

Unknown Speaker 0:01

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

Unknown Speaker 0:09

Feel that earth support your feet.

Unknown Speaker 0:14

Allow your body to rest in your chair or couch.

Unknown Speaker 0:20

Feel your back support it.

Unknown Speaker 0:25

Give yourself permission to relax and be present.

Unknown Speaker 0:31

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

Unknown Speaker 0:37

Allow yourself to be here. Now.

Unknown Speaker 0:42

Thoughts might come and that's okay.

Unknown Speaker 0:46

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

Unknown Speaker 0:58

As you begin to relax,

Unknown Speaker 1:01

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

Unknown Speaker 1:08

No need to analyze or interpret them.

Unknown Speaker 1:12

Just notice them.

Unknown Speaker 1:15

Bring your awareness into this space

Unknown Speaker 1:20

in this moment

Unknown Speaker 1:27

now begin to notice your breath.

Unknown Speaker 1:31  
Breathing in

Unknown Speaker 1:33  
and now

Unknown Speaker 1:35  
no need to change the rhythm or depth of your breath at this time.

Unknown Speaker 1:42  
Just notice your lungs filling with cleansing oxygen and releasing any tension or sensations not currently serving you.

Unknown Speaker 1:55  
Cleansing Breath in

Unknown Speaker 1:58  
releasing tension out.

Unknown Speaker 2:03  
As you settle into this moment,

Unknown Speaker 2:05  
allow your eyelids to become heavy and close if they have not already closed

Unknown Speaker 2:13  
or if you prefer to leave them open. Allow your gaze to simply find a comfortable spot downward, resting heavily towards the floor.

Unknown Speaker 2:25  
As you begin to relax into this moment,

Unknown Speaker 2:29  
bring your awareness to your toes and feet.

Unknown Speaker 2:35  
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.

Unknown Speaker 2:50  
Allow yourself to release any tension or tightness from your toes and feet into the floor below.

Unknown Speaker 3:00  
Just let all the attention drain from your feet.

Unknown Speaker 3:05  
Allow this feeling of relaxation

Unknown Speaker 3:09  
to now move upward

Unknown Speaker 3:12  
through your calves and shins.

Unknown Speaker 3:16  
Picture the muscles relaxing

Unknown Speaker 3:19  
and intention draining all the way to the floor

Unknown Speaker 3:24  
bringing a sense of comfort through your calves, shins and feet.

Unknown Speaker 3:34  
Allow this comfort

Unknown Speaker 3:37  
to now move up through your knees

Unknown Speaker 3:40  
and thighs

Unknown Speaker 3:44  
releasing tension that might be hiding in the crevices of the knee.

Unknown Speaker 3:51  
Replace any tension or tightness

Unknown Speaker 3:55  
with comfortable softness

Unknown Speaker 4:00  
continuing to allow all that is not serving you

Unknown Speaker 4:05  
to leave your legs and feet

Unknown Speaker 4:09  
draining all the way to the floor.

Unknown Speaker 4:14  
Allowing your legs to now become deeply relaxed and heavy.

Unknown Speaker 4:22  
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.

Unknown Speaker 8:03

Then slowly exhaling relaxation back through the muscles of the face.

Unknown Speaker 8:13

Allow the muscles of the forehead and brow to relax

Unknown Speaker 8:21

the cheeks and jaw relax.

Unknown Speaker 8:27

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

Unknown Speaker 8:34

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

Unknown Speaker 8:54

now,

Unknown Speaker 8:56

in this deep state of relaxation,

Unknown Speaker 8:59

your mind has been given permission to focus elsewhere.

Unknown Speaker 9:06

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

Unknown Speaker 9:13

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

Unknown Speaker 9:24

Notice what this place looks like.

Unknown Speaker 9:27

What do you see around you?

Unknown Speaker 9:30

What smells fill the atmosphere.

Unknown Speaker 9:34

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

Unknown Speaker 9:41

What sounds occupy this space

Unknown Speaker 9:47

just allow yourself to fully sense this place

Unknown Speaker 9:52  
and absorb the comfort in offers.

Unknown Speaker 10:02  
While enjoying this comfortable place,

Unknown Speaker 10:05  
allow an image of a blank canvas to appear in the distance.

Unknown Speaker 10:13  
You slowly approach this blank canvas

Unknown Speaker 10:18  
and as you get closer you notice it is accompanied by an assortment of paint in your favorite colors.

Unknown Speaker 10:28  
There are paint brushes of all sizes and shapes, sitting with the paint.

Unknown Speaker 10:35  
welcoming you to create a beautiful, unique

Unknown Speaker 10:40  
piece of art on this blank canvas.

Unknown Speaker 10:45  
Now imagine yourself creating a painting with whatever tools and colors call to you.

Unknown Speaker 10:55  
You freely express yourself through this painting process.

Unknown Speaker 11:00  
With no judgment or expectations of the finished product.

Unknown Speaker 11:06  
This art is uniquely yours.

Unknown Speaker 11:11  
It brings you comfort and satisfaction

Unknown Speaker 11:24  
as you complete this painting

Unknown Speaker 11:27  
and let the paint brushes rest.

Unknown Speaker 11:30  
You stepped back to view this art that has been exquisitely created.

Unknown Speaker 11:37

Take a moment to view this piece of art, this expression of yourself.

Unknown Speaker 11:44

Perhaps there are certain colors that stand out.

Unknown Speaker 11:48

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

Unknown Speaker 11:55

It really doesn't matter.

Unknown Speaker 11:58

Just allow yourself to appreciate this creation

Unknown Speaker 12:03

and know that it is beautiful.

Unknown Speaker 12:09

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

Unknown Speaker 12:17

How does it feel to appreciate this accomplishment

Unknown Speaker 12:26

take this sense of appreciation and accomplishment

Unknown Speaker 12:37

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

Unknown Speaker 12:45

Knowing that you can return anytime you want.

Unknown Speaker 12:50

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

Unknown Speaker 12:57

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

Unknown Speaker 13:05

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

Unknown Speaker 13:09

You take in all the sights, sounds, smells and feelings

Unknown Speaker 13:16



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.