

## **Induction – Relaxing is a Breeze**

Now as you relax comfortably into the chair I would like you to close your eyes... in a moment I am going to ask you to take three deep and relaxing breaths... and, each time, as you exhale after each breath you will find yourself relaxing ever more deeply ... and here we go... take your first breath and hold for the count of three... and exhale... and a second deep breath, holding for the count of three... and out... beautifully relaxed... and breathe deeply for the third time, one, two and three, and exhale.

Just feel your body let go and relax comfortably into the chair... so very comfortable. I would now like you to use your imagination and imagine yourself on a warm summers day... feeling the comforting warmth of the sun as it's gentle rays ever so lightly touch upon your skin. Imagine yourself on a very comfortable and well-padded sun lounge... it has been placed there just for you... and it is the most comfortable lounge in the whole world. You are all alone and so very relaxed... you imagine yourself to be in a lovely garden area... safe, secure and protected... and you have all the time in the world...

You notice... in your imagination... an ever so slight breeze against your skin. You notice that every time that you feel this breeze... that it makes you relax more and more... it is a warm, comforting and relaxing breeze... and you are feeling it on different parts of your body... and as you do so it allows every part of your body to relax ever more deeply...

Feel the breeze now as it gently caresses the top of your head... and you feel your head relax... and now your face and all the muscles in your face, mouth, jaw, and chin completely let go and relax as they are gently caressed by the relaxing and warm breeze... so beautiful, calm, and relaxing...

Feel your neck as the breeze touches upon it... and any tension is carried far away by the breeze... as it moves down to your shoulders... and you let them go and they relax back into the lounge... feeling the breeze on your torso now...

Your chest, back and abdomen relax as the breeze caresses and carries away all tension from the body... leaving you ever more relaxed and calm... you notice your

arms and hands are so relaxed they are limp at your side... just as you want them to be...

Feel the breeze on your hips as they relax and sink into the lounge... as the warm and comforting breeze moves down over your thighs... your knees... your lower legs... and onto your feet... your toes... as you can imagine and feel those parts of your body let go... and relax completely...

Feel yourself now in a state of deep relaxation... notice now how your breathing has slowed... to match your state of deep relaxation... as the warm, relaxing, and comforting breeze continues to relax your whole body ever deeper and deeper as each moment goes by...