

RELAXATION AND MEDITATION

The first few tracks are easy short relaxation and breathing exercises. Following this are further deeper meditations to move on to as you begin to get used to spending time being relaxed (and you will).

I used to try relaxation exercises and become so frustrated with myself because I was not 'getting it right'. Every lapse as the mind wandered left me feeling I could not relax and there was some 'technique' to meditation that would eternally elude me. It took me a long time to realise that it is fairly simple and all it takes is to persist gently and allow the mental process of getting to a relaxed state to evolve naturally. There is an old Buddhist saying "don't push the river it flows by itself" and one can apply that to the practice of mental relaxation, take it easy and it will happen. We hope you find the CD a helpful part of the process.

When diagnosed with any illness the impact across the whole spectrum of your life is incredible. The stress that ensues with trying to find your equilibrium and re-build your life addressing social, financial, physical and emotional issues all add to the stress, you then find it is the stress which is crippling you as much as the illness.

Our belief system is based upon the accumulation of verbal and non-verbal suggestions that have been gathered throughout our life experience. Through patterns of repetition and its associated rewards and punishment we learn to create our own perception of reality. In essence, we therefore become what we think. In healing, repetitive use of positive visualization allows access to the mind-body connection. This lets the mind and body work together to foster the healing process of the body on a physical level.

What is the mind-body connection and how does it work? When we have an emotion it generates a feeling that turns into a physical sensation. For example: You are watching a horror movie, you feel frightened and then get a chill up your spine. In this case you were getting a negative suggestion through your sensory perception (sight and sound), that produced an emotion of fear which turned into the physical sensation of chills up your

spine. Visualization uses positive images to produce positive emotions that manifest into positive physical sensations in the body.

Sounds simple, but does it work? Can what we think actually have an effect on healing? Bodies do react to the thoughts you make. Our psychological/emotional state affects the endocrine system. For example, the emotion of fear is related to adrenaline. If no feeling of fear exists there is no adrenaline and the same applies in reverse- no adrenaline, no fear. They work in relationship to each other. Wherever a thought goes there is a body chemical reaction.

The hypothalamus, the emotional center of the brain, transforms emotions into physical response. The receptor of neuropeptides, the hypothalamus also controls the body's appetite, blood sugar levels, body temperature, adrenal and pituitary glands, heart, lung, digestive and circulatory systems. Neuropeptides, the chemical messenger hormones, carry emotions back and forth between the mind and body. They link perception in the brain to the body via organs, hormones and cellular activity. Neuropeptides influence every major section of the immune system, so the body and mind do work together as one unit.

The brain is a highly efficient system that is connected to every cell in your body by billions of connections. It is divided into two sides on the left, logical side (words, logic, rational thought) and the right creative side (imagination and intuition). Day to day circumstances usually are met in a logical, left brain mode; however by yielding to the right, creative side of the brain we actually restore balance in the brain. This allows access to the mind-body connection to achieve what you want. The right side of the brain automatically steers you to your goal. It totally accepts what you want to accomplish without giving an opinion and acts upon it without judgment. That is why visualization targets the right, creative side of the brain and not the left, logical side.

Positive thought is essential to producing positive results. Negative thoughts and emotions lower the immune system, while positive thought and emotions actually boost the immune system. To maximize success of visualization as a support to the healing process, the following suggestions are offered:

DEFINE YOUR SPECIFIC INTENTION

Visualization puts your intention of what you want to work. The more specific the intention, the more specific the results. Remember whatever you believe is what your body will do. So when you are thinking of your intention make sure it is:

- Clear
- Specific
- Achievable
- You feel, know and trust it is being accomplished

Take Responsibility

Trying to do visualization without taking responsibility will prove to be futile experience. To accomplish what you want you must take action and responsibility. Visualization usually takes about 6 weeks to work. It is done once in the morning and before bedtime. Some people do see or feel results the very first time but remember everyone's body and mind are different and so is the way they process information so have patience. Responsibility is:

