

Progressive Muscle Relaxation Induction

(leave 3 seconds between descending body areas.....)

Now in your imagination, form a pleasant feeling or colour just above the outside of the top of your head, and you can attach it to your mind's eye. (Wait 3 seconds)

Now begin to flow it over your scalp, down into your forehead through your face into your jaw..... around into the back of your head then down into the tiny little muscles in the back of your neck..... they relax, they let go, and you go deeper. Your mind may wander and drift back again, that's fine, as you now flood that relaxing feeling down into your shoulder muscles then into your biceps and your triceps..... going deeper now as you flow that feeling through your elbows..... into your forearms..... through your wristsand into your hands and into your fingers. That's right.

Now as you continue to let go more and more with each comfortable breath that you take, you can now flow that feeling down into the top of your back..... and around into the broad muscles of your chest..... then into your lower back..... around into your stomach..... Go deeper now, and flow that feeling down into your hips..... through your buttocks..... Go a little deeper and deeper now as you flow it down into your thighs..... sliding through your kneecaps..... and down into your shins and calves..... comfortably through your ankles and into your feet and your toes, taking you deeper and deeper.

The deeper you go the better you feel, and the better you feel the deeper you go, that's right. Follow my count much deeper, and my voice will go with you now, from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.