

## **The Orange Liquid script by Valerie Austin**

*You're resting comfortably now . . . you're calm and relaxed. In this state of calm and peace, you radiate more self-confidence . . . more love . . . more enjoyment of life because now you can free yourself of all the things that are holding you back . . . all the doubt . . . all the discomfort . . . all the fears. In your imagination, you can do or be whatever you wish to do or be. Through your imagination, you can free yourself of all the restrictions . . . all the limitations . . . all the negative thoughts that have accumulated over the years.*

*To do this, imagine now that your body is a large glass container that I'm going to fill with a soothing, warm, orange liquid . . . beginning at your toes and ending with your scalp . . . using your imagination, concentrate your awareness on your toes . . . now just imagine a warm, orange liquid moving in through your toes . . . feel the warm, orange liquid moving slowly through your toes and emptying into your feet . . . now feel your feet filling with a warm, orange liquid . . . filling your feet completely now . . . and moving up . . . up into your calves . . . now feel your calves filling with a warm, orange liquid . . . a soothing, tingling warmth filling your calves completely now . . . and moving up . . . up into your knees . . . now feel your knees filling with a warm, orange liquid . . . feel it moving in and out of your knees . . . moving through your knees and moving up . . . up into your thighs . . . now feel your thighs filling with a warm, orange liquid . . . a soothing, tingling warmth filling your thighs completely now . . . now feel that soothing, tingling warmth moving freely throughout your legs . . . becoming warmer and warmer as we continue.*

*Concentrate your awareness on your hands . . . now just imagine that same warm, orange liquid moving in through your fingertips . . . feel the warm, orange liquid moving slowly through your fingers and emptying into your hands . . . now feel your hands filling with a warm, orange liquid . . . filling your hands completely now . . . and moving up . . . up into your forearms . . . now feel your forearms filling with a warm, orange liquid . . . a soothing, tingling warmth filling your forearms completely now and moving up . . . up into your elbows . . .*

*now feel your elbows filling with a warm, orange liquid . . . feel it moving in and out of your elbows . . . moving through your elbows and moving up . . . up into your arms . . . now feel your upper arms filling with a warm, orange liquid . . . a soothing, tingling warmth filling your upper arms completely now . . . now feel that soothing, tingling warmth moving freely throughout your arms and legs . . . becoming warmer and warmer as we continue.*

*Concentrate your awareness on your pelvic area . . . now feel a warm, orange liquid flowing in . . . feel your pelvic area filling with a warm, orange liquid . . . a soothing, tingling warmth filling your entire pelvic area . . . and moving up . . . up into your stomach . . . now feel your stomach filling with a warm, orange liquid . . . feel every muscle . . . every fibre . . . every nerve in your stomach, warm and relaxed now . . . warm and relaxed . . . feel your entire stomach area filled with a warm, orange liquid . . . and moving up, up into your chest . . . now feel your chest filling with a warm, orange liquid . . . a soothing, tingling warmth filling your entire chest cavity . . . and moving up . . . up into your shoulders . . . now feel your shoulders filling with a warm, orange liquid . . . filling your shoulders completely now and moving up . . . up into your neck . . . feel your neck filling with a warm, orange liquid . . . and moving up . . . up the back of your head . . . up into your jaws . . . and your jaws become relaxed . . . now feel the warm orange liquid moving up . . . up into your cheeks . . . and your cheeks begin to sag just a little . . . now feel the warm, orange liquid moving up into your eyes . . . and your eyes relax even more . . . now feel the warm, orange liquid moving up . . . up into your forehead . . . and your forehead becomes relaxed . . . now feel the warm, orange liquid moving all the way up to your scalp . . . filling your entire head area with a warm, orange liquid . . . a soothing, tingling warmth . . . just imagine your entire body and mind are filled with a warm, orange liquid . . . become aware of a soothing, tingling warmth moving freely throughout your body and mind.*

*Experience a few moments of silence, from my voice . . . Use your imagination . . . and just imagine you can feel the warm, orange liquid freeing your body and mind of all the restrictions . . . mental and physical . . . all the negative thoughts*

*. . . all doubts . . . the fears . . . the discomfort . . . feel all of your limitations being absorbed and dissolved into the warm, orange liquid . . . until you next hear my voice . . .*