- Be accountable to and for yourself
- Make a commitment
- Do visualization regularly
- Be persistent and patient
- Keep positive

GET MENTALLY RELAXED

A relaxed state puts allows you direct access to your subconscious mind. Here are some steps to help you relax:

- Find a quiet place. Relax in a favorite chair or lie down.
- Get comfortable and loosen clothing
- Uncross your arms and legs
- Get centered by focusing on the breath and breathing (this activates the vagus nerve which is the major quieting nerve in the body)
- Totally relax your body and mind

VISUALIZE

Visualization for healing is a simple process. Once you are relaxed the next step is to actualize your visualisation.

- Think of or speak your intention out loud.
- Close your eyes and imagine yourself in the healing process or as you want to be.
- Watch as your body heals you
- Feel the healing taking place
- Know the healing is being accomplished

MISCONCEPTIONS THAT MAKE MEDITATION DIFFICULT

Misconception 1 ~ Meditation requires much training to get it right.

Not true. Meditation can be easily learned and practiced. Meditation is only difficult if you become too concerned with doing it right. There is, in fact, no such thing as "right" or "wrong" meditation. There is only doing it or not doing it.

Misconception 2 ~ To meditate, you have to turn off your thoughts and make your mind blank.

Not true. Have you ever tried to make your mind blank through sheer will? For most people, it's just not going to happen - at least not for more than a few seconds. That's where the various methods come into play. By going through the steps of a particular method, your mind will begin to quiet down by itself -- some days more, some days less, as your meditation experiences are likely to differ from day to day.

MISCONCEPTION 3 ~ TO MEDITATE, YOU HAVE TO BE GOOD AT FOCUSING YOUR ATTENTION.

Not true. Although staying focused in meditation does become easier with time and practice, it is definitely not a requirement for beginning to meditate. Thinking that you should be good at focusing when first starting out is essentially putting the cart before the horse. What you will discover is that even if you are not good at focusing, you will still begin to notice many benefits in your life from meditating regularly.

Misconception 4 ~ There is one specific "state of meditation" and the aim is to get into that state.

Not true. There are many possible states of awareness you might experience when meditating, and they are all part of the process of meditation.

GUIDELINES FOR MAKING MEDITATION EASY

PUT YOUR EXPECTATIONS ASIDE

Forget about everything you may think is "supposed to" happen when you meditate, and completely accept whatever does happen. Regardless of what seems to be happening, if you are following the basic steps of your method, something valuable is occurring each time you meditate. Even if it seems as though nothing is happening, the meditation is catalyzing positive changes on a deep inner level of your being, and before long you will begin noticing these inner changes manifesting in your outer life.

THOUGHTS ARE NOT YOUR ENEMY.

If you are busy fighting with your thoughts how can you experience inner peace? Thoughts are a natural product of the mind, and are actually one of the ways that stored up stress is released in meditation. At times, the thoughts will subside on their own -- the result of simply going through the steps of your method. However, as you continue meditating, you will discover that you can experience deep relaxation and inner peace even when there are thoughts in your mind.

MEDITATE WITH RELAXED EFFORT.

Relaxed effort is somewhere between the two extremes of strenuous concentration and no effort at all -- between trying your brains out and simply spacing out.

4. The less concerned you are about what you experience in your meditation, the easier and more enjoyable it gets.

Over-emphasising being good at it anything tends to make it harder to attain.

RELAXATION EXERCISES

The middle section has more advanced relaxation, these I think would be ideal for you to practice for getting off to sleep, The first three tracks are fairly short and ideal to practice if you find you wake during the night and need to try and switch your mind to a more relaxed state.

I suggest you have a CD player or it on MP3 by your bed to switch on and use during the night.

If you find the short exercises on tracks one to three do not do the trick, go to tracks eight nine and ten and use one of them as a nice long visualisation exercise. Really try and lose yourself in it, breath well through it and if it does not get you off to sleep you should spend a good period of time in a deeply relaxed state.

