

## Induction - Basic Chair

Just taking your time to get nice and comfortable... Let yourself sink into the chair and cast aside your cares for today... beautifully, relaxed, comfortable and calm... safe and secure...

In a short while we will begin to relax your body starting from the top of your head and moving all the way down your body to your feet... and as your body relaxes you will find that your mind will relax also... all your cares and woes will fall away as you fall into a deeply relaxed state... deeper and deeper... so beautifully calm and relaxed...

As we begin I would like you to use your mind and your imagination to feel the top of your head, your scalp, see it in your mind with your imagination... and just sense it, feel it with your mind... that's right... and now just let it go and relax that part of your body... now let's do the same with your forehead... your nose... and all those muscles around your eyes... sense them... relax them... and let them go... now your ears... and your cheeks... and now all of those muscles around your mouth and your jaw... feel them in your mind... relaxing them now... and letting them go... relaxing deeper... now for your neck... feeling the front of your neck, and the back of your neck... especially the back of your neck... sense all of those muscles that run up to the back of your head... feel them, relax them... and just let them go...

Now moving down to your shoulders... paying attention to your shoulders... now releasing all tension in the muscles of your shoulders, especially the area between your shoulder blades... letting it all go... all the tension goes... feeling, sensing your upper arms... your elbows... your forearms... relaxing them all... feeling them go limp and relaxed... all tension gone as you relax more and more... letting your hands and your fingers relax and letting go of all tension in your hands... deeper and deeper...

relaxing more and more... turning your attention to your back... picture your back in your mind... sense it... your upper back and also your lower back... and just picture all that tension flowing away... letting it all go... that's right... perfect... deeply relaxed now as we move to your chest... feel it in your mind... relax it and

let it go... such a nice feeling... now your stomach... taking your time... relaxing... your abdomen... feeling, relaxing and letting go... allowing all the tension from the past to just flow away... gone... and forgotten... as you go deeper and ever deeper down... sensing your hips... letting them sink into the chair... relaxed... calm...

Now feeling your thighs, your upper legs... the backs of your legs... felt, relaxed... and gone... your knees... your lower legs and your calf muscles... all the tension flowing away... gone forever... relaxing more and more... your feet... and lastly... your toes... letting all the tension go... wonderful... feeling so good... so relaxed...