns... deeper and deeper... and enters the burrow... 14... 13... whole body and mind relaxed and calm... 12... safe and secure... 11... 10...

From now on as each rabbit enters the burrow you allow yourself to relax 10 times deeper than the one before... 9... so quiet and peaceful... 8... deeper and ever deeper... 7... all sounds receding... just the sound of my voice... 6... 5... more relaxed than you have ever felt before... 4... 3... calm, relaxed, safe and secure... 2... and as rabbit number 1 enters the burrow you enter a state of total relaxation... you let yourself go completely...

And your mind opens to all the ideas and suggestions that I give to you... In your minds' eye you can imagine all the rabbits safely deep within their burrow... all relaxed, calm, safe and secure... just like you... all you will hear from this moment forward is the sound of my voice... and with each word I say... you will relax ever deeper and deeper...