IF YOU ARE IN PHYSICAL DISCOMFORT

Some simple exercises for releasing tension from the muscles prior to relaxation

Either prior to deeper relaxation, or as a method of releasing pain and tension from the body on their own, the following will help with the physical stress

DISCOVERING MUSCLE TENSION

- Lie on your back in a comfortable position. Allow your arms to rest at your sides, palms down, on the surface next to you.
- Raise just the right hand and arm and hold it elevated for 15 seconds.
- Notice if your forearm feels tight and tense or if the muscles are soft and pliable.
- Let your hand and arm drop down and relax. The arm muscles will relax too.
- As you lie still, notice any other parts of your body that feel tense, muscles that feel tight and sore. You may notice a constant dull aching in certain muscles.

PROGRESSIVE MUSCLE RELAXATION

- Lie on your back in a comfortable position. Allow your arms to rest at your sides, palms down, on the surface next to you.
- Inhale and exhale slowly and deeply.
- Clench your hands into fists and hold them tightly for 15 seconds. As you do this, relax the rest of your body. Visualize your fists contracting, becoming tighter and tighter.
- Then let your hands relax. On relaxing, see a golden light flowing into the entire body, making all your muscles soft and pliable.
- Now, tense and relax the following parts of your body in this order: face, shoulders, back, stomach, pelvis, legs, feet, and toes. Hold each part tensed for 15 seconds and then relax your body for 30 seconds before going on to the next part.
- Finish the exercise by shaking your hands and imagining the remaining tension flowing out of your fingertips.

RELEASE OF MUSCLE TENSION AND ANXIETY

- Lie in a comfortable position. Allow your arms to rest at your sides, palms down. Inhale and exhale slowly and deeply with your eyes closed.
- Become aware of your feet, ankles, and legs. Notice if these parts of your body have any muscle tension or tightness. If so, how does the tense part of your body feel? Is it viselike, knotted, cold, numb? Do you notice any strong feelings, such as hurt, upset, or anger, in that part of your body? Breathe into that part of your body until you feel it relax. Release any anxious feelings with your breathing, continuing until they begin to decrease in intensity and fade.
- Next, move your awareness into your hips, pelvis, and lower back. Note any tension there. Notice any anxious feelings located in that part of your body. Breathe into your hips

and pelvis until you feel them relax. Release any negative emotions as you breathe in and out

- Focus on your abdomen and chest. Notice any anxious feelings located in this area and let them drop away as you breathe in and out. Continue to release any upsetting feelings located in your abdomen or chest.
- Finally, focus on your head, neck, arms, and hands. Note any tension in this area and release it. With your breathing; release any negative feelings blocked in this area until you can't feel them anymore.
- When you have finished releasing tension throughout the body, continue deep breathing and relaxing for another minute or two. At the end of this exercise, you should feel lighter and more energized.

ERASING STRESS AND TENSION

Often the situations and beliefs that make us feel anxious and tense look large and insurmountable. We tend to form representations in our mind that empower stress. In these representations, we look tiny and helpless, while the stressors look huge and unsolvable. You can change these mental representations and cut stressors down to size. The next two exercises will help you to gain mastery over stress by learning to shrink it or even erase it with your mind. This places stress in a much more manageable and realistic perspective. These two exercises will also help engender a sense of power and mastery, thereby reducing anxiety and restoring a sense of calm.

SHRINKING STRESS

- Sit or lie in a comfortable position. Breathe slowly and deeply.
- Visualize a situation, person, or even a belief (such as, "I'm nervous of what the doctor may say, I am not going to get well") that makes you feel anxious and tense.
- As you do this, you might see a person's face, a place you're afraid to go, or simply a dark cloud. Where do you see this stressful picture? Is it above you, to one side, or in front of you? How does it look? Is it big or little, dark or light? Does it have certain colors?

