

Whole Body Relaxation Script

Close your eye. Get comfortable and begin to relax. Take some long, slow breaths from deep in your belly. Your belly is getting bigger as you breathe in and smaller as you breathe out. You are not in a hurry, so let yourself be right here, right now.

You are beginning to relax, letting go of anything that is troubling you, letting yourself get quiet. Your whole body relaxes and lets go with each breath. Let go of any pain, breathing in peacefulness and relaxation, breathing out sadness, worry, and stress. Breathing deeply, relaxing easily. Now let yourself imagine a warm, glowing ball of light above your head. Imagine this warm, relaxing light entering at the top of your head. This light melts over your whole scalp, softening and releasing any places that are tight. Focus on this warm light as it melts over your forehead and face, softening them, melting away tightness, relaxing your eyes, your jaw, your mouth, your tongue.

See the beautiful, healing light move down to your throat and neck area. Let go of the sadness or stress that can live there. It wants to leave. Let it go. Let the warm, glowing light move down the back of your neck into your shoulders, softening your bones, opening and releasing your shoulders. The light swirls down your arms, bringing relaxation to each elbow. Your hands feel warm and heavy. The healing light pushes any stress out through your fingertips. Go to the top of your back and let the light move down each bone in your back, melting and softening, releasing.

Let the beautiful golden light move to the front of your body, and take a deep, letting-go breath. Breathe the warm light deep into your chest. Put your hand on your heart and let the light wrap around you, letting go of any worry, any sad or mad feelings, any stress. It wants to leave you. Watch it go...feel it go...release it.

Take another deep breath and pull the healing light into your belly area, letting it soften and relax. Now let the light flow down each side of your body, moving down into each hip, softening and opening each joint. The whole upper half of your body is completely relaxed. Let the warm light travel down, relaxing, then flowing down into each leg, releasing stress, warming each knee, then each ankle. The light flows into each foot and into each toe and pushes all the old, stale energy out through the bottom of your feet. Let it go.

You have a glowing stream of light flowing in from the top of your head to the bottoms of your feet. It runs healing light through your entire body.

Check in with your body...are there tight places left? Soften your eyebrows, your mouth, soften your shoulders, your stomach, your butt, your legs, soften your ankles and feet. Breathe light and healing energy into your entire body. Allow yourself to relax.

You are safe. You are filled with a sense of peace and calm. You are powerful.

When you are ready, open your eyes.