Begin by allowing yourself to settle comfortably into a seated position with your feet on the floor.

Feel that earth support your feet.

Allow your body to rest in your chair or couch.

Feel your back support it.

Give yourself permission to relax and be present.

Let go of the day thus far are the items on the to do list.

Allow yourself to be here. Now.

Thoughts might come and that's okay.

When they show up, notice that they have arrived. Then send them on their way, like a cloud floating in the sky.

As you begin to relax,

just notice the feelings and sensations in your body right now.

No need to analyze or interpret them.

Just notice them.

Bring your awareness into this space

in this moment

now begin to notice your breath.
Breathing in

and now

no need to change the rhythm or depth of your breath at this time.

Just notice your lungs filling with cleansing oxygen and releasing any tension or sensations not currently serving you.

Cleansing Breath in

releasing tension out.

As you settle into this moment,

allow your eyelids to become heavy and close if they have not already closed

or if you prefer to leave them open. Allow your gaze to simply find a comfortable spot downward, resting heavily towards the floor.

As you begin to relax into this moment,

bring your awareness to your toes and feet.

Perhaps you're able to imagine all of the muscles and tissues in your toes and feet becoming soft, relaxed and heavy on the floor.

Allow yourself to release any tension or tightness from your toes and feet into the floor below.

Just let all the attention drain from your feet.

Allow this feeling of relaxation
to now move upward

through your calves and shins.

Picture the muscles relaxing

and intention draining all the way to the floor

bringing a sense of comfort through your calves, shins and feet.

Allow this comfort
to now move up through your knees

and thighs

releasing tension that might be hiding in the crevices of the knee.

Replace any tension or tightness

with comfortable softness

continuing to allow all that is not serving you
to leave your legs and feet

draining all the way to the floor.

Allowing your legs to now become deeply relaxed and heavy.

Allow this sense of comfort to continue exploring throughout the middle of your body now
Unknown Speaker  4:31
through your hips, abdomen vital organs and stomach.

Unknown Speaker  4:40
Allow this feeling of deep relaxation

Unknown Speaker  4:45
to find any hidden tension

Unknown Speaker  4:49
as it transforms anything that does not serve you into positive healing comfort

Unknown Speaker  5:01
This healing comfort. Now works its way through your chest, lungs, and shoulders.

Unknown Speaker  5:11
Let your imagination spend some time here, particularly in the shoulders.

Unknown Speaker  5:21
With your next exhale,

Unknown Speaker  5:23
see if you’re able to let your shoulders sag and become comfortably heavy

Unknown Speaker  5:32
with each exhale,

Unknown Speaker  5:35
allowing tension to leave

Unknown Speaker  5:38
as more relaxation settles in.

Unknown Speaker  5:43
It as if your body is able to release tension through your back and shoulder blades

Unknown Speaker  5:52
into the cushions supporting you.

Unknown Speaker  5:57
Notice how comfortable your body now feels.

Unknown Speaker  6:04
That sense of relaxation that has formed in the shoulders now melts slowly down through your arms like warm butter.

Unknown Speaker  6:17
Let your arms become heavy with relaxation.

Unknown Speaker 6:22
releasing any hidden tension in your elbows.

Unknown Speaker 6:29
This relaxation can continue to spread through the muscles and joints in your wrists, and fingers.

Unknown Speaker 6:43
See if you can imagine all of the tiny muscles and connective tissues of the hands and wrists softening

Unknown Speaker 6:54
and releasing.

Unknown Speaker 7:00
As you notice now that your entire body from your shoulders down to your toes has become more relaxed.

Unknown Speaker 7:09
Try to welcome this same sense of comfort to the muscles of the neck.

Unknown Speaker 7:16
This is often where attention builds

Unknown Speaker 7:21
gently send gratitude to the muscles of the neck

Unknown Speaker 7:25
for their continuous hard work.

Unknown Speaker 7:29
And see if you are able to allow these muscles to now relax.

Unknown Speaker 7:38
Sending this relaxing energy upward now through your jaw

Unknown Speaker 7:45
all the way to the top of your head.

Unknown Speaker 7:49
Picture an upward current of energy as you inhale.

Unknown Speaker 7:54
Cultivating healing tension releasing comfort.

Unknown Speaker 7:59
Inhaling comfort all the way up.
Then slowly exhaling relaxation back through the muscles of the face.

Allow the muscles of the forehead and brow to relax

the cheeks and jaw relax.

Allow your tongue to fall from the roof of your mouth.

Take a moment now to relish in this moment of full body relaxation

now,

in this deep state of relaxation,

your mind has been given permission to focus elsewhere.

Allow your mind to imagine a place that brings you great comfort.

This could be a place you have visited before or perhaps it is a place that only exists here in your imagination.

Notice what this place looks like.

What do you see around you?

What smells fill the atmosphere.

Perhaps you're able to feel a gentle breeze or the warmth of the sunshine.

What sounds occupy this space

just allow yourself to fully sense this place
and absorb the comfort it offers.

While enjoying this comfortable place,

an image of a blank canvas to appear in the distance.

You slowly approach this blank canvas

and as you get closer you notice it is accompanied by an assortment of paint in your favorite colors.

There are paint brushes of all sizes and shapes, sitting with the paint.

welcoming you to create a beautiful, unique piece of art on this blank canvas.

Now imagine yourself creating a painting with whatever tools and colors call to you.

You freely express yourself through this painting process.

With no judgment or expectations of the finished product.

This art is uniquely yours.

It brings you comfort and satisfaction

as you complete this painting

and let the paint brushes rest.

You stepped back to view this art that has been exquisitely created.
Take a moment to view this piece of art, this expression of yourself.

Perhaps there are certain colors that stand out.

It might be abstract without form, or full of specifically vivid images.

It really doesn't matter.

Just allow yourself to appreciate this creation and know that it is beautiful.

Notice how it feels to appreciate this creation without judgment or critique.

How does it feel to appreciate this accomplishment?

Take this sense of appreciation and accomplishment as you take this sense of appreciation and accomplishment, you recognize that it is time to leave this place.

Knowing that you can return anytime you want.

Anytime you may return to create something new, or find this painting again.

This will all be waiting for you should you choose to return.

as you turn away from the art that has been created.

You take in all the sights, sounds, smells and feelings
in this special place once more

Unknown Speaker  13:20
feeling comfort and contentment.

Unknown Speaker  13:25
As the images of this place begin to fade

Unknown Speaker  13:30
bring your awareness back into your body

Unknown Speaker  13:34
and into the room.

Unknown Speaker  13:37
Big begin to notice the sensations in your body.

Unknown Speaker  13:41
As you become aware of your breath once more.

Unknown Speaker  13:46
Begin to wiggle your toes and fingers.

Unknown Speaker  13:50
Move your arms and legs perhaps stretching

Unknown Speaker  13:56
as you begin to open your eyes and return to this room.