- Now slowly begin to shrink the stressful picture. Continue to see the stressful picture shrinking until it is so small that it can literally be held in the palm of your hand. Hold your hand out in front of you, and place the picture in the palm of your hand.
- If the stressor has a characteristic sound (like a voice or traffic noise), hear it getting tiny and soft. As it continues to shrink, its voice or sounds become almost inaudible.
- Now the stressful picture is so small it can fit on your second finger. Watch it shrink from there until it finally turns into a little dot and disappears.
- Often this exercise causes feelings of amusement, as well as relaxation, as the feared stressor shrinks, gets less intimidating, and finally disappears.

ERASING STRESS

- Sit or lie in a comfortable position. Breathe slowly and deeply.
- Visualize a situation, a person, or even a belief (such as, "I'm afraid to go to the shopping mall" or "I'm scared to mix with other people at parties") that causes you to feel anxious and fearful.
- As you do this you might see a specific person, an actual place, or simply shapes and colours. Where do you see this stressful picture? Is it below you, to the side, in front of you? How does it look? Is it big or little, dark or light, or does it have a specific colour?
- Imagine that a large eraser, like the kind used to erase chalk marks, has just floated into your hand. Actually feel and see the eraser in your hand. Take the eraser and begin to rub it over the area where the stressful picture is located. As the eraser rubs out the stressful picture it fades, shrinks, and finally disappears. When you can no longer see the stressful picture, simply continue to focus on your deep breathing for another minute, inhaling and exhaling slowly and deeply.

HEALING THE INNER CHILD

Many of our anxieties and fears come from our inner child rather than our adult self. Sometimes it is difficult to realize that the emotional upsets we feel are actually feelings left over from childhood fears, traumas, and experiences. When unhealed, they remain with us into adulthood, causing emotional distress over issues that competent "grown up" people feel they should be able to handle. For example, fear of the dark, fear of being unlovable, and fear of rejection often originate in early dysfunctional or unhappy experiences with our parents and siblings. While many of these deep, unresolved emotional issues may require counseling, particularly if they are causing anxiety episodes, there is much that we can do for ourselves to heal childhood wounds. The next exercise helps you to get in touch with your own inner child and facilitates the healing process.

HEALING THE INNER CHILD

- Sit or lie in a comfortable position. Breathe slowly and deeply.
- Begin to get in touch with where your inner child resides. Is he located in your abdomen, in your chest, or by your side? (This may actually be the part of your body where you feel the most fear and anxiety, such as your chest or your pelvis.) How old is she? Can

you see what clothes he is wearing? What are her emotions? Is she upset, anxious, sad, or angry? Is she withdrawn and quiet?

- Begin to see his upset feelings flow out of his body and into a container on the floor. Watch the upset feelings wash out of every part of his body until they are all gone and the container is full. Then seal the container and slowly watch it fade and dissolve until it disappears completely, carrying all the upset feelings with it.
- Now begin to fill your inner child with a peaceful, healing, golden light. Watch him become peaceful and mellow as the light fills every cell in her body. Watch his body relax. Give him a toy animal or even cuddle him in your arms.
- As you leave your inner child feeling peaceful, return your focus to your breathing. Spend a minute inhaling and exhaling deeply and slowly. If you like working with your inner child, return to visit him often!

VISUALIZATION

The next two exercises use visualization as a therapeutic method to affect the physical and mental processes of the body; both focus on color. Color therapy, as it applies to human health, has a long and distinguished history. In many studies, scientists have exposed subjects to specific colors, either directly through exposure to light therapy, or through changing the color of their environment.

Scientific research throughout the world has shown that color therapy can have a profound effect on health and well-being. It can stimulate the endocrine glands, the immune system, and the nervous system, and help to balance the emotions. Visualizing color in a specific part of the body can have a powerful therapeutic effect, too, and can be a good stress management technique for relief of anxiety and nervous tension.

The first exercise uses the color blue, which provides a calming and relaxing effect. For people with anxiety who are carrying a lot of physical and emotional tension, blue lessens the fight or flight response. Blue also calms such physiological functions as pulse rate, breathing, and perspiration, and relaxes the mood. If you experience chronic fatigue and are tense, anxious, or irritable, or carry a lot of muscle tension, the first exercise will be very helpful.

