

Progressive Muscle Tension Induction

In your own time allow your eyes to comfortably close. I don't know if you feel your tension melting away now or in a moment but just become aware of any tension anywhere in your body and I wonder when you notice that it is simply melting away.

In a moment I would like you to imagine tensing various parts of your body. You don't actually have to tense them, although you can do if you want to. Just imagine tensing them. After tensing each muscle group you can allow the muscles to let go, release the tension and relax much more deeply than ever before.

So, beginning now. Just imagine tensing your right foot. Imagine curling your toes and making all the muscles in your right foot tense and active. Now, relax that right foot. Allow all the muscles to relax. Let go of all the tension in that right foot. Your right foot relaxes so much deeper. And you can become aware of which part of your right foot feels the most relaxed. And allow that relaxation to spread to the rest of the foot. Any tension simply melting away. And so you relax deeper and deeper now don't you?

Now allow your right foot to continue relaxing as you just imagine tensing your left foot. Imagine curling your toes and making all the muscles in your left foot tense and active. Now, relax that left foot. Allow all the muscles to relax. Let go of all the tension in that left foot. Your left foot relaxes so much deeper. And you can become aware of which part of your left foot feels the most relaxed. And allow that relaxation to spread to the rest of the foot. Any tension simply melting away. And so you relax deeper and deeper now don't you?

Allow both of your feet to continue to enjoy that wonderful level of relaxation. Now focus all your attention on your right leg. Imagine tensing all of the muscles in your right leg. Tightening and tensing your thigh muscles, your calves. Imagine tensing the entire right leg. All the way from your hip to your ankle. Imagine all of those muscles working hard. Now, just relax all of those muscles. Permit the tension you once held in those muscles to simply dissipate and melt away. Relax. Let go. More and more at ease. More and more relaxed. It's most amazing when you see how easy it is to enjoy that relaxation.

Allow your right leg to continue to enjoy that wonderful level of relaxation. Now focus all your attention on your left leg. Imagine tensing all of the muscles in your left leg. Tightening and tensing your thigh muscles, your calves. Imagine tensing the entire left leg. All the way from your hip to your ankle. Imagine all of those muscles working hard. Now, just relax all of those muscles. Permit the tension you once held in those muscles to simply dissipate and melt away. Relax. Let go. More and more at ease. More and more relaxed. It's most amazing when you see how easy it is to enjoy that relaxation.

Imagine tensing all your gluteal muscles and then just relaxing.

Now focus on the muscles on your abdomen and lower back. And you shall know as you knew before that as you imagine tensing these muscles you may find they actually do tense a little as the power of your imagination is so strong. I wonder if you'd allow yourself to enjoy how easily and naturally you can now relax all of the muscles in your abdomen and lower back so so deeply. And so you go deeper now.

Easily, naturally, relaxing and just letting go.

Now focus on the muscles in your chest and upper back. And you shall know as you knew before that as you imagine tensing these muscles you may find they actually do tense a little as the power of your imagination is so strong. I wonder if you'd allow yourself to enjoy how easily and naturally you can now relax all of the muscles in your chest and upper back so so deeply. And so you go deeper now.

So peaceful, so tranquil, so calm.

Some people hold so much tension in their necks and shoulders. Become aware now of any tension in your neck and shoulders. And know that once you have tensed and relaxed your neck and shoulders all of that tension will simply disappear. So in your own time now, tense your neck and shoulders. Imagine pulling your shoulders up to your ears and making your neck tense and rigid. Hold onto that tension for a few moments. And then simply let go. Let go of that tension. Allow the muscles to simply relax. And with the next breath that you take your shoulders sink as you sink deeper into hypnosis.

So wonderfully deep, relaxed and comfortable. More and more comfortable

Now focus all your attention on your right arm. Imagine tensing all of the muscles in your right arm. Tightening and tensing your upper arm and your lower arm. Imagine tensing the entire right arm. All the way from your shoulder to the tips of your fingers. You may even notice a hypnotic sensation in your fingertips. Imagine all of those muscles working hard. Now, just relax all of those muscles. Permit the tension you once held in those muscles to simply dissipate and melt away. Relax. Let go. More and more at ease. More and more relaxed. It's most amazing when you out how easy it is to enjoy that relaxation.

Now focus all your attention on your left arm. Imagine tensing all of the muscles in your left arm. Tightening and tensing your upper arm and your lower arm. Imagine tensing the entire left arm. All the way from your shoulder to the tips of your fingers. You may even notice a hypnotic sensation in your fingertips. Imagine all of those muscles working hard. Now, just relax all of those muscles. Permit the tension you once held in those muscles to simply dissipate and melt away. Relax. Let go. More and more at ease. More and more relaxed. It's most amazing when you out how easy it is to enjoy that relaxation.

Now imagine tensing all of the muscles in your head and face. Imagine screwing your face up. Squeezing the eyes tightly shut, clenching the jaw and tightening the cheek muscles. Now, very very slowly allow those muscles to relax. Imagine all of those tiny muscles around the eyes just letting go and feeling at ease. Visualise the features of your face looking relaxed and vacant. Allow your jaw to relax, allowing a little space between the teeth. We often tense our jaw when we feel tense or anxious. If you notice any residual tension in your jaw, whatsoever, with your next breath imagine it just melting away and disappearing into nothingness.

You are now totally at ease, peaceful and feeling so utterly tranquil.