

Energy Orchestra Leader

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As you prepare for this relaxation, find a comfortable position in a chair or on the floor. Uncross your legs and stretch them out if you are sitting on the floor. If you are in a chair, place both feet flat on the floor, resting your arms on the arms of the chair or in a comfortable position in your lap. Close your eyes and squeeze, then relax your eye muscles a few times.

Now, breathing in through the nose, take a very deep breath. As you breathe in, allow your tummy to rise. Then hold that breath and mentally count to four. Now release that breath through your mouth, allowing your tummy to flatten. And once again, mentally count to four. Do this several times. As you breathe in, you will feel a warmth spreading through your body. And as you exhale, you will feel your body 'drop'. Take another deep and relaxing breath, breathing in relaxation and exhaling all of the unnecessary tension that you have bottled up inside of your body. You are safe here, and nothing will be able to harm you. It is alright for you to enjoy this time of deep physical and mental relaxation. You deserve a time to relax. Just listen to my voice. And, as the sound of my voice completely and totally fills your mind, you go deeper and deeper into relaxation.

For the moment now, concentrate your attention on your toes. Allow the muscles in your toes to relax. Feel the sensation of relaxation entering your toes. Now, allow this sensation of relaxation to move into the arches of your feet, then the heels and around your ankles. As this wonderful relaxation travels up through each knee and through each thigh, you feel a wonderful sense of peace and tranquility. The relaxation now travels up into your hips, abdomen and lower back. And you feel very safe and secure. The relaxation eases around into all of the chest muscles, your breathing becomes slow and easy. Let the relaxation flow down your arms, through the wrists and hands. And into all of your fingers. Now you can feel the relaxation moving up into your middle back, massaging your spine as it travels up into your neck. Feel the neck muscles relax. It feels so good. Now your scalp and finally your face relax. Your whole body is now relaxed. Feeling so peaceful, safe and secure.

Now imagine yourself seated in a large, magnificent theater. The seats are covered with red velvet and the orchestra is playing your favorite music. There are many people in the theater. As you look around, you notice that everyone is happy and contented. They are enjoying the music as much as you are. As the orchestra continues to play, your attention focuses on the orchestra leader, for as he conducts the orchestra, he uses both hands, holding a baton in one hand. This baton controls the pace and tempo of the music and it fascinates you. As the baton gradually slows down the music, you feel yourself becoming even more deeply relaxed. And when the music stops, there is complete cessation of movement and complete silence and complete relaxation. Every nerve and every muscle in your body is relaxed and you feel very connected.

Now, as you let yourself drift awhile, you become even more relaxed. Your attention now focuses on the orchestra leader who has turned around to face the audience. See him take a bow. As you gaze at the orchestra leader, you see that he is moving in your direction. As he nears you, you recognize him as your Spirit Guide. As you greet each other, he holds a mirror in front of himself. You gaze into the mirror and see yourself. And as you are looking at your own reflection, your Guide is telling you that you love and approve of yourself. You feel this so strongly, that you repeat it to yourself, over and over again. You feel so good that you want to tell everybody in the room just how good you feel. And, without any hesitation, you stand up and tell everyone in a loud and clear voice that you love and approve of yourself. You look around and as you sit back down, they begin clapping their hands. They liked what they heard you say.

Your Guide smiles at you and asks you to look back into the mirror and to make a wish for something that you would really like to happen. And to visualize, that whatever you had wished for is really happening. Suddenly the mirror becomes a giant movie screen and you and all of the people in the room are viewing your wish coming true. At the end of the scene, everyone applauds you. You are touched so deeply that you want to stand up and say something. You stand up and recite some Positive Affirmations -

I. This is the ideal scene of something better that is now manifesting for me in total satisfying and harmonious ways, for the highest good of all concerned.

II. Every moment of my life is infinitely creative and the Universe is endlessly bountiful. I just put forth a clear enough request and everything my heart desires will come to me.

III. I give thanks now for my life of health, wealth, happiness, and perfect self-expression. Thank you.

As the people clap with approval, you sit down and your Guide turns around and returns to the podium. He raises his arms to signal the orchestra to prepare to resume playing. As you watch his baton swaying back and forth in rhythm to the music, the tempo begins to quicken and liven up. You feel so refreshed and recharged. So full of 'life'.

Slowly, you begin to come back up. As I count from one to ten, if it is time for you to go to sleep, you will drift off into a sound, restful sleep, waking at your usual time. However, if it is time for you to awaken, at the count of ten you will open your eyes, feeling very good, very relaxed, very refreshed, and very peaceful; and know that you have the power to transform your life in any way that you choose.

One, two, three... coming up just a little

Four, five six... you feel so good.

Seven, eight... more alert and feeling so good.

Nine... eyes starting to open.

At the count of ten you will open your eyes and be aware and completely alert.

Ten... eyes open, feeling refreshed and just wonderful.

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