

Beautiful Journey Induction

As you lie there with your eyes closed, as you listen to the sound of my voice, just notice your breathing. Allowing each breath to relax you more and more.

And now, in your own wonderful imagination, you find yourself in a forest. Really imagine walking through that forest in your imagination. See the trees around you. Hear what you hear, here in the forest, the sounds of nature, of birds. With each step you take you go deeper into relaxation and deeper into your subconscious mind.

It's a beautiful warm sunny day and the heat from the sun gently warms your skin. Comforting you and making you feel more relaxed. Many people find that when they are walking it gives them time to think. And perhaps you notice this happening right now. With every step that you take, you think and you hear all those thoughts running through your conscious mind. Thoughts that flit through. Plans for the rest of your day and week. Worries, concerns, good thoughts and bad. Just notice your conscious thoughts now. And now, I wonder if you can imagine a slightly strange idea. I wonder if you can imagine that you can actually hear your thoughts whispered and spoken through the trees. I'll be quiet for a few moments to allow you to connect and really hear those thoughts, your thoughts, being spoken aloud, here in the forest.

Pause

Notice the tone of the voice the different thoughts are spoken in.

And as you continue to walk, the density of the trees decreases. It becomes lighter and lighter, warmer and warmer. Notice the colours all around you, the smells, the sensations.

And as you emerge from the forest now, you reach the banks of a calmly flowing river. And the water is sparkling in the sunlight. Calmly flowing. So peaceful and tranquil.

You notice, a large sturdy wooden boat moored to the edge of the river bank. This boat has your name written in ornate letters on it. See your name now, here, written on this large, safe wooden boat.

And you instinctively know that this is your boat. And so you walk easily and naturally onto the boat, via a ramp which has been provided just for you.

And now, as you relax further you release the boat from its moorings and allow the boat to drift easily gently and slowly away from the shore. Away from the forest. Away from the noise of your conscious thoughts. Away from your daily worries and concerns. And your conscious thoughts become quieter and quieter as you drift slowly away from the forest.

So relaxed, so tranquil, so peaceful and at ease.

As you look around your boat you see the most comfortable chair on the deck, beautifully upholstered and covered in soft, comfortable cushions.

And you can just relax down into this comfortable chair, leaving behind the everyday world as you drift further and further into your subconscious mind. And you're gently rocking, relaxing, just letting go.

And you continue to float gently down the river, any tensions just easing away. And as I count down from 10 to 0 you can continue to drift and float further and further into your subconscious mind. With each number I count you become twice as deeply relaxed. 10,9,8,7,6,5,4,3,2,1 and zero.