



Transcript of Debra Sivesend's Relaxation CD track "Into the Garden"

Please join me today in a relaxation exercise for healthy living. It is good to dim the lights wherever you are and to get yourself comfortable in a position conducive to quieting your body and your mind. Uncrossing your legs and arms is best. Sitting or lying down can be equally beneficial.

Let your eyes close when you are ready and begin to breathe comfortably, naturally. Breathing in life, peace and serenity. Breathing out all the garbage, the conflict, the muddled thoughts. You are beginning to settle down and feel more and more peaceful. This is a special time just for you to rejuvenate and refresh yourself. Breathing naturally, effortlessly...releasing tensions, worries and all the bus-i-ness that your mind has accumulated. Breathing in waves of peacefulness that allow the body to relax and settle down.

You may begin to feel very light or very heavy wherever you are sitting or lying. Either is good. Let your mind go back into comfort so that by the time we complete this exercise, you will be as deeply relaxed as possible. As your breathing becomes quieter and peaceful, think about breathing in a bright white, warm and healing light that will enter your body and be guided to all parts of your body to comfort, to quiet, and to give a warm and healing message. The bright white, healing light first enters your head and scalp. The light surrounds your scalp and forehead like a wave of relaxation. It flows down into your eyelids, around the muscles of your nose, your ears, your cheeks, your lips and chin releasing your un-necessary tension and inviting in relaxation.

You are drifting down into comfort, deeper and deeper into a state of complete serenity. The bright warm healing light enters your neck and shoulders and radiates down each arm reaching your elbows then down to your forearms crossing your wrists and into your hands and fingertips. The muscles let go and become limp as they are warmed and comforted by the light. Breathing calm and regular. Even letting go of the tensions of the tiny muscles between each rib...each and every breath becomes more relaxing and peaceful. Letting go of the tensions down your spine...each individual vertebrae, each muscle between each vertebrae as if warm water is being poured down the inside of your vertebrae. Letting go...sink down even further into relaxation.

The warm healing light now radiated throughout your back and around your abdomen...the bright white healing light warms and comforts as it moves through your body now moving into your hips and bottom.

Deeper and deeper into relaxation you go, at your own pace and in your own way. The waves of relaxation brought by the white light now enter your upper legs, move across your knees down the calves of your legs reaching your ankles and into your toes. Let the warm waves of peacefulness flow through your legs as you release all tension drifting down deeper and deeper into comfort.

Your legs may feel limp and tingly as the tension is released. And now the bright warm healing light has touched every part of your body. You may want to keep the light in a safe place, somewhere in your body so that you may call upon its work at any time in the future...a safe place to keep it might be in your heart. So let the bright white light enter your heart...a place where it can be for safe keeping. From his place in your heart, the healing warm light can radiate to any area of your body that you direct it.

At this time, scan your body from head to toe and find any remaining areas of tension and trauma. Perhaps you would like to direct the light to your area of cancer or other trauma. Let the light go there and comfort those areas releasing tension, neutralizing all toxins, and eliminating waste and debris, bringing a message of relaxation, healing and comfort.

As the bright white light flows through your body, let it strengthen and give healing messages to all parts of your body. You are feeling completely relaxed and comfortable. That's right. Nothing else to do at this moment but to feel relaxed and peaceful.

Now let your imagination take you to a place that feels safe and inviting, a place especially for you. Imagine a beautiful garden. You are walking through the garden filled with flowers, trees, birds and a trickling fountain and a pool of water. At the end of the walkway is a hammock awaiting your arrival. As you walk through the garden, the air is filled with the sweet faint fragrance of flowers.

Notice the beautiful colors...reds, and blues, yellows and greens of the flowers and trees around you. Hear the gentle sound of the birds singing and the trickle of the water into the pool. You reach the hammock tied between two trees and gently lie down in the hammock. Feel the texture of the hammock, soft and nubby, against your body as you get yourself settled.

You feel the warmth of the sun against your skin and the coolness of the breeze as you gently sway back and forth and back and forth in the hammock. The temperature is just right for you. You hear the trickle of water into the pool and the song of the birds. Notice the birds above you. They fly effortlessly from tree to tree and into the flowers and down into the pool to drink.

The hammock gently sways back and forth, back and forth. You haven't been this relaxed for a long, long time and the hammock swings back and forth. Nothing to do but relax and enjoy your special place.

Let the energy of nature that is spread before you flow through your body, strong and beautiful, bolstering your immune system and all your bodily functions to operate at optimal levels.

Feeling a sense of confidence, knowing that each day you will be able to complete the tasks set out before you. That you will be able to easily concentrate on whatever tasks you need to accomplish. You will feel rested and alert...your mind will be clear and calm. You will see things in their true perspective without magnifying them or getting them out of proportion. You will have a sense of safety and security, of freedom and of confidence.

You now look once again into this beautiful garden and notice the pool of water, clear and refreshing. You enjoy the many colors as the light plays on the water. The light makes rainbow hues in the air as the fountain trickles into the pool. The warmth of the sun touches your skin and the cool breeze keeps you just the right temperature. Smell the sweet fragrance of the garden flowers. Hear the wind rippling in the trees and the birds softly singing.

Now if you wish, get up out of the hammock and move to the pool of water, first touching your toes to the water, which is slightly cool but obviously warmed by the sun and very inviting. You may enter the water and swim through the water, each individual water molecule touches you in its own way, soothing and calming you. It is nice to swim freely, effortlessly through the water. Finally you get out of the water and return to the hammock to lie down. You are relaxed and pleasantly tired.

The hammock moves slowly back and forth and back and forth. You reflect over the last few minutes and enjoy your new found freedom and sense of renewal...your complete sense of comfort...knowing that you can return to this garden of serenity whenever you wish. It is a place especially for you. You can change anything about it and experience it any way you wish.

Now you are ready to return from this special place. As you return, you will continue to feel comfortable and relaxed, alert and refreshed. Begin to come back to the room where you are sitting or lying gently becoming more aware of the chair or bed your body is resting in...and open your eyes when you are ready feeling refreshed and alert.