The second exercise uses the color red, which can benefit people who have fatigue due to chronic anxiety and upset. Red stimulates all the endocrine glands, including the pituitary and adrenal glands. It heightens senses such as smell and taste. Emotionally, red is linked to vitality and high energy states. Even though the color red can speed up autonomic nervous system function, people with anxiety-related fatigue can benefit from visualizing this color. I often do the red visualization when I am tired and need a pick me up. You may find that you are attracted to the color in one exercise more than another. Use the exercise with the color that appeals to you the most.

TENSION RELEASE THROUGH COLOUR

- Sit or lie in a comfortable position, your arms resting at your sides. As you take a deep breath, visualize that the earth below you is filled with the color blue. This blue color extends 50 feet below you into the earth. Now imagine that you are opening up energy centers on the bottom of your feet. As you inhale, visualize the soft blue color filling up your feet. When your feet are completely filled with the color blue, then bring the color up through your ankles, legs, pelvis, and lower back.
- Each time you exhale, see the blue color leaving through your lungs, carrying any tension and stress with it. See the tension dissolve into the air.
- Continue to inhale blue into your abdomen, chest, shoulders, arms, neck, and head. Exhale the blue slowly out of your lungs. Repeat this entire process five times and then relax for a few minutes.

ENERGIZING THROUGH COLOR

- Sit or lie in a comfortable position, your arms resting easily at your sides. As you take a deep breath, visualize a big balloon above your head filled with a bright red healing energy. Imagine that you pop this balloon so all the bright red energy is released.

- As you inhale, see the bright red color filling up your head. It fills up your brain, your face, and the bones of your skull. Let the bright red color pour in until your head is ready to overflow with color. Then let the red color flow into your neck, shoulders, arms, and chest. As you exhale, breathe the red color out of your lungs, taking any tiredness and fatigue with it. Breathe any feeling of fatigue out of your body.
- As you inhale, continue to bring the bright, energizing red color into your abdomen, pelvis, lower back, legs, and feet until your whole body is filled with red. Exhale the red color out of your lungs, continuing to release any feeling of fatigue. Repeat this process five times. At the end of this exercise, you should feel more energized and vibrant. Your mental energy should feel more vitalized and clear.

AFFIRMATIONS

The following two exercises give you healthful affirmations that are very useful with anxiety. As described earlier, anxiety symptoms are due to a complex interplay between the mind and body. Your state of emotional and physical health is determined in part by the thousands of mental messages you send yourself each day with your thoughts. For example, if fear of public places triggers your anxiety symptoms, the mind will send a constant stream of messages to you reinforcing your beliefs about the dangers and mishaps that can occur in public places. The fright triggers muscle tension and shallow breathing. Similarly, if you constantly criticize the way you look, your lack of self-love may be reflected in your body. For example, your shoulders will slump and you may have a dull and lackluster countenance.

Affirmations provide a method to change these negative belief systems to thoughts that preserve peace and calm. Positive statements replace the anxiety inducing messages with thoughts that make you feel good.

The first affirmation exercise gives you a series of statements to promote a sense of emotional and physical health and well being. Using these affirmations may create a feeling of emotional peace by changing your negative beliefs about your body and health into positive beliefs. The second affirmation exercise helps promote self-esteem and self-confidence and also helps to reduce anxiety. Many people with high anxiety lose their self-confidence and feel depressed and defeated by their condition. They feel frustrated and somehow at fault for not finding a solution. Repeat each affirmation to yourself or say them out loud 3 to 5 minutes. Use either or both exercises on a regular basis to promote healthful, positive thought patterns.

