

# Anxiety

*By Rene Bastarache, CI*

## Induction

Just taking your time to get nice and comfortable... Let yourself sink into the chair and cast aside your cares for today... beautifully, relaxed, comfortable and calm... safe and secure...

In a short while we will begin to relax your body starting from the top of your head and moving all the way down your body to your feet... and as your body relaxes you will find that your mind will relax also... all your cares and woes will fall away as you fall into a deeply relaxed state... deeper and deeper... so beautifully calm and relaxed...

As we begin I would like you to use your mind and your imagination to feel the top of your head, your scalp, see it in your mind with your imagination... and just sense it, feel it with your mind... that's right... and now just let it go and relax that part of your body... now let's do the same with your forehead... your nose... and all those muscles around your eyes... sense them... relax them... and let them go... now your ears... and your cheeks... and now all of those muscles around your mouth and your jaw... feel them in your mind... relaxing them now... and letting them go... relaxing deeper... now for your neck... feeling the front of your neck, and the back of your neck... especially the back of your neck... sense all of those muscles that run up to the back of your head... feel them, relax them... and just let them go...

Now moving down to your shoulders... paying attention to your shoulders... now releasing all tension in the muscles of your shoulders, especially the area between your shoulder blades... letting it all go... all the tension goes... feeling, sensing your upper arms... your elbows... your forearms... relaxing them all... feeling them go limp and relaxed... all tension gone as you relax more and more... letting your hands and your fingers relax and letting go of all tension in your hands... deeper and deeper...

relaxing more and more... turning your attention to your back... picture your back in your mind... sense it... your upper back and also your lower back... and just picture all that tension flowing away... letting it all go... that's right... perfect... deeply relaxed now as we move to your chest... feel it in your mind... relax it and let it go... such a nice feeling... now your stomach... taking your time... relaxing... your abdomen... feeling, relaxing and letting go... allowing all the tension from the past to just flow away... gone... and forgotten... as you go deeper and ever deeper down... sensing your hips... letting them sink into the chair... relaxed... calm...

Now feeling your thighs, your upper legs... the backs of your legs... felt, relaxed...

and gone... your knees... your lower legs and your calf muscles... all the tension flowing away... gone forever... relaxing more and more... your feet... and lastly... your toes... letting all the tension go... wonderful... feeling so good... so relaxed...

### **The Deepener – Life is a Gift**

Today is your lucky day... In a few moments we are going to go on an imaginary shopping trip... I am going to ask you to use your powerful imagination as you are going to a very special shop... it is time for you to pick some wonderful gifts for yourself... the gifts that you will find here are all in a lucky dip bin... they are all pre-wrapped and have a single word written on the wrapper... each gift is special just for you... and all of the gifts are free... just for you...

Relaxing very deeply now and imagine... see yourself in your mind as you enter the shop and select a shopping trolley... and you now see the lucky-dip bin from which you can select your gifts...

These are very special gifts because as you place each gift into your trolley you will relax more and more... deeper and deeper... letting your mind and body go ever deeper into relaxation... 20 gifts for you... counting down from 20 to 1...

You reach forward and select gift number 20 from the bin and the name on the wrapper is “Assurance”... and you relax as you place it into your trolley... The next one... 19... you pick is “Calmness”... and you do indeed feel calm as you place it into your trolley... next is 18... “Hope”... 17... “confidence”... as you do indeed feel confident as you pick gift number 16... “Ease”... relaxing with ease and confidence... 15... “Light-Heartedness”... 14, “Nonchalance”... reaching for 13... “Satisfaction”, goes into your trolley... calm, and ever more relaxed... 12, “Tranquillity”... gift number 11... “Joy”....

