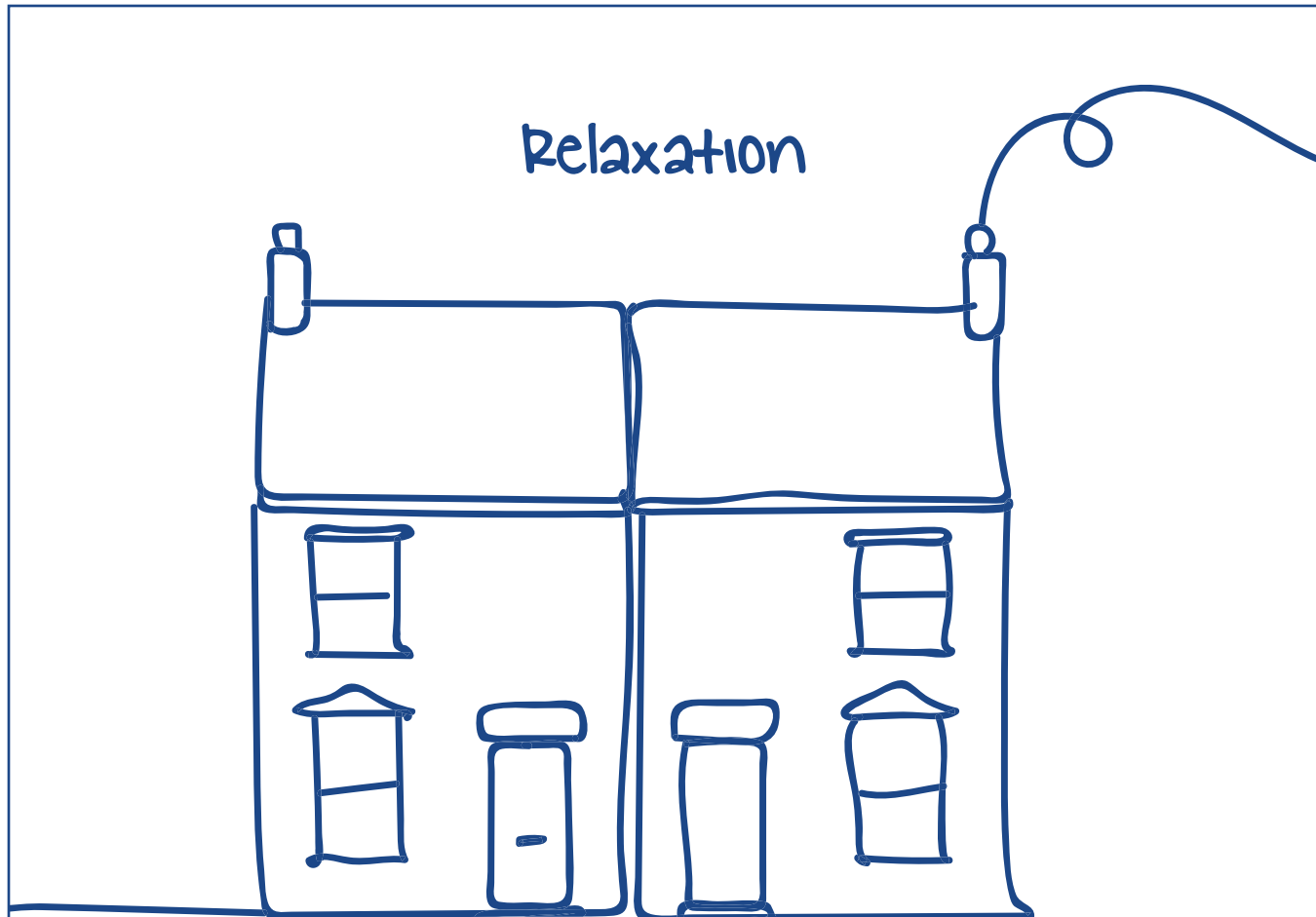


## 6.14 Module 6: Relaxation



**Make yourself comfortable, and ask a partner or friend to read this relaxation script:**

Focus your attention on your breath, taking a deep breath in through your nose, if this is comfortable for you, and releasing the breath through the mouth. I would like you to focus your attention on your right foot, and rest your attention here for a moment. Notice what sensations are in the right foot, gently move your toes noticing the feeling of your toes against your shoe. Notice the sensations in the sole of the right foot, the heel, the ankle, and if your mind wanders just gently bring it back without giving yourself a hard time.

Take a deep breath in and on the out breath gently release your focus on the right foot, moving your attention up to the right leg. What do you notice here? Notice the contact between your right leg and your hand. Do you feel heaviness, lightness or warmth, acknowledge any, and all sensations here.

Take a deep breath in, and on the out breath gently release the focus on your right leg, bringing the attention to the left foot. What can you feel here? Focus your attention on any sensation you can feel in your toes. Can you feel the contact between the floor and your left foot? There is no right way to feel. Simply allowing your attention to remain here, and if your mind begins to wonder, just simply bring it back.

## 6.14 continued

Take a deep breath in, and on the out breath gently let go of your focus on the left foot and move your attention to your left leg. Focus here for a few moments, being aware of the contact between the chair and the left leg, and any sensations you may feel here.

Take a deep breath in, and on the out breath release your focus on the left leg. Moving up the body. As you take a deep breath in notice your stomach and chest rising as your chest begins to fill with air, and then gently falling as you release the breath. As you continue to breath notice the sensations felt in the face and forehead, realising any tension or heaviness felt in this area on your out breath.

Imagine the breath could fill the whole body as you sit here, breathing into the whole body, and out of the whole body, allowing the body to just be as it is.

### (Moving into visualisation)

Now that you are relaxed I would like you to use your imagination to visualise a blank canvas. Imagine this canvas is right in front of you. Now we are going to use this blank canvas to paint a picture of a peaceful, relaxing scene. It could be a familiar or imaginary scene. Maybe a garden full of your favourite flowers, a beach that you would regularly visit, it may be a picture of an imaginary beach that you would love to visit. Anywhere where you could feel totally relaxed and happy.

If your mind begins to wander just gently bring it back, paint in the details of your relaxing scene and let the picture absorb your attention.

When the painting is clear in your mind see yourself stepping through into the picture. Once in the picture, use all your senses to explore the scene that you created.

What can you see in the picture, what is above you, what is under you? Look at the shapes and colours. What can you smell? Smell the air, it might be that you can smell the sea or the fragrance of the flowers, enjoy the different scents that surround you.

What can you hear? Listen to your breathing, the gentle rise and fall of your chest. What else can you hear? The sound of birds singing, the sound of water in the distance. Is there anything you can reach out and touch in your picture? Maybe a flower or a stone, and how does this feel?

Take in all the sensations that your picture gives you, and notice how you feel being in your picture. You feel calm, content, warm and peaceful.

Now I want you to see yourself leaving your relaxing place, and step back though the canvas. Allow the picture to gradually fade in your mind, bringing your attention back to the body and the sensations felt in the body, if any. Notice any sounds you may here around you, and gradually open your eyes or raise your gaze to notice the colours and objects that surround you.