POSITIVE MIND/BODY AFFIRMATIONS

- I handle stress and tension appropriately and effectively.
- My mood is calm and relaxed.
- I can cope well and get on with my life during times of stress.
- I think thoughts that uplift and nurture me.
- I enjoy thinking positive thoughts that make me feel good about myself and my life.
- I deserve to feel good right now.
- I feel peaceful and calm.
- My breathing is slow and calm.
- My muscles are relaxed and comfortable.
- I feel grounded and fully present.
- I can effectively handle any situation that comes my way.
- I think through the solutions to my emotional issues slowly and peacefully.
- I am thankful for all the positive things in my life.
- I practice the relaxation methods that I enjoy.
- My body is healthy and strong.
- I eat a well balanced and nutritious diet.
- I enjoy eating delicious and healthful food.
- My body wants food that is easy to digest and high in vitamins and minerals.
- I do regular exercise in a relaxed and enjoyable manner.

It's time to take a break.... and relax.... to deal with anger in a healthy, productive way.

ANGER

Anger is a normal and natural emotion, and there is nothing wrong with having feelings - you are human, after all. You have the power to decide how to deal with this emotion you are experiencing.

Anger management does not mean holding anger in. It does not mean that you will never feel angry. Anger management is managing the behavioral responses that can arise when you are feeling angry.

All you really need to do right now is take a few moments just to relax, for you, to help you feel relaxed and calm. It feels good to relax. After this short relaxation session is over, you can proceed with your day, and react in a way that you choose.... relaxing for a moment now will help you to react calmly, rather than acting out of emotion.

It's okay to be angry. Just allow yourself to feel however it is you are feeling right now, noticing this feeling, but not reacting just yet. All you're doing is observing. Emotions are neither right nor wrong... they just are.

Take a deep breath in. Hold for a moment, and now breathe out.

Breathe in... hold that tension.... and now breathe out.... feeling the tension release with your breath.

Breathe in.... and out.....

in..... out.....

Keep breathing like this, slowly.... deeply.... and let your body relax a little.

Turn your attention again to how you are feeling. Notice the physical sensation of anger. Where in your body is the anger stored? Some people notice that they tighten their shoulders when they are feeling angry. Others who deal with anger notice clenched fists or tight jaws. Anger may be experienced as a feeling in the stomach.... the neck.... any one or a number of places in the body demonstrate physical symptoms of anger.

Many of these physical symptoms are uncomfortable. Some of these symptoms can be relieved right now, if you like, by relaxing your muscles. Let's relax a few areas to begin this process to deal with anger by relaxing your muscles.

Starting with your hands and arms, first tighten your hands into fists. Feel the tension in your hands and arms. Hold.... tighter.... tighter.... and relax. Let go, allowing your hands and arms to be relaxed, loose, and limp. Notice the difference between tension and relaxation.

Now see if you can create a feeling of relaxation in your shoulders. Take a moment to relax your shoulders now. You may choose to tighten the muscles, and then relax, or you can simply relax your shoulders without tensing them first. Do whatever seems to work the best.

Focus now on your face and jaws. Relax your face and jaws, tensing first if you want to. Let all the tension leave your face..... let the tension leave your jaws.... leaving your face and jaws limp, smooth, and relaxed.

Scan your body now, for remaining areas of tension. Relax each area that feels tense.... scan your body from head to toe.... relaxing each part of your body.

Take note of how you are feeling now. Physically. Emotionally.

You are controlling anger right now, just by the fact that you have not yet reacted with angry behaviors. You have chosen to relax, to deal with anger in a healthy way.

To increase the control you have over anger, you may want to repeat some affirmations to help create realistic, rational thinking.... also called self-control thoughts.

5 AFFIRMATIONS FOR ANGER MANAGEMENT TO HELP DEAL WITH ANGER:

I acknowledge that I am feeling angry right now, and accept the way I feel.

I have the power to control my reactions.

I can fully experience this anger, yet wait before I take action.

I can feel angry, but calm and in control at the same time.

It's okay to feel angry.

Notice again how you are feeling. Physically, how are you feeling? Let your body relax a little more... relaxing any tense areas.

Emotionally, how are you feeling? See how emotions come and go.... anger can come and go.... it will not last forever. There is a limited time where you exercise self-control, before the anger is no longer an issue.

