



Relax...

Relaxation Collection No. 1

by Jan Sadler of PainSupport

www.painsupport.co.uk

Relaxation and visualisation, the key to pain and stress relief

A Basic Relaxation Session

Take your time with each step and pause to allow relaxation begin to happen where you see three dots in the script...

Sit or lie down in a warm and comfortable place where you won't be disturbed. Be as comfortable as you can be right now...

Close your eyes...

Become aware of your breathing, let it become deeper and slower...

Let your forehead soften and relax...

Let your eyes soften and relax...

Let your mouth and jaw soften and relax...

Continue in the same way, taking your attention to each part of your body in turn, shoulders, arms, back, legs and feet. Allow each part to soften and relax in turn...

Take your time...

At the end, just lie still, enjoying the peace you've created...

Get up slowly at the end of your allotted time - or begin a visualisation.

Then take the peaceful sensations with you as you go about your day.

Relax...

You can add to the relaxing effect of the relaxation session by using your imagination.

Choose one of the ideas below or use your own imagination to take you to idyllic and peaceful places.

Take your time and imagine everything you can about the scene you choose.

After relaxing, try this technique

Imagine...

You are in a beautiful garden. You look around and see all the wonderful views and take in all the trees, features, sights and sounds. You can imagine anything you would like to be in the garden...

Smell the flowers, feel the soft grass under your feet, notice the trees, feel the breeze, and enjoy the butterflies. The garden could have a stream or a pool, a bridge, a beautiful gazebo, summer house and a seat under trees...

This garden is just for you, so make it the most wonderful garden in the world. It's your very own secret garden, one you can go to at any time. Now sit or lie down in your garden and just absorb everything around you, feeling safe, comfortable and completely relaxed...

Or imagine...

You are standing near a lovely waterfall. It's a beautiful day and the grass is soft and cool under your feet. The water sparkles and splashes as it flows into the stream below. Each splash and droplet of water catches the light and makes rainbows shimmer and dance above the water. All the beautiful colours of the rainbow fall around you, you are in the centre of a rainbow...

Each colour has wonderful powers to relax you. Feel yourself bathed in the red, orange, yellow, green, blue, purple and indigo colours and allow any pain to flow out from you, through the rainbow and away into the stream below. Feel the peace and energy that relaxation brings to your mind, body and spirit...



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Or imagine that...

You are at the top of a hill. You see the rolling countryside stretch away below you in every direction to the horizon. The countryside looks so peaceful up here. You are far away from all the hustle and fuss of life below. It's a beautiful day and a slight breeze blows away all your stress and worries. Relax totally as you are soothed by the warm and gentle breeze. You allow any uncomfortable feelings to drift from you and float far, far away and over the horizon leaving you in peace...

We hope you enjoy these techniques and find them helpful.

View our second collection here:

<http://painsupport.co.uk/wp-content/uploads/2014/11/relax2.pdf>

Try one of our highly successful and relaxing CDs or downloads from our Shop:

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