

# A Walk in the Meadow to the Waterfall

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I want you to sit in your chair and put your feet up and close your eyes. As you hear the sound of my voice, you will start to relax. I want you to breathe deeply... inhale to the count of four and exhale to the count of four... Feeling all the tension leaving your body as you do this. Deep breaths, very deep breaths. Feeling so good, so secure. With every breath, you go deeper and deeper. As you're feeling so relaxed, occasional random thoughts may cross your mind... that's perfectly fine and natural. They are called junk thoughts... just let them pass, they are not important. You always have complete control and if you hear any noises or sounds from passing cars, birds, etc., you will simply choose to dismiss them. They are not important to you. You will still be aware of everything, if there should be danger, you will instantly be awake and aware and completely alert. You will be able to respond in the manner appropriate to the situation. Any noises you hear will simply help you to go deeper and deeper. With every breath you will go even deeper, with every healthy beat of your heart you will go deeper still. If you feel you need to move to be more comfortable, that's perfectly fine. You will only feel more relaxed and comfortable. You can now feel all your muscles relax, loosening... free of tension.

Start at your toes... relaxing each toe... moving up to your ankles... feeling all tension lifting away... next moving to your calf... feeling loose, soothed and massaged. The sound of my voice makes you feel safe and secure. You are comfortable and relaxed... so quiet and calm. Now we are moving up to the knees... so relaxed... so safe... and up to the thighs, let your thighs droop, loose and limp and heavy in the chair... relax. Your whole body is relaxed and safe and feeling so good. We are now at your midsection and all the muscles in your tummy are so relaxed... once again be aware of your breathing, take deep breaths and with each one you go deeper and deeper into relaxation. Moving up to your chest and neck, they are so relaxed and your shoulders are so relaxed and so loose and tension free. Just free your mind of all tensions and relax your neck... your head is sooooo heavy and so relaxed and you feel so good and happy. Your mind is free and lazy and it feels so good... your body is so relaxed and so calm and so comfortable... you are so happy and safe. Your mind is drowsy and untroubled... you are so safe and secure... the nerves of your body are being calmed by my voice and it feels so good.

Repeat to yourself what I am saying... I am so relaxed and feel so good and safe. I am free of tension. (repeat two times). You are now totally relaxed and ready to go on a journey with me. I want you to see yourself at the top of a staircase with many steps... you are going to descend the steps and with each step you will go deeper and deeper into relaxation... step ten is at the top and you are going slowly and very carefully down the stairs... 9... 8... 7... so relaxed... 6... 5... so safe and secure... 4... 3... so relaxed... 2... deeper and deeper... 1... and now you are so very relaxed, so happy and you feel so good. You feel so wonderful and refreshed and free of tension.

