

Symphony of the Mind

Originally used for preparation for a mastectomy and reconstructive surgery. Can be used and altered for other healing and surgical procedures.

After appropriate induction:

You will notice in this calm relaxed state,
Your mind knows exactly what you need, you may not know it now but there is a part of your mind
That knows what you need and exactly when you need it...
Just as naturally as your body heals a small cut on your finger....
Your mind knows exactly how to heal that wound, gently and perfectly....
With little or no pain, with little or no swelling,
You really can just let healing be,
Because you have allowed yourself to relax very deeply
Healing becomes easier and easier, mind and body working together...
There is a part of your mind that knows just what to do and just when to do it,
And as you listen to the sound of my voice and not listen to the sound of my voice
You can allow yourself to go even deeper, more relaxed....

Noticing and not noticing, listening and not listening
Drifting deeper into that wonderful pleasant state
Into a most pleasant daydream....
Knowing that your subconscious mind will be directing everything....
Allowing it to heal what needs to be healed.....
Your subconscious mind will direct everything....
Just as a conductor directs an orchestra
With precision and timing.....
A tempo that is just perfectly timed, in perfect rhythm....
A balance of each section, playing its part...
At just the right time.... At just the right tempo.....
A tempo which flows gently, with a smooth easy rhythm,
Effortless,
The conductor allows each section to slow down the flow of notes to a most gently rhythm,
A quiet peaceful flow of notes,
As one note gently flows into the next,
Slowing down, down, down until there are no notes left to flow.....
Until there is a peaceful stillness
The conductor conducts this symphony with precision,
Just the right instruments at the right time....
Creating a most soothing and gently melody...
All the sections playing their part in a harmony and unison for the common good

Creating a musical masterpiece...

And as a new section joins in.....

The transition is so well timed.....

So perfectly a part of the whole....

The orchestra accepting the new part....

And the new part becoming one with the whole.....

A joining together as one.....

A completeness.....

With harmony and rhythm a perfect fitting together

Of each section, of each part....

As your body and mind become one with the music,

As it relaxes you deeper and deeper,

Filling your heart and mind with new energy,

A new rhythm, a new song.....

A new and gentle acceptance....

As the symphony continues each section becoming more a part of the whole....

Your mind becomes so in tune to the harmony,

In tune with the rhythm and flow of the music,

The music is uplifting to your spirit,

Bringing you to a new level of focus,

The positive effect of the music washes all other thoughts

And concerns right out of your mind and body,

Taking in the harmony, the peacefulness....

And letting everything else go,

Taking in only what is beneficial

Oh the healing power of music....

So gentle, so empowering,

Mind and body one with the music,

Listening to only what you need to hear....

As you become one with the music of life

You can relax knowing this is the beginning of a new

Healthier life.....

Your body is relaxed and calm....

Welcoming in what is beneficial.....

And gently releasing what it doesn't need,

Releasing what it doesn't need easily and at the right pace and tempo for your maximum healing....

Your unconscious mind will easily and gently recognize the things it needs for healing,

Minimizing the negatives

And maximizing the positive pleasant sensations....
Maximizing the positive pleasant sensations....
You heal quickly and easily.....
Your unconscious mind knows exactly what you need and where you need it

Courtesy of Barbara Klink, CHt