You may feel less angry... just as angry... or more angry now than you were at the beginning of this relaxation session.

To deal with anger that may remain, you may need a way to express the anger and get it out. You do not have to keep your emotions inside... you can choose how to express them.

You can let anger out by breathing deeply.... breathing in relaxation, and breathing out anger.... letting anger go with each breath.

There are other ways to express anger, too. You can do any of these activities after this script to allow yourself freedom to express the anger you experienced. Physical exercise, journaling, talking to someone you trust.... there are many ways to express yourself.

After the anger has decreased and you are feeling calm, you might want to address the situation that was upsetting by taking action to change the situation, or speaking to the person you were upset with. Or you may just choose to let the situation go.

Once your anger has decreased you can choose whatever option seems best. You have the right to feel a range of emotions, including anger, and to express these emotions in healthy ways that you choose.

I'll conclude this script with some breathing.

Take a deep breath in.... and out.....

in..... out.... relaxing with each breath

in..... out....

in..... out....

Keep breathing deeply to deal with anger and feel relaxed and calm.

Congratulate yourself for dealing with anger with relaxation.

I'll count now from 5 to 1. Imagine that right now, you are at a 5, and that when I reach 1 you will be feeling awake and alert, yet calm, peaceful, and relaxed.

5

4

3

2

1

ANCHORING

"Anchoring" is an effective way to train your body to quickly relax by making an association in your brain between a state of relaxation and touching a specific spot on your hand or wrist.

This script guides you to relax your body using progressive muscle relaxation, passive progressive relaxation, and stretching, then associate the relaxed state with a physical location on your hand so relaxation can be quickly elicited in the future.

In this relaxation script, I'll describe using your right thumb as an anchor spot.

Once you are relaxed, you will use anchoring to associate the action of squeezing your right thumb (or your chosen anchoring spot) with a state of relaxation. Once this association is made, you will be able to trigger relaxation quickly, simply by squeezing your right thumb.

Practice this script several times to firmly engrain the association in your brain. After a few sessions, you will notice that the first time you squeeze your right thumb, you will become relaxed. When this occurs, you will know that the anchoring process has been successful, and you can then relax immediately just by squeezing your right thumb - anytime, anywhere.

Choose a spot on your hand or wrist that will work as your "anchor." Squeezing the right thumb is the anchor I will describe in this script. Whatever spot you choose, consistently use this same location.

Choose an anchor word as well. I'll use "relax" as an example here, but you can use any word you like.

Begin reading the anchoring relaxation script here.

Now it is time to relax and begin the process of anchoring.

Begin by stretching out your muscles gently. Raise your arms above your head as you breathe in.... and lower your arms to your sides as you exhale. Raise your arms and stretch as you breathe in again.... relax and lower them as you breathe out.

Roll your shoulders forward.... and back..... now relax. Let the tension drain away from your shoulders.

Now that you have moved your shoulders and arms to allow your body to begin to release the tension it has been holding, find a comfortable and relaxed position sitting or lying down.

Stretch the muscles of your face as you open your mouth wide and breathe in yawn if you wish.... stretch the muscles of your face.... and let your face slacken gently as you breathe out.... relax completely.... let your lower jaw hang loosely below your upper jaw, your teeth not touching.

Scan your body for areas of tension as you take another deep breath in. Feel the tension in your body as you hold that breath. Now let the tension go as you let the breath go.

Point your toes, stretching your legs. Release the muscles of your legs and relax. Now bring your feet upward, toward your shins, stretching the back of your legs. Release the stretch, relaxing your legs completely.

Let your legs become limp.... loose and relaxed....

Let your arms become relaxed and loose.....

Notice how your body feels.

Feel the relaxation flowing through your body. Notice that you can become even more relaxed.... wiggle your toes once or twice, and then allow your toes to be still and relaxed.

Feel the relaxation flowing.... spreading.... until your feet are relaxed as well.

