

Guided Relaxation

"Beach Relaxation"

Close your eyes and bring yourself to a calm, quiet place in your mind. Just stay here and relax for a few moments.

Breathe deeply and comfortably and notice how wonderful it feels to tune into your own body.

Just listen as the air moves in and out.... in.... and out. It is a quiet and beautiful sound.

Now imagine transporting yourself magically to a warm, sunny beach. You can choose your favorite beach. Or if you've never been to a beach, just imagine what it would be like.

Picture yourself there now. At the edge of the ocean, you feel the lapping of the warm waves against your toes. Let your toes sink deeply into the wet sand.

The sun shines brightly and gently warms your skin. It's as if the sun is reaching down and pouring its love on you.... so warm and so nice.

As you slowly walk along, you feel the rhythm of the calm waves flow over the sand. You look out across the horizon, and all you see is deep blue water and bright blue sky. The ocean is so big! You can't see across it to the other side.

Notice how your breathing becomes calm and even. Inhaling and exhaling slowly and calmly. Paying attention now, you slow down your breathing even further and allow your muscles to relax.

Feel the warmth of the sun melting your muscles into complete relaxation. Slowly and easily your body relaxes more and more releasing tension or frustration, releasing any worries or doubts you have. They ebb away, just like the waves being pulled back out to sea.

The ocean reminds of us abundance, or how there is always plenty to go around. Think about all the fish and plants that live in the ocean. How many tiny grains of sand are there under your feet?

Your body is relaxed and your mind is relaxed now, too. You can empty your mind of all worries or thoughts that have been bothering you. Just enjoy this moment you have now.

The tranquility you feel right now can be yours at any time. You can imagine yourself standing at this ocean of possibility whenever you need to remember how big, abundant, and giving this world is.

Imagine the beautiful golden warm sun penetrating each and every cell and muscle, making you feel so wonderful and alive! I'm sure you can feel the peace that surrounds you now, letting you know that everything is all right.

Take in a nice, deep breath again and bring your attention back to where you are. When you're ready, open your eyes and stretch. Keep these peaceful feelings with you as you drift off to sleep.

