

Induction - The Beach

I'd like you to close your eyes and take a deep breath... and let go ... Take a second deep breath ... as deep as you can ... and let go ... and on your third deep breath hold it for about 3 seconds ... and let go and relax.

Imagine that you are at the beach. This beach is your own private beach where no one can disturb you ... a safe place. Imagine the bright, warm sun warming and soothing your body.

You approach your favorite spot with anticipation, knowing you will soon be in a very relaxed, happy state... Imagine now how inviting the sand looks. It almost calls to you to lie down and relax.

You spread your favorite blanket and lie down.

You close your eyes and feel the warmth of the sun soothing all of your muscles as the heat relaxes you. You hear the gentle, rhythmic sounds of the waves on the shore and it becomes a repeating signal for you to relax.

You can feel the warmth of the sun and you can imagine it as if it were entering your body like warm liquid coursing through you. You can feel the warm, relaxing liquid flowing through your veins ... your muscles are letting go and relaxing more than they ever have.

... Hear the waves and just let go. Your breathing is slow and deep. You feel wonderful.

... The calming, warm liquid is flowing down from the top of your head ... slowly, slowly downward through your body and it feels so comfortable, so relaxing. As it progresses, you focus on any areas you want to let go of more in your body knowing that the warm liquid heat from the sun will carry it away.

The warmth has reached your neck ... flowing down through your shoulders ... and arms ... feel it surrounding you like a protective cocoon. Feel it moving down ...

down like an irresistible source of comfort, through your chest and stomach ... flowing down ... down to your hips and legs. The waves lap against the shore and the warm liquid relaxes you more and more ... down through your feet and toes.

You can hear the waves flowing up to the shore and receding. You appreciate how comforting the sound is to you in your relaxed state.

...Listen to the waves roll slowly to the shore.

...The soothing sound brings you deeper ... and deeper. Down ... down ... more relaxed than you ever thought possible...