



calmhorizon

WORRY FREE ME

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(Just find a place where you can be comfortable and have a reasonable chance of being undisturbed. Then make yourself comfortable, you can sit down or lie down as long as you are comfortable).

If you find your mind 'chattering' away at the beginning, allow yourself to visualise this chattering as an image. Watch it become smaller and smaller and with it the chattering becomes quieter and quieter. In its place feel the space filled with your image of a beautiful place of relaxation, real or imagined.

- Gently allow your eyelids to close. Imagine a peaceful, safe and tranquil place. Give it clarity in your mind. Let your mind explore this place, enjoying the feelings.
- Focus your attention onto your breathing. Breathe in for 7 seconds, hold the breath for 7 seconds and then release for 7 seconds. (It's important to really release on the out breath).
- With your eyelids comfortably closed you begin silently and mentally to count down from 10 to 1.
- You count slowly at the same rate as you breathe out or even second out breath.
- This will slow you down and with each descending number, each descending number will help you go 1/10th deeper into relaxation.
- The more you practice the more relaxed you will feel.
- When you are in this relaxed state you can give yourself positive and beneficial suggestions. (The unconscious part of your mind will not accept negative suggestions).
- You can stay in this relaxed state for as long as you like.
- When you practice this at night, it may even turn into natural sleep.

To awaken from this wonderful state, all you have to do is to silently and mentally count up from one to ten.

- With each number you become a little more awake and by the count of ten your eyes have opened and you are indeed fully awake.

- Each time you awaken from trance you awaken feeling fine, rested, renewed and rejuvenated.

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