

The Progressive Relaxation induction script by Valerie Austin

In this deep, and special sleep . . . your subconscious mind . . . for your safekeeping . . . monitors everything that is happening around you . . . Therefore these suggestions, because they are for your benefit, go directly to your subconscious mind . . . where they are accepted . . . These thoughts become established . . . firmly fixed . . . deeply . . . in your inner mind . . . Embedded, so these suggestions remain with you . . . long after you open your eyes . . . Helping you to change those things you want to change, for your own sake . . . And these new thoughts . . . help you begin to change the things you want to change . . . And these changes allow you to enjoy your life . . . more . . . and . . . more . . .

I want you to imagine that you're checking your body to ensure you become totally relaxed . . . as your muscles relax . . . just let your mind relax also . . . begin with your feet . . . feel your toes . . . stretch them . . . feel the texture of what your feet are resting on . . . begin to tighten your calves . . . now relax them . . . let that relaxation spread past your ankles . . . up your calves to the back of your knees . . . feel those muscles easing . . . resting comfortably . . . now your thighs . . . pull them tight . . . be aware of those long muscles tensing . . . now relax those muscles . . . feel them lengthening and resting comfortably . . . feel your legs as they sink even deeper into the cushions [personalize, depending upon where you will be using the induction] as you relax even more . . . and notice how rhythmic your breathing is becoming . . . now your stomach muscles . . . pull them together gently . . . now let them expand and relax comfortably.

Your shoulders and back muscles . . . flex your shoulders . . . feel those muscles pull across your back . . . now let your shoulders slouch as you relax the muscles . . . and notice how your spine sinks deeper into your chair, as you relax even more deeply . . . notice how easy and regular your breathing has become . . . Now your fingertips . . . and fingers . . . clench them . . . feel that tension . . . now relax them . . . and allow the relaxation to spread up your arms

to your neck . . . Make sure your neck is comfortable, with your head in an easy position . . . tighten up your neck muscles . . . now let those columns of muscles loosen . . . as the muscles relax allow your neck to sink into the cushions into a comfortable position . . . Your face muscles are flat and stretch comfortably across your face . . . squeeze up your face . . . and feel the tension . . . now relax those muscles and feel them lengthening . . . and softening . . . relaxing . . . more than ever before.

You can now feel the air temperature against your skin . . . It feels smooth and comfortable . . . now you can allow the relaxation to spread to your scalp . . . knowing that you are relaxed throughout your body . . . from the top of your head . . . to the tips of your toes. Your body is now loose . . . and limp . . . and heavy . . . and relaxed . . . notice how your body is sinking deeper into relaxation . . . as your breathing becomes more regular and easy . . . in a moment I will count slowly from one . . . to ten . . . and with each number you drift . . . deeper . . . and deeper . . . into peaceful relaxation . . . [counting slowly and deliberately] one . . . two . . . three . . . four . . . five . . . six . . . seven . . . eight . . . nine . . . ten.

You are now feeling so deeply relaxed . . . you find it easy to focus your attention . . . and imagine things very clearly . . . and I want you to imagine that you are standing on a balcony . . . which has steps leading down to a beautiful garden . . . as you look into the garden . . . you see that it is surrounded with lovely trees . . . ensuring the garden is private . . . secluded and peaceful . . . There are flower beds . . . set in the lovely lawn . . . and further along is a waterfall . . . flowing into a stream . . . Listen to the sound of the water . . . as you look around . . . you see the trees . . . and you hear a faint sound of a bird in the distance . . . adding to the feeling of deep . . . relaxation . . . through your entire being . . . If you look more closely you will see that there are five steps leading down to the garden . . . and then a small path . . . that leads to the waterfall . . . In a moment we will walk down the steps . . . and with each step you go deeper . . . and deeper into relaxation . . . So let's begin. As you put your foot on the first step you feel yourself going deeper into relaxation . . . down on

to the second step . . . and as you feel your foot firmly placed on the step . . . you feel a wonderful relief . . . as you drift even deeper into relaxation . . . down on to the third step . . . feeling wonderfully free and . . . so . . . so . . . relaxed . . . as your foot reaches for the fourth step . . . another wave of relaxation drifts through your whole body . . . down on to the fifth step now . . . and feeling even more deeply relaxed than ever before.

Now as you find yourself standing on the lawn . . . you see a little way ahead . . . a waterfall . . . listen to the water as it gently splashes . . . you can notice the birds singing in the distance . . . and the sound of the trees gently swaying . . . and a little to the side is a comfortable garden bench . . . Notice the colour of the bench . . . what it is made of? . . . In a moment I would like you to walk over to the bench . . . and sit down on the bench . . . When you sit down you will be surprised at how comfortable it is . . . and then you will be even more relaxed than you are now . . . so let's begin to walk over . . . [leave a short pause] . . . now sit down on the bench . . . and as you sit down on the bench . . . take a deep breath . . . and as you breathe out . . . you feel a wave of relaxation go through your body . . . relaxing every muscle and nerve . . . As you breathe in . . . you breathe in positive thoughts . . . and as you breathe out . . . you breathe out negative thoughts . . . leaving room for more positive thoughts.

You may want to just drift into sleep . . . and if you just want to go to sleep you can just ignore the next few words . . . and rather than count you out of hypnosis they will just seem to lull you into a deep and comfortable sleep . . . until it is your time to awaken . . . However, if it is time for you to awaken from hypnosis . . . You will use these words . . . to awaken you . . . from this deep and comfortable hypnosis . . . in a moment I will count from ten to one . . . and at the count of one . . . you will be fully aware and refreshed and your eyes will open . . . [counting slowly and deliberately] . . . Ten . . . nine . . . eight . . . coming up now . . . seven . . . six . . . five . . . more and more aware . . . four . . . three . . . two . . . one . . . LET YOUR EYES OPEN