Let's now go to a special place, very special place, a place where you feel oh so very safe and secure. We are going for a walk in a meadow... feel the soft green, luscious grass on your bare feet and it feels so good and so soft. You can feel the morning sun lightly caressing your shoulders and hair... just enough warmth that it soothes your whole body. You feel warm... soothed... stroked... and massaged. As you are walking, you pass through a little glade and there in front of you is a waterfall... with a winding brook catching the water from the waterfall. As you approach the waterfall and hear the trickling sound of the water on the beautiful colored pebbles, you realize that the area is surrounded by beautiful wildflowers of red, yellow and blue and white Queen Anne's Lace. There is a slight breeze ruffling the flowers and as you approach closer to the waterfall, you can feel the mist from the spray touching lightly on your face. You are surrounded by beauty and as you sit on a big red rock close to the waterfall... you can observe the silence of your surroundings... and you are so relaxed... the rock has been warmed by the sun and you lie back on the rock and overhead the sky is a very light blue and there are several white clouds moving lazily across the sky. You feel that breeze whispering across your whole body. You can see birds flying slowly across the sky and landing in low hanging branches of trees that surround the beautiful brook... and you feel so good and at peace with your surroundings. Tranquility fills and engulfs your whole being and you are so relaxed. As you rise from the warm red rock, you see a small winding path and on each side are lovely wildflowers swaying in the soft breeze that is blowing... carefully and slowly you walk down the path and as you follow the path it takes you deeper and deeper into a beautiful wooded area... with trees waving in the wind and specks of sunlight peeking at you as you look all around at the beauty of nature. It's cooler now because the trees shade the sun, but not too cool... just right... at the path's end, you see a big beautiful Victorian house with many steps and statues. Wonderful flowers and fountains surround the home. The front of the house is all windows with flowing white curtains in each window. In one corner of the building there is a great big picture window with lace curtains and right next to that window is a huge door that is ajar. As you approach the building on one side of the path is a great pond with goldfish swimming and trees and lush green grass surrounding the whole area. The closer you get to the house the more in depth you can see it... it is so beautiful that it is breathtaking. Upon nearing the structure, you discover that the steps are wide and the entrance is so very inviting... there is a railing on each side of the steps and as you put your foot on the first step, the step changes color to a magnificent purple and another step you climb and that step turns blue... and still another step and that step turns green... and each step thereafter... yellow... orange... and the top step is red. The colors of the charkas. Then you go through the door and there is an elegant foyer with a huge staircase leading to the upstairs. The walls in this room are bright white and you feel so peaceful here. In the middle of the foyer is a tremendous marble fountain... the sound of the water is so relaxing. You look above the fountain and you see a brilliant crystal chandelier hanging from each section. Elegantly catching the sunlight and melodiously tinkling... it is such a sweet sound and so comforting. As you look ahead of you there is a huge marble staircase with a beautiful cherry step... you can feel the cold marble on your bare feet and it feels so refreshing. As you draw closer to the stairway you can see that on either stair that there are flower petals. With each step there is a different color petal... the first step is pink and then blue and then yellow and then

orange and then white and the colors start over again. The wonderful aroma that you can smell is so refreshing...it is a light smell and as you take each step, a different aroma... light and airy... first you can smell sandalwood, then rose, then hyacinth, then lilac, then evergreen... the petals feel so soft and wonderful on your feet as you ascend the stairs. The different colored flower petals start to move very gently and gracefully all around you... what magnificent color and softness and smells you are experiencing... and you feel so good. By now you have reached the top step and when you look around you there is a huge room surrounded by windows and light... and in the middle of the room is a grand bed... totally covered with pillows and when you lay on the bed you are surrounded by soft... feel how good this feels... looking up to the ceiling you see that it is all open and light and you are able to see the white fluffy clouds shimmering across the beautiful blue mass. Close your eyes now and relax and let the pillows engulf you and let your mind drift and clear all thoughts from your mind. You are safe and happy and feeling so very good about yourself. I want you to see how happy you look... notice the smile on your face... you like yourself and feel good about yourself. I want you to take this feeling and place it into your heart... go ahead, reach for the feeling and place it into your heart... you will keep it safe there. You will be able to get this feeling any time you like by simply placing your hand on your heart and remembering the feeling you are feeling right now. Oh so slowly, you are about to open your eyes and see the beautiful splendor of your surroundings... sky... clouds... trees.... and shimmering light. You are feeling total peace. It is now time to leave your special place... remember, you can return here any time that you desire... you can feel the peace and joy within yourself anytime by placing your hand over your heart and remembering the feeling that you have in your special place.

First, I want you to move your toes, slowly. Then I want you to move your legs... back and forth... you are still so loose and relaxed. Now I want you to move your arms... fingers... and shoulders... stretching feels sooo good. Oh it feels so good to wake your body up slowly.

Now I am going to count backwards from 5 to 1... and when I do you will be wide awake and feeling so good about yourself... 5... coming back... 4... 3... feeling more awake... 2... and 1... wide awake and eyes open.