

CHAPTER 58

STRESS/ANXIETY RELIEF INDUCTION

OVERVIEW:

As stress is one of the greatest affects of self-ignorance and fear, anxiety a common symptom that can cripple a person in life. This induction helps a person find another way and learn to use their mind more effectively to be centered and more at ease.

STRESS/ANXIETY RELIEF INDUCTION

Sit or lay back until you find a comfortable position for relaxation, changing your position as is necessary. Take notice of anything you might hear in the background while listening to the sound of my voice. Feel that which is beneath you now supporting your body and comfort beginning to grow inside you while noticing the temperature of your feet and how that compares to the temperature of your face. As your breathing subtly begins to change you can be aware of the texture of what your fingers are touching, while sinking deeper into a relaxation. Perhaps, as you relax, you are reminded of a time you were twice as relaxed as you are now. Discovering what that feels like can provide an even deeper sense of total relaxation. It may be interesting for you to have your awareness scan through your body to feel the life within your body... in your toes, your feet, your legs all the way through to your head. It's nice to know life flows within you. You may be pleased to discover that if you were to count within from one to twenty resting as you are now you could float into a pleasant trance, with each number taking you deeper and deeper, when you count to ten, you can be twice as deep as you were when you were at five and fifteen is three times as deep as five and five times deeper than three when you reach twenty you are so deeply relaxed, drifting and drowsy, drowsy and drifting.