

Relaxation Script

1. Introduction

It's now time for you to relax and let all the outside pressures fade away
For you to get back to a place of peace
To become calm and collected,
So close your eyes and get comfortable

I'm going to take you through 3 stages:

- 1) First: You will become Relaxed. All the distractions of the outside world will be turned off allowing your conscious mind to be turned down so your unconscious emotional mind is open and receptive
- 2) Second: I will take you back to a time of peace and happiness so the energy from that experience flows through your emotional circuits
- 3) Finally: I will connect you with your destiny and this will give you the power to perform this weekend

As we go through this process any outside noises or interferences will not bother you
So just relax now and let me do all the work
Don't think
Just listen to my voice and follow it
I will guide you
This will be a pleasant and enjoyable experience

2. Relaxation

Start by observing your breathing
Don't change it, just observe it.
Breathe from your tummy
Visualise your tummy moving up and down
Up and down
Up and down

Now gently slow your breathing down.
Slower Deeper Slower slower

I am going to mention parts of your body and when I do, you will become aware of them. They will become a little warmer, more relaxed - they may even tingle slightly

Your right thumb....
Hands
Arm
Shoulders

Chest
Hip
Legs
Feet

Your left thumb....

Hands
Arm
Shoulders
Chest
Hip
Legs
Feet

Lower back

Spine
Left Shoulder – Right shoulder
Throat
Back of Neck

Left Ear Right Ear
Left Eyebrow .. Right
Below the eyes
Left Cheek – Right Cheek
Face
Top of head
Whole of head
Whole of head

Now feel your whole body getting heavier and heavier

So Relaxed
Let go
Let go
Let go

I am going to count from 5 to zero
And when I get to zero your body will be totally relaxed and switched off
5 - > 0

And so it is that your body is totally relaxed and switched off