From this point on as you place each gift into your trolley you will relax ten times deeper than the gift before... reaching for and placing number 10, “Happiness”, into your trolley... now gift number 9, “Contentment”... calm and relaxed... 8, “Sureness”... body and mind tranquil and content... 7, “Courage”... gift number 6, “Harmony”... into the trolley... deeper and deeper down... 5, “Inner-Peace”... more relaxed than you have ever been before... number 4, “Certainty”... calm all over... 3, “Faith”... as you reach for gift number 2... “Composure”... and at last you take ownership of gift number 1... “Security”... you let yourself relax completely... letting go completely... body and mind now calm, relaxed and at ease...

### **The Script – You Have to Love a Bonus**

Visualize yourself... see yourself in your mind... you have arrived at home with your wonderful selection of gifts... It is now time for you to unwrap each parcel and to take ownership of all that they contain... these are very special gifts... invisible to the

naked eye... but so very real in every way... they are gifts that will remain with you for the rest of your life... infused within yourself...

As you unwrap each gift they will magically fuse with your mind... your character... your spirit... who you really are... with you wherever you go... whatever you do... always ready to come to the fore whenever called upon or needed in any way... they are you and you are what they are...

You reach forward and take gift number 1 marked “Security” and unwrap it... you are safe and secure wherever you go and whatever you do...

Gift number 2... “Composure”... you are in control of yourself at all times... you have it all together...

Gift number 3... “Faith”... you always know and are aware that all situations work out well for you... you always come out on top...

Gift number 4... “Certainty”... day follows night and night follows day... all things must pass... you are certain to win...

Gift number 5... “Inner-Peace”... You are totally relaxed and at home with yourself at all times... you feel good...

Gift number 6... “Harmony”... all things work in your favor and all you do favors all things... you work as one with all things, people and situations...

Gift number 7... “Courage”... you are brave, courageous and bold... you step forward with conviction...

Gift number 8... “Sureness”... you know in your heart of hearts that all is well... everything is perfect... just as it is...

Gift number 9... “Contentment”... you are happy in your skin... life is good... and you are good...

Gift number 10... “Happiness”... you let your happy side shine... you smile all day... you love a good laugh and find the humor in life...

Gift number 11... “Joy”... you find life blissful... each day is a wonder unto itself... and wonders never cease...

Gift number 12... “Tranquillity”... You take time to space out... to just be... you are a human being ... all is well in your world... always...

Gift number 13... “Satisfaction”... Life is good... you have what you need... your

needs are few... quality above quantity is the new you...

Gift number 14... “Nonchalance”... You have adopted a wonderful attitude... come what may... devil may care... let's see what tomorrow brings...

Gift number 15... “Light-Heartedness”... All your cares are small... everything can be fixed... problems are opportunities... you look on the bright side of life...

Gift number 16... “Ease”... you approach things at your own pace... you have as long as it takes... you move with grace and poise...

Gift number 17... “Confidence”... you can do all things that you set your mind to... It will all work out well in the end... perfect in every way...

You reach for gift number 18... it's a wonderful gift... the gift of “Hope”... you dream big with confidence... you see a bright future for all life has to offer... there is lots to look forward to...

Gift number 19... you unwrap it and find “Calmness”... All is always well in your life... so you can relax with ease... slow down... just allow yourself to feel good...

You now reach forward for the last package... this is the best gift of all... the best is always saved for last... it is the gift of “Assurance”... you are assured that all of this is true about yourself... you are an amazing person... your potential is unlimited... your future is bright...

But wait... did you miss something... yes, you did... there it is... a bonus gift... it is always wonderful to receive a gift that you didn't expect... The bonus gift is the gift of “Love”... you are loved... and love will always flow to you from the beginning, to the end of all time... love is unlimited and you now open yourself to receive it... and it flows to you... and you receive it... anytime... anywhere...

## **Awakening**

All of those wonderful gifts are now safely installed within you... they are yours to keep forever... they are who you are... It has been a great experience... you feel relaxed, calm and now very happy... In a moment I will count down from 5 to 1 and you will awake feeling refreshed, renewed and invigorated...

5... relaxed, calm and content...

4... body and mind beginning to stir...

3... life coursing throughout your body...

2... eyelids beginning to open...

1... eyes wide open, fully awake, and energised.