

The Power of Imagery: Relaxation

Imagery can be used to help you calm down before you enter a situation that is likely to make you feel anxious. It helps to imagine scenes that are tranquil and relaxing to you. Relaxing scenes may be actual places you know that feel safe and calming, or they may be tranquil scenes you create in your mind.

The more senses you can incorporate into your image, the more helpful your imagery is likely to be. If you can imagine the smells, sounds, sights, and tactile sensations of the scene, you will improve your ability to relax or get inspired. For example, if you imagine yourself walking along a tree-lined mountain path, you may want to focus your attention on the birds singing, the light dancing through the tree branches, the smell of pine, the greenness of the forest, and the cool breeze as it touches your skin.

Relaxation exercise

Imagine being in relaxing settings, such as on the beach under a warm sun or walking along a forest glade. Really get into that relaxing scene by using your senses: the smells and sounds, the sun or cool breeze on your skin.

Open to relaxation, and feel what it's like. Let it fill you, becoming more intense. Stay with it, help it last. Let go more and more as you relax. Give yourself over to a delicious sense of calm. Notice different aspects of this experience, keeping it fresh for you. Feel a growing tranquillity. Notice how it is in your body that sense of relaxation

Sense that relaxation is sinking into you, becoming a part of you. As you become more relaxed, you can feel any tension or resistance falling away.

Relaxation is sinking into and easing places inside you that have been tight or contracted. Tension is easing as relaxation settles down into it like a gentle rain. When you want, let go of any negative material and just stay with the sense of relaxation