

PROGRESSIVE RELAXATION INDUCTION

You are about to participate in an interactive experience. I will ask you to participate by using your vivid imagination in a very active way to help achieve the results that you desire.

Now close your eyes and relax. Just for a moment, imagine all the muscle groups in your body letting go. Take a deep breath. That's good! Exhale now. And take another deep breath.

Each time you breathe from here on in, imagine your breath flowing out through your rib cage and spreading relaxation throughout your body. So feel that relaxation as I talk to you.

Relax all the muscle groups around your face for a moment. Relax your scalp—your forehead—your eyebrows—your eyelids. And your cheeks. And your nose. And your mouth. And especially those muscle groups around your mouth and lips.

Make sure your teeth are not clenched together. Now just relax. Relax your chin and jaw. And allow all those muscles in your face to just let go. And now your neck relaxes. The front part of your neck. And the back part of your neck. Right through to your shoulders. Feel your shoulders relaxing completely. Get rid of any tension that might be in your shoulder area. It feels good to do that.

And allow your arms to relax now. Your upper arms—your elbows—your forearms. Relax your wrists. Your hands. Even your fingers relax and let go. Just imagine your arms becoming very heavy. Loose and limp. Heavy—loose—limp. Like a wet wash cloth.

And allow yourself to breathe comfortably. And notice how deep and regular your breathing has become than just a few moments ago when we started. Feel your breathing. Feel the rhythm of your breathing. Notice the contraction and expansion of your diaphragm and your chest. Allow your chest muscles to relax completely. Right down through to your stomach. Feel your stomach muscles just relaxing. Get rid of any tension that might be in that area.

And allow your back muscle to relax. Those large muscle groups in the upper part of your back. Right down your spinal column and into your lower back. Just let go. Let go completely. And allow those smaller muscle groups in the lower part of your back to relax as well. And your hips relax. And especially your legs. Your thighs. Your knees. Your calves. Your ankles. Your feet. And even your toes. Just allow those muscle groups to just relax completely as you begin to drift into a very deep, relaxed state. Letting yourself go. Letting your mind and body become one. Feeling good. Feeling so good now.