

# PEACEFUL PLACE

**F**ind a comfortable seated position. If you would like, rest your head on your hands. Allow your eyes to close, or look down. Take a couple of slow, gentle breaths as you begin to relax.

## PAUSE FOR ONE SLOW BREATH

We're going to relax our bodies starting at the top of our head and working down to our toes. Relax your scalp, your forehead, your eyebrows. Notice any tension or pressure in face, and let it go as you exhale. Relax your eyes... your cheeks... your nose. Relax your mouth... your tongue... your lips... your jaw. If you would like, we can relax these areas more. When you inhale, tense up the muscles in your face. As you exhale, release the tension and feel your face relax.

## PAUSE FOR ONE SLOW BREATH

Now imagine a peaceful place. A safe place where you feel calm. Where is this place? You might envision somewhere outdoors like the beach or a mountain... or somewhere indoors with a beautiful view. It may be

a simple place, or full of intricate details. Visualize this place that makes you feel safe and peaceful.

## PAUSE FOR ONE SLOW BREATH

Now bring your attention to your neck and shoulders. Inhale and notice any tension, exhale and release... relax. Notice your arms. Inhale and tense... exhale relax. Next your hands. Inhale into any discomfort or tension... exhale and release, relax.

## PAUSE FOR ONE SLOW BREATH

You are in your peaceful place. Notice the sights.... The sounds.... The smells. Focus on any parts of this place that make you feel calm.

## PAUSE FOR ONE SLOW BREATH

In your peaceful place, you can be safe in solitude with one else around. Or you can invite people you love and trust to join you. They can be people you know, or people you imagine. Allow your mind to calm, and enjoy this peaceful, relaxing place.

## PAUSE FOR ONE SLOW BREATH

Continue with your slow, relaxing breaths, and relax your back. Relax your belly. Find any tension in the areas, and release it. Every time you breathe out, release the tension. Inhale and notice any tension in your thighs, or calves. Exhale and relax your legs your knees, your ankles. Inhale and notice any discomfort in your feet. Exhale, relax your feet. Take one deep, slow breath, and enjoy the feeling of total relaxation from your head to your toes.

## PAUSE FOR ONE SLOW BREATH

Remember this peaceful place. You can come back here any time you would like. Whenever you want, you can take one slow breath and relax into this peaceful place... this relaxed feeling.

## PAUSE FOR ONE SLOW BREATH

Keep this relaxation as you come back to the present moment. This relaxation is a gift to yourself. When you are ready, open your eyes.