**Progressive Relaxation/ Early Morning Walk/ Palace of Possibilities/ Future Pace**

**Trevor Bailey**

O.K So you might just like to close those eyes and just become aware of your breathing and the gentle rise and fall of the chest. And you might just notice how on the outward breath that body can relax even deeper.

Just like at the end of a busy day, when you finally have the opportunity to take time out and rest a while. Like slumping down into your favourite chair or settee when all the tasks of the day are complete.

And you can allow a beautiful wave of relaxation to begin to calm each and every part of you... as you sit there..at last taking some me time.. time to rest...time to recuperate

And that feeling of rest and relaxation can, just like a swirling healing mist, travel around the body; beginning perhaps, deep inside those lungs.

And as you focus your attention on your breathing my voice will go with you.

PAUSE

And that tranquil feeling of rest can continue down into the tummy area and linger here a little longer as any stresses and tensions can begin to melt away. Feeling perhaps a comforting sweep of relaxation through those tummy muscles which we hold so tight and it can be interesting to feel them relax and unwind.

PAUSE

 And when those larger tummy muscles have begun to rest so deeply, that mist of relaxation can continue on; down through one leg and then the other, right down into those feet and toes.

And now, with the next outward breath that healing mist can travel up the muscles of the back moving not just skin deep and muscle deep, but bone deep and cell deep. With each individual cell being bathed in warming rest and serenity.

PAUSE

Allowing that feeling of rest and relaxation to travel into the muscles of the shoulders and the spaces between the muscles and those shoulders can drop a little lower with each outward breath.

PAUSE

 gently seeping now into those smaller muscles of the neck, up over the crown of the head and down across the face. Maybe feeling any stress and tension around the eyes and mouth just beginning to melt away. Those eyelids becoming a little heavier, those smaller muscles around the eyes beginning to relax one by one, now, as that healing mist finally falls down into the chest and into each of those arms, through those hands and right down to the tips of each of those fingers.

That’s it. And as you allow that lovely wave of relaxation to move around you, that body can feel awash with a gentle stillness.....

And I’d like you to imagine going on a delightful and refreshing early morning walk. One of those mornings when the velvet canopy of night-time is just beginning to lift and be replaced with the stillness of a new Springtime day. And your walk can take you along winding country paths, rolling hills, meadows filled with wild flowers and perhaps a glimpse of the sea from up high. This can be a place that you know or one that just springs from deep within your creative imagination.

So now

Maybe beginning to see the pastel colours of sunrise and perhaps sensing a certain, coolness in the air, which can gently caress the skin and allow you to relax and breathe easily as you notice distant sounds of others as they slowly begin their days. The sound of the distant hum of traffic or of the sound of birdsong as the day begins to burst into life.

Now this morning walk can take you along a beautiful, winding pathway; gently meandering upwards to a place high above.

And perhaps a little rain has fallen during the night, hanging the leaves with tiny droplets of water and you might just get a sense of the taste and sensation of delicate dew as it hangs in the air and tingles on those lips.

And as you continue the sun becomes higher in the sky warming the air around you. Noticing now the colours of your surroundings; the colours of springtime flowers, the colour of the sky and any cloud formations that there may be. Tiny buds on trees and new Springtime shoots just poking up from beneath the ground. Amazing how nature can – create the correct conditions for change ing seasons; irrespective of how cold the winter or how much rain has fallen.

And as you finally reach the highest point you can cast your mind’s eye across the horizon. Perhaps noticing how the light of the sun can flood through tangled branches of trees creating dappled shadows upon the ground beneath. Maybe getting a sense of what lies beyond the horizon, maybe the sea with the sun dancing delicately on its surface.

PAUSE

And in a dream like way, I’d like you to notice somewhere comfortable to sit and rest here a while...resting from your early morning walk. Gazing up now at the sky and noticing cloud formations as they move across that sky sometimes forming recognisable patterns, shapes and pictures and occasionally making way for the sun to directly shine through..perhaps you can feel that warmth on your face.

PAUSE

Still noticing your surroundings there, I’d like you to notice somewhere just there, previously hidden from your view a beautiful palace, just like out of a children’s story book. As beautiful as and perhaps even larger than the Taj Mahal. This is your palace...a palace that holds all the wonderful possibilities that life can offer

Notice now what that palace looks like... its’ colours, the size and style of the windows, the flowers and plants growing all around. Notice how the very top of the palace meets with the distant horizon and how magnificent it looks as it stands majestically against that blue open sky

Now gently walking towards the door

...you’ll need a key

Is that what’s in your pocket now...I wonder what that key is for you?

And that key in your hand – does it feel like possibilities; does it feel like change; does it feel like possibly a different future

Some people say it feels like gratitude; some say it feels like change.

I wonder what change feels like to you

Is it exciting; is it growth; is it confidence, success and being in a state of flow

And somehow, safe in the knowledge that this palace is yours.. you can relax a little deeper as you confidently and happily unlock the door and step inside

And the moment you step inside the furnishings and decorations, the sounds and the feelings feel so familiar to you. Homely and comforting.

Notice numerous corridors leading off in all directions and get a sense that there are many, many rooms leading off from each corridor and you can go into any room that you wish. You can stay in any room. You can do exactly what you want. This is your palace, it belongs to you

And as you take a look around ..you notice that on the walls of the room that you are in have writing all over them

Perhaps you’ll read something on your walls inside your palace of possibilities

I wonder what you will see written on those walls.

