

BALL OF CLAY

Find a comfortable seated position. Rest your arms at your side, and plant your feet flat on the floor. Sit up with a straight, tall spine, and relax your shoulders. Take a deep, slow breath.

PAUSE FOR ONE SLOW BREATH

Close your eyes or look down at the ground. Imagine you have a ball of clay in your right hand. Squeeze that ball of clay as hard as you can. Feel how tight the muscles in your hand and arm become. Squeeze for 3, 2, 1, and drop the ball of clay. Let your hand open... completely relaxed. Feel the difference in the muscles of your hand and arm when they are relaxed.

PAUSE FOR ONE SLOW BREATH

Now the ball of clay is in your left hand. Squeeze the ball of clay as hard as you can. Feel the tightness of your muscles in your hand and your arm as you squeeze. Keep squeezing for 3, 2, 1. And drop the ball of clay. Feel the muscles of your hand and arm relax. Keep breathing deeply... slowly... and feel the relaxation spread to your

shoulders... your neck.

PAUSE FOR ONE SLOW BREATH

Imagine your peaceful place. A place you create in your mind where you feel calm and safe. Maybe you're in a garden, or a cabin in the mountains, or beside a quiet stream. Visualize the details... the sights... smells... sounds. Take a deep, slow breath and let your mind relax.

PAUSE FOR ONE SLOW BREATH

Scan your whole body, beginning with your scalp... your face. Inhale fresh, calming oxygen into any areas of tension, and let go of all of it as you exhale. With each exhale, you relax more.

PAUSE FOR ONE SLOW BREATH

Notice your belly. Allow the muscles in your abdomen to soften so you can inhale deeply... naturally. As you exhale, release any tension in your chest... your ribs... your back. If you are still sitting tall, feel free to relax over and rest your head in your hands, while keeping your upper body completely relaxed.

PAUSE FOR ONE SLOW BREATH

Inhale and visualize your peaceful place... Exhale and release all of your worries, all the stress. You are safe and loved. You deserve this peaceful feeling. Allow yourself to let go of everything and enjoy this feeling of deep relaxation.

PAUSE FOR ONE SLOW BREATH

Inhale and notice any tension in your thighs... your knees... your calves... your ankles. On each exhale, relax. Your legs feel heavy against your chair as you embrace this relaxation. Inhale and notice your feet... note any discomfort or tension. Exhale and relax. Now your entire body is relaxed. Enjoy this moment of complete relaxation.

PAUSE FOR ONE SLOW BREATH

You can come back to this peaceful place... this relaxed feeling... anytime you would like. Take one more deep, slow breath, and when you're ready, come back to the present moment. Open your eyes.