

Relaxation Narrative

Bedtime Version

Lay back and close your eyes.

Now take a deep breath and hold it while you tense all the muscles in your body from your head to your toes.

Hold it for a few seconds.

Now relax and exhale.

Take another deep breath and tense all the muscles in your body again.

Hold it.

Relax and exhale.

One more time.

Breathe in and tense your muscles.

Hold it.

Relax and exhale.

Keep your eyes closed.

Now I want you to imagine a white light—like an angel—appearing in your window.

It grows brighter and enters your room as a beam of beautiful white light.

The beam shines down on your toes and fills them with a feeling of safety, happiness, warmth, and peacefulness.

Now feel all the muscles in your toes relax.

The light then begins to flow into your feet, relaxing all the muscles in them and making any stress and tension in your feet completely disappear.

The light then travels up into your ankles, filling them with a safe, beautiful, relaxing, peaceful feeling.

The light now progresses up your shins and calves, into your knees, and then to your thighs, filling them with a wonderful, relaxing, peaceful, safe feeling that both refreshes your legs and makes them feel heavy like lead weights.

All the muscles in your legs, from your toes to your thighs, are now completely relaxed, making you feel so cozy and comfortable, so very, very relaxed.

The light now flows into your belly and lower back, relaxing all the muscles in them.

The light flows further up, into your chest and upper back, filling your body with a warm ocean of the most amazing calm, peacefulness, and safety you've ever felt. From the inside of your body this wonderful feeling radiates everywhere, making you feel warm, comfortable, and cozy all the way from your chest down to your toes.

The tranquil light now flows, like a soothing liquid, through your shoulders and down your arms, into your elbows and down into your wrists, making your arms feel absolutely limp, comfortable, and relaxed.

The white light flows into your hands, removing any tension in them and filling them all the way to your fingertips with a wonderful, peaceful, relaxing sensation. Your entire body now feels as light as a cloud drifting away effortlessly into Never Never Land.

The relaxing white light then flows from your shoulders up your neck and into your jaw. You feel all the muscles in your jaw and around your mouth completely relax. As the peaceful sensation flows up your cheeks and through the muscles around your eyes, it makes you so very, very drowsy.

From the top of your head down to your toes, your entire body feels so sleepy and weightless, like a feather floating quietly across the blue sky on a warm, soothing breeze. You are so cozy, warm, and comfortable as drowsiness snuggles your entire body, causing you to drift off to sleep.

The light then radiates in your head, filling your mind with happiness and delight.

And this happy, delightful, cozy feeling snuggles your body, mind, and heart as you hover on a soft cloud and drift off into the most wonderful and peaceful sleep you've ever had in your entire life.

Good night, little friend.
Sleep well.