



Soothing Color Muscle Relaxation

Let's start by focusing on your breathing. First empty all the air out of your belly and chest and then slowly fill your belly with a full, fresh breath of air. When you're ready, release the air slowly and feel your body start to relax. Continue with these slow deep breaths.

Breathing in, Breathing out.

Now, I invite you to close your eyes so can use your mind to really help your muscles relax. With your eyes closed, I want you to clearly imagine a soft soothing color. Any color you wish. Pour this color into an empty paint can. Next, imagine that you have a soft paintbrush. Dip this paintbrush into your soothing color and gently brush it on your right foot. As it touches your foot, feel the soothing quality of the paint. Imagine that it releases any tension you may feel in your foot and helps it to feel very comfortable. Well done.

Next, gently stroke the paintbrush up your right leg. It may take a couple of strokes to cover your leg completely. Take your time. As you cover your leg with this soft soothing color, feel the muscles release. Notice that your leg may feel warmer, heavier, and more relaxed.

Next brush your left foot with this healing color. Feel the paintbrush gently stroke the bottom of your foot and pass over the top of your foot. Allow the paintbrush to continue up your shin and thigh, covering all of your left leg with this soft soothing color. Notice now how relaxed your legs feel. Notice how this color may have changed the feeling in your legs in some way.

Now pass this paintbrush dipped in your soothing color over you're the palm of your right hand and up over each one of your fingertips. Allow the brush to move up to your wrist, forearm, and to the top of your arm. Now cover that brush in your soothing color and apply it to your right shoulder. As you do, feel your shoulder relax and notice how calm and still your right arm and shoulder have become.



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Now the paintbrush slowly moves over to your left hand. Feel the soft bristles gently stroke the palm of your left hand and then pass over each of your fingertips. Watch as the soothing color covers your left wrist, forearm, and the top of your arm and notice now that all of your limbs feel warm, heavy, and relaxed. Cover the paintbrush in your soothing color and cover your left shoulder with this color so that it too becomes heavy and relaxed.

Now, pass this paintbrush up the back of your neck, the back of your head and top of your head. Feel your scalp gently tingle and then relax. Pass the soft brush over your forehead, nose, eyes, cheeks and chin. Notice how all the tension just drains from your face. Take a deep breath in and enjoy this feeling of relaxation.

Next, pass the paintbrush down your chest and across your stomach. Feel your breathing deepen and your muscles in your chest and belly relax. Feel the tension just drain away.

Now, take a moment to scan your body. If there is any place that is not completely relaxed and comfortable, gently pass the paintbrush dipped in your soothing color back and forth over that particular area. Back and forth. Back and forth. Releasing discomfort and tension, feeling more and more relaxed.

You have as much of your soothing color as you need to make your body feel comfortable. Take your time. Focus on your breath and on releasing any leftover stress or tension in your body. Move the soft paintbrush over any area of discomfort or tension. Feeling more and more relaxed.

You're doing great. To help you relax even more, I'm going to count to 10. With each number that I say, you can allow yourself to feel more soothed, more relaxed, more at ease. Even when you think you cannot possibly relax any more, you can find ways to release, let go, and feel more and more relaxed. 1- feeling very relaxed, 2- finding more comfort, 3- more and more relaxed, 4- feeling free to let your mind relax too, 5- even further relaxed, 6- heavy, warm, and calm, 7- more and more relaxed, 8- more comfort and ease, 9- deeper and deeper into relaxation, and 10- more and more relaxed.

Now that you've completely soothed your body, just enjoy this feeling for the next minute. At the end of one minute you will hear my voice again.



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Wonderful job. Now, you may choose to return to feeling awake and focused or you may choose to drift off to sleep. Either way, you will take these soothing feelings with you. I will slowly count backwards from "5" to "1." When I reach "1" you can either open your eyes feeling rested, alert, relaxed, and very comfortable or you may choose to gently drift off into a deep and comfortable sleep.

Five..... Four..... Three..... Two..... One.