

RELAXATION RAGDOLL

Close your eyes gently and think about a rag doll. As you imagine it, you can notice how its body hangs down completely limp and floppy.

Do you think you can try to get your body as comfortable as that loose and floppy ragdoll? Feel your arms, hand and fingers go completely floppy. Then, allow your forehead to relax. Next, your whole face... and now your neck. Notice how your eyelids relax completely as you continue to imagine that floppy stuffed toy.

Now breathe in deeply and slowly all the way down to your tummy, notice how it relaxes so easily. Your legs too are completely loose and wobbly, a bit like jelly.

Your feet also begin to feel loose and limp. All your toes decide it's time that they enjoy some much-needed relaxation as well; along with the bottoms of your feet who work so hard each day to take you places. Feel how everything is now so loose, limp and floppy ... just like that ragdoll you imagined.

Because you have now allowed yourself to relax so well, I am sure that if I were to pick up your hand your arm would flop right back down beside you. I'm sure that's how relaxed you've allowed yourself to become. It feels so wonderful to relax our bodies.

Relaxing our bodies gives them some much needed rest. When we relax our bodies, we can allow our minds to relax too.

We can help do this by allowing any thoughts to become like clouds... and slowly drift on by. It's interesting to watch our floating thoughts drift by in our minds. You might notice how good it feels to relax and how peaceful you feel.

Imagine that the air is filled with little bubbles of peace. Breathe in all that peace and allow it to go all through your body.

Take in a nice deep breath... fill yourself up with all of the peace and happiness surrounding you. Now as you exhale slowly, hold onto the happiness and peace.