

## **CHAPTER 40**

### **IT'S TIME TO FEEL GOOD INDUCTION**

#### **Overview:**

An excellent induction to do after more than your past and/or reframing depression. It is useful anytime to guide your client from a disempowered state to an empowered one.

#### **It's Time to Feel Good-Induction**

Please take a few moments to relax in your current position-to find a comfortable way of breathing easily-while softening your shoulders, releasing any tension behind the eyes or in your mouth-noticing if either your right or left hand is warmest and as you listen to the gentle music, the soothing sound of my voice-which will go with you-deep inside as you relax deeper and deeper, so that all sounds and noises on the outside slowly fade away in the background-relaxing you even more-as you give this time to yourself to go inside, to relax and look within-in a different way that naturally opens you to inner resources that had been forgotten, overlooked, or just not seen in the right light-so let yourself feel light and easy-and relaxed feeling free to shift your position at anytime to be even more deeply relaxed.