

Basic Relaxation Script with whole body parts.

Take a few deep breaths to allow your mind to clear..... breathe slowly and calmly, taking your time with each slow and even breath. (short Pause)

Breathe at your own pace...allowing each breath to rise and fall, without any conscious effort to change your breathing.....(pause)

During this practice you will simply be observing different parts of your body..... hear the instructions passively.....simply noticing, without the need to make any changes or to expect anything to occur..... watch and take note of any changes that happen on their own without any effort on your part.....(pause)

When you are ready....close your eyes.....bring your awareness to your body lying on the floor.....take a few moments to make yourself completely comfortable so you can stay still and relaxed..... firstly bring your attention to your spine.....move to the base at the tip on the coccyx bone.....now move your attention to the top of your head.....with both ends in your awareness, join a line between the twoand feel your body lying evenly along that line.... (pause)....moving now to the contact points between your body and the mat.....body and the floor.the back of your head.....across the back of your shoulders.....backs of the arms..... both arms together.....upper back & shoulder blades.....across the back of your ribs.....your lower back.....back of the hips.....the buttocks.....backs of the legs.....and heels..... The whole back of your body resting.....relaxing.....letting go.....(pause)continuing.....

Now to the whole right arm from the fingers to the shoulder.....the whole left arm from the fingers to the shoulder.....both arms together.....whole right leg from the tips of the toes to the top of the hips.....whole left leg from the tips of the toes to the top of the hips.....both legs together.....the whole trunk or torso of the body.....the front and the back.....whole neck.....back of neck.....side of neck.....the whole head.....whole face.....feel now your body completely, as a whole.....complete from the top of your head to the tips of your toes.....resting.....relaxed.....and at ease.....

Let your eyes gaze down into the space now within your body and just notice this space.....notice the breath.....where it reaches to and where it subsides.....let your awareness extend to the space in the whole body and feel your body as just space.....skin on the outside and space within.....just space....whole body.....rest here.....breathe.....soften.....let go of it all.....

the practice is now complete.....bring your awareness into the room, noticing the walls and ceiling....., the clothes against your body..... With a few energizing breaths..... Allow yourself to become fully alert....take three deep breaths.....then stretch the arms above your head...you might like to move your body more.....take your time.....when you are ready roll over to the right side for a moment...then to sitting.