Will there be joy, abundance, success

Is it commitment or duty; is it responsibility

Is it love, peace, trust; is it fun

Creativity, fulfilment, satisfaction

Take a few moments to notice some of the other rooms in your palace

Perhaps a door is closed

I wonder what’s written on that door? – The one that’s closed

Perhaps you can stop and notice how many rooms you usually inhabit

Perhaps you can notice the rooms that you usually restrict yourself from

Perhaps there are rooms you feel more comfortable in – could this be a comfort zone

Are there rooms outside of your comfort zone where you rarely go?

Are there rooms you feel safer in than others

Notice which rooms you feel comfortable in; those you tend to hang around in because they’re safe

Perhaps you’ve noticed rooms that somehow seem beyond you – slightly out of reach

Perhaps you don’t go there at times, even though sometimes you might like to

Notice those rooms you don’t go into even though you’d like to

And you can be curious about the reasons why

I’m going to suggest to you that the writing on the walls is like graffiti and perhaps the writing reflects cans and cant’s; should and shouldn’ts

Almost like rules and possibly your mind is constantly consulting them

* I don’t belong here
* I’m not confident enough
* I’m not clever enough
* Perhaps I’m not meant to

Sometimes people find words like ‘I’m not good enough’

Whatever these comments are that you’re reading, this is writing on your walls that influence your behaviour, dictate, in a way, how you live your life.

Just like limiting beliefs really

The writing on your walls, dictate which rooms you go into and the rooms you avoid

So perhaps it’s time for you to take stock of the writings on the walls

If you’re ready, notice how you sometimes believe it to be true, even though there’s a part of you that knows it’s not

And you might become aware of how others have contributed to those writings

Other people who have helped put that writing on those walls

Perhaps parents, teachers, friends, siblings, partners

Perhaps a few of them come to mind now

Those people might not mean to limit us but without realising it they can inadvertently contribute to the writing on our walls

And there are times when we, without realising give a meaning through our thoughts and beliefs

Some of these thoughts can become habitual and yet we can be barely conscious of them

But one thing’s for sure OUR CONSISTENT THOUGHTS BECOME OUR REALITY

And there just there somewhere in that room, I’d like you to notice a caged bird. A beautiful bird in an ornate cage... tight up against the wall. And that bird is facing the wall staring intently at the writings on that wall. As you get closer, you notice that there is no door to the cage and yet the bird has clearly not noticed that she would be free with just one easy shift of position. Slowly and gently and kindly you can encourage the bird to turn away from the words on the wall so she sees the opening to the cage behind her. Perhaps you can see a glint in the eyes as the bird realises that she is no longer trapped. She hops out of the cage , spreads her wings and flies twice around the room and then she’s gone through an open window into the fresh air and up into the freedom of the sky.

PAUSE

Gently and when you’re ready you can move out of those rooms that have become your comfort zones you can begin to enter the rooms you thought you didn’t deserve or have the necessary strength or confidence to venture into.

Moving now in to a new room, not so familiar but still welcoming with a sense of encouragement

Now you can notice what’s written on those walls that might be affecting you now as a way of identifying the next steps that you might take

For as you go through your life you will move on in some way - you will take another step

Why not take the steps that you want to take

Why not have some positive input into the changes you want to make

So it’s a way of identifying those steps that you want to take, not those that you feel you should take, those you’re allowed to take or can take but the steps that you want to take

Focus now on a particular piece of graffiti – an example of what’s written on your walls

Which you might like to work with

A piece of writing that really resonates deep within you. A piece that makes you stop and question its’ validity

That’s it

PAUSE

And as you become aware of that piece of writing, I’d like you to remember it so we can discuss it and work on it in our next session

PAUSE

But you know, while you’re there, let’s not waste a golden opportunity. I’d like you, now, to write on your own wall. I’d like you to write, in big bold letters –

‘I HAVE THE CONFIDENCE TO PURSUE MY DREAMS’

Really associate with those words – see them and feel them. Make them bright

REMEMBER - OUR CONSISTENT THOUGHTS BECOME OUR REALITY

PAUSE

Turning around now, notice a floor to ceiling, glass wall, separating the room that you’re, in from another.

Look though the glass and see the future you. Almost like watching yourself on a movie screen. Notice that (client’s name) there, busy at work. Building rapport with customers both old and new. Conducting each appointment with confidence and enjoyment. Taking charge and control, enjoying being back at work. See through that glass how enlivened and confident that (client’s name) is. Notice how the time passes, like watching a choreographed ballet dance. A dance that’s been danced before and a dance that will be danced again

And as that glass wall fades away, I’d like you to integrate with that future you....climb inside and become that you.

PAUSE

Feel those feelings of confidence, notice the controlled and measured way in which you are breathing; maybe even hear the song (name of motivating song) playing in the background.... See your smiling face. Enjoying life, working hard with a partially new customer base. Feel invigorated, determined, strong, energetic, in complete control of your own world. Happy and laughing. Safe in the knowledge that some of those new customers will become lifelong friends; just as has happened before...exciting

PAUSE

And you can bring these positive feelings back with you; feelings of confidence and achievement, empowerment, self respect and knowing that you have all the resources within you to allow you to

Take small, yet decisive steps forward, in your quest to fulfil your ambitions and overcome any limiting beliefs and restrictions.