



GUIDED RELAXATION

You are sitting comfortably. You are lying down... you are going to relax... you can move about a bit if you want until you are comfortable...

You will now stay motionless. Your body is heavy. Now you put aside all your outside thoughts, all your worries, all your daily routine...

Allow yourself to be rocked gently, transported by the music and guided by the sound of my voice. Now you will start to relax your muscles by a breathing exercise which will make you feel calm.

Breathe in, deeply, inflating first your belly, then your chest, and finally your shoulders. Hold your breath a few seconds, then breathe out slowly. Make the outward breath as long as possible. Each time you breathe out, feel your body becoming more relaxed and heavier.

Now, bring your mind to relaxing your face. Relax first your brow, then your temples, your eyebrows, your eyes, your cheeks, and your mouth. Your tongue becomes floppy. Your mouth opens and your jaw drops gently.

Your throat is open and may feel larger. You can now breathe freely. Now let go of the muscles of your neck. Your head is heavy. Now your shoulders become heavy. You can put aside all your worries. For the next half hour, nothing will matter.

Now think about your arms and your hands. Free up each of your fingers and then the whole hand. Now the wrists, the elbows, and up to your shoulders, which are now even more at ease.

Now think about your back. Follow the weight down each muscle, relaxing each in turn. As they relax, breathe deeply, your belly becomes perfectly loose. The whole of your abdomen is slack. Allow this slackness to travel around the whole of the top of your body.

Now think about your legs and your feet. Your toes and the instep, the heel, relax. Now your ankles, your calves, your knees, your thighs and your (basin).

Now your whole body is relaxed. Now feel your body as if it was a heavy warm weight. Now we will deepen your feeling of relaxation by a count down.

I will count back from ten to zero : at each number you will be a little more relaxed until you are nearly asleep. Everything is fine. You feel perfectly at ease. You feel entirely in balance and in harmony with yourself... 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0...

You notice that you could prolong this feeling but you will now think about coming back. Notice your breathing. At each time you breathe in, you recover more of your strength, the strength that you will need to be fully active. Each time you breathe in, your mind returns to its normal state of activity, ready to face the world.

Now breathe in deeply. Then out quickly, after which try to move your fingers and toes, your hands and feet. Breathe in again, and out again, in the same way. Now you can move all your joints. Your wrists, knees, elbows.

Now one last breath in, after which you can stretch out and you open your eyes. Find all the good things around you. When you have fully recovered you will be able to sit up, and then start up.