Let the relaxation continue to your ankles. Feel how loose and relaxed your ankles feel.

Now allow the muscles of your lower legs to give up their hold. Feel the relaxation in your lower legs... calm..... relaxed.... heavy..... relaxed.....

Enjoy the feeling of relaxation as it continues to your knees..... then your upper legs.... feel your thighs legs relaxing and letting go.... your legs feel very heavy..... very heavy, and very relaxed.....

Feel the relaxation flowing.... allow your buttocks to relax.... your pelvic area.... and now your abdomen..... feel the muscles becoming loose and relaxed.... letting go of all the tension.... relaxed and heavy.....

Allow your lower back to relax.... feel the relaxation there as the muscles of your lower back give up their hold.... leaving nothing but relaxation... calm.... peaceful....

Let the relaxation continue to flow throughout your body, spreading now to the muscles of your sides..... feel your sides, abdomen, and chest gently moving in and out with each breath.... each breath making you even more relaxed.....

Allow the muscles of your sides to let go.... feel the relaxation filling your core.... relaxing your chest and stomach..... your middle back..... your upper back.....

The relaxation continues to increase.... pleasantly more and more relaxed.... deeper and deeper..... feel your shoulders relaxing.... your upper arms.... your elbows....

Feel your arms relaxing more and more.... becoming heavier and heavier... let the relaxation continue... spreading to your lower arms.... your wrists.... and your hands....

Your arms become completely limp and relaxed.... pleasant.... relaxed....

Let the relaxation continue from your lower back.... middle back.... and upper back.... to your neck.... the back of your neck and the front of your neck.... the back of your head... the top of your head.... your chin.... your face..... your jaws....

Feel your cheeks relaxing.... becoming completely loose and relaxed..... feel your lips relaxing.... becoming soft and relaxed..... let your tongue relax..... feel your nose relaxing... let your eyes relax..... your eyelids are very heavy and relaxed..... feel your eyebrows relaxing.... and your forehead becoming smooth, cool, and relaxed....

Your whole body is now fully relaxed...

Enjoy the relaxation you are experiencing... use your left thumb and two fingers to gently squeeze your right thumb, while at the same time saying silently "relax," anchoring the feeling of relaxation to this spot.

Experience the feeling of deep relaxation. Notice your breathing. Notice how calm and regular your breathing is.... watch your breathing, without trying to change it in any way.

As you breathe in, say in your mind "I am relaxed."

As you breathe out, mentally say "I am calm."

I am relaxed

I am calm

I am relaxed

I am calm

Now squeeze your right thumb while mentally saying, "relax." Let the anchoring occur as this spot becomes associated with the peaceful, relaxed state you are in.

Feel the relaxation deepen each time you squeeze your right thumb while saying "relax."

Continue to allow the relaxation to flow throughout your body.... calm.... peaceful... relaxed.....

Memorize this feeling of relaxation. Notice how your body feels. Notice how calm you are. Create a picture in your mind of this state of relaxation. With this image in mind, gently squeeze your right thumb one more time while saying to yourself, "relax." Feel the relaxation deepen.

This spot is an anchor to remind you of the relaxation you are feeling right now. In the future, when you squeeze your right thumb, the feelings and memories of how relaxed you are right now will fill your mind, and your body will automatically relax.

You are as relaxed as you want to be. Calm... Relaxed.....

Warm...safe....comfortable...relaxed...

Now it is time to start to become aware of your surroundings and return to your usual level of alertness. Keep your eyes closed for a few moments while your body reawakens.

You can use anchoring any time to cue your body to relax. Remember the pleasant, peaceful state of relaxation, and know that your anchor can remind you of the relaxation you experienced.

Count up, from one to five with me, becoming more alert with each number, until at 5 you are fully awake and alert.

1, becoming more awake, more alert, energetic....

2, feeling calm, awakening even more....

3, almost totally awake now, ready to resume with your day....

4, eyes open, stretch the muscles, becoming completely awake....

5, fully awake, fully alert, rested and ready to go.