Now drifting way *DOWN* into calmness... and just allowing your entire body to rest and go limp... and as you go *DEEPER* and even *DEEPER DOWN*, all noises or distractions neither bother nor disturb you. I *WANT* you to concentrate on your breathing... breathing in pure calmness with every breath you inhale and breath out all stress and tensions every time you exhale. Feel yourself going *DEEPER* and *DEEPER* into the calmness with each and every breath... and your breathing is regular, easy and effortless and you are just becoming calmer and calmer... and your entire body is completely and totally limp as you drift *DOWN* even *DEEPER* with each and every breath you take in... and you can feel a warm, wonderful sense of *PEACE* and *FREEDOM* as you go even deeper *DOWN* into the calmness.

And you may have noticed that some areas of your body are easier to calm than others... and concentrating on the areas of your body that you find now to be the most comfortable, the most tranquil and calm and concentrating on those areas now... you are recognising those areas that makes you so comfortable and so very calm... and feel all the sensations of calmness and comfort in those areas... the most limp and comfortable parts of your body... and allow the feeling of calmness and comfort, the most peaceful sensations of your body... to begin to expand... and as this marvellous, warm, wonderful feeling of calmness spreads, it expands to the other parts of your body and the feeling of calmness and limpness expands out to *ALL* the other parts of your body... as you continue to go *DEEPER* and even *DEEPER*...

See if you can't visualise or imagine the calmness continuing to spread throughout your body like the rays of the sun, gently warming and cozy... or like the rings of water that spread from a pebble being tossed into a quiet pond... and allow the calmness to spread to every muscle, nerve and tendon in your whole body, as you just continue to enjoy this tranquil and peaceful calmness in every part of your