

## MODEL MY DREAM JOURNEY

Sit or lie as comfortably as possible. Relax as much as you can. Close your eyes. Breathe deeply through your nose, down into your abdomen and breathe out through your mouth. Do it again and feel your entire body relaxing. And one more time – and feel yourself relaxing ...:

in your head

in your shoulders

in your arms

in your upper body

in your stomach

in your lower back

in your thighs

in your knees

in your feet

and all the way out into your toes.

Now think of a pleasant place to be, a nice place, a place where you feel safe and protected. It can be a place outside or inside – it can be a place you know – or somewhere in your imagination. It should be a comfortable place to be. Stay in this place. Try to notice what is happening around you. Notice the colours – perhaps there are many colours, maybe there is no colour. Notice the sounds – maybe you can hear animals or people, perhaps it is quiet. Notice the smells – maybe it smells pleasant, maybe there are no smells. Breathe deeply into your stomach and enjoy being in this place where you are safe and secure. Remember that this is your place, a place where you feel strong and safe. Remember, you can always return to this place in your mind, whether you are alone or with others – at home or away. Just close your eyes and think of your safe place.

With your eyes closed, imagine that you have found something special. Something that someone who loves you has left behind, just for you. You can pick it up and hold it in your hand. When you feel it in your hand, you think about the person who cares for you and left it for you.

You may now leave your safe place in your thoughts and slowly open your eyes. Let every part of your body awaken. Feel a relaxation and wellness in your entire body.

### EXERCISES