**[Pause for 60 seconds.]**

*Become aware of my voice now . . . become aware of my voice . . . and listen. You're resting comfortably now . . . you are calm and relaxed . . . Your body and mind are filled with a warm, orange liquid . . . a soothing, tingling warmth . . . Use your imagination now and feel the warm, orange liquid dissolving and absorbing all the negativity in your body and mind . . . negativity comes in many forms . . . stress, tensions, anxiety . . . doubt, depression, discomfort . . . insecurity . . . fears of all kinds . . . Using your imagination, you can actually feel the warm, orange liquid working now . . . like a million little bubbles inside you scrubbing away . . . cleansing your body and mind from the inside out . . . cleaning it up . . . clearing away all the restrictions . . . all the limitations . . . all the negativity. Feel your body and mind being freed of all the negative feelings . . . all the negative thoughts . . . all the negative actions from the past . . . and the present . . . Physical or emotional problems will appear as darkened areas throughout the body and mind. . . Make a mental note of the darkened areas you are now aware of . . . now direct the warm, liquid to those areas . . . feel it releasing the emotional stress . . . all the suppressed feelings . . . all the pent-up emotions . . . now feel it dissolving and absorbing the physical discomforts . . . now concentrate your awareness on those areas most easily influenced by stress and tension . . . Your head area . . . your neck and shoulders . . . your back . . . your stomach to name a few . . . now feel a soothing, tingling warmth developing in these areas . . . feel the stress and tension being released through the gentle action of the warm, orange liquid . . . Using your mind in a more creative way, you've already released much of the stress and tension responsible for many of your discomforts . . . As a result of this with each new day, you're better able to cope with everyday pressures at home or work . . . Every morning, as you awaken, all discomforts, caused or aggravated by stress and tension . . . will be noticeably better or gone completely.*

*In a moment, you are going to drain all the liquid out . . . Imagine now, there are tiny valves on the ends of your fingers and toes . . . the valves are open now . . . and you're letting the warm, orange liquid drain out . . . As the warm liquid drains from your body and mind . . . a pleasant feeling moves from your head to your toes . . . your body and mind are being relieved of all the negativity . . . all the restrictions . . . all the limitations you've been carrying around for so long . . . Just imagine them flowing out of you with the liquid now . . . Just imagine you can see it . . . and you can . . . feel the warm liquid leaving you now . . . as the last drop of liquid drains, you get a feeling of lightness . . . a feeling you've released a lot of the negativity you've been harbouring within you for so long . . . By the end of this day . . . definitely by tomorrow . . . you will have noticed a difference . . . positive little changes in your attitude . . . Your opinion of yourself will have improved . . . You are going to feel more confident . . . you are going to be more confident . . . and it is going to show . . . You are going to feel free and at ease with those you associate with at home or work . . . Day by day, there will be a slow, steady release of all the negativity you've been experiencing . . . the negative feelings . . . the negative actions . . . the negative thoughts you've accumulated over the years . . . thoughts, from others, that you've accepted about yourself . . . and began thinking were true . . . even though they were not . . . you have, within you, the ability and power to solve every problem in your life.*

*In the past, you may have felt some problems were beyond your abilities to solve . . . this is no longer so . . . You now look upon all problems as opportunities to expand your awareness . . . to develop your mind . . . to discipline your thoughts . . . to achieve better control of your actions. These abilities are within you but they haven't been used effectively in the past . . . All of that is changing now . . . You are now aware they exist and you will soon find yourself using them every day . . . Each time you think of the warm, orange liquid, more of the restrictions and limitations will be released . . . You'll be able to work with it yourself . . . you are going to get all the negative thoughts out of your life . . . they no longer exist unless you let them exist . . . they are no longer valid.*

*Continue to relax now and listen . . . In a moment, I will count from ten to one . . . At the count of one, let your eyes open . . . and you will again be fully alert, rested and refreshed . . . filled with abundant energy . . . For the remainder of the day, you may experience a pleasant feeling of inner-warmth as a result of your improved circulation . . . ten, nine, eight . . . coming up now . . . seven, six, five . . . more and more aware . . . four, three, two, one . . . eyes open.*