

Gently Back to Sleep - Transcript

Hi, this is Tamara. If you're tuning in to this session, you've likely woken up and are struggling to get back to sleep.

For the next 45 minutes I'll be right here with you, to help you drift back to dreamland.

So close your eyes, and lay on your back in a comfortable position, resting your head on your pillow in a way that feels restful and stable.

Feel the support of your bed beneath you. As if the earth is inviting you to be held. Your body sinking into your bed.

And if you've been struggling to fall back asleep because of thoughts, or worries, or perhaps a bad dream, do your best to set all of that aside for now.

As you lay in bed, in this very moment, let go of any concerns about falling asleep.

Do not resist your awakeness, see if you can let it be okay, that right now, you are here, in this moment.

Resting your mind and body, let go of all efforts to fall asleep. Rather, let's you and I, be here together, and let it be *enough* to simply relax your mind, relax your body, and release all pressure for your experience to be anything other than what it is. So that you're fully inviting this moment. Dropping in with a sense of ease.

Let your eyes feel soft, your jaw relaxed. Feel your spine settling into your mattress.

Allow your arms to rest gently by your sides, or you can fold your palms on your belly, connecting you to the rise and fall of your breath.

And just begin to notice how it feels to breathe...

So on your next inhale, feel the air flowing into your belly, and as you exhale, feel the breath slowly flowing out.

As you breathe in, feel your belly expand like a balloon, and as you breathe out, feel the air releasing.

Taking long deep breaths, soothing breaths that change with each new moment.

Add if your mind feels busy, if thoughts are persisting, try and view each one like a cloud crossing the sky. So each time a thought appears, create a little bit of distance, by looking up at that big blue sky above, and allow each thought to cross overhead and pass away.

Allow all your concerns, all your worries to drift away in the passing wind.

Thoughts arise, they drift up and pass away. So you can be right here right now, relaxed and at peace.

And now gently bring your focus to the length of your body, slowly scanning each part, from the top of your head to the tips of your toes.

And as you scan down, part by part, gently notice if anything feels tight or tense.

Scan the crown of your head, letting go of any tension...

Soften your forehead...your face...bring a gentle smile into the eyes and lips.

Relax your jaw, and the root of your tongue.

Soften your neck... the front and the back of your neck.

Let the feeling of relaxation move through the shoulders and down your arms... feeling your hands relaxed and supported.

Draw your awareness through your chest and back,

And then bring your focus around to your belly.

Invite a sense of relaxation to all these areas. Although we aren't able to *make* relaxation happen, we can *invite* it.

And next, scan the pelvic area... all the way down your legs, to your feet and your toes.

And just notice any areas in your body that may still be holding tension.

Any area that would like to let go just a little bit right now...

And if you notice any, breathe deeply into that area, and on your exhale, release a long deep sigh... Allowing any tightness you may be feeling to melt away.

Like ice melting to water in the warmth of the sun.

And continue for a few more moments to breathe deeply into any area that's holding tension or emotion, and on each exhale, release it all in a long, deep sigh.

Letting go, letting go, letting go...

Imagine that each breath you take is healing, and soothing. Each breath in each new moment.

And as you breathe, let go of thoughts, let go of memories, let go of anything that doesn't serve you right now.

All you need in this moment, is each brand new breath.

And now, just focus *exclusively* on each exhale.

So feel the very start of your next outbreath as it begins to release. Following as it gently moves through you.

Let go of the inhale and just focus on the exhale,

Let go of the inhale and just focus on the exhale,

Each time you release your breath, feel your body become heavier and heavier.

Becoming more weighted as each soothing breath flows through you.

Notice your shoulders dropping just a little bit more,

Your arms, hands, legs, and feet, all feel weighted and relaxed.

And any time a thought appears, notice that thought, and imagine yourself gently holding it in your hands. Then release that thought, as though you were releasing a butterfly into the sky.

Release each thought and let it fly away. Fly away.

Then come home to your breath, home to your body.

Leaving your mind to be quiet and at peace...

Peaceful like the most beautiful place you know. Perhaps a place you've visited, a place you've read about, or a place that comes to your imagination.

Your peaceful place might be a cottage by a beautiful lake, where you're lying on a cozy hammock that gently swings back and forth. back and forth. - The trees are rustling above as the wind blows through the branches, and water gently laps up on the sand. In the backdrop you might hear the sound of birds taking flight, as a gust of warm wind brushes across your face.

Your peaceful place might be in the mountains, which soar up towards the sky as if determined to kiss the heavens, each peak rising out of the ocean. - Near the bottom, majestic waterfalls cascade down, thundering into the water below. As you rest on a grassy hillside near a brook, all around you is a symphony of sound as the water splashes, mists and settles.

Your peaceful place might be in a forest. Where the woods open up to a clearing where you rest on a patch of thick grass, savoring the scent of fresh pine. - Crimson and auburn trees create a canopy over your head. And a single sparrow flutters high above the treetops.

Or your peaceful place might be a tropical beach, where you lay on the warm sand, the sun bathing your body. The waves rush in with the tide and then gently drift away. They rush in with the tide and gently drift away. - As you glance upward, the sun begins to set, and the sky transforms into vibrant hues of pink and purple, blue and yellow.

Picture yourself wherever you feel most safe, wherever you feel most at peace and at ease.

The hammock by the lake, with rustling trees and lapping waves,

The soaring mountains, where majestic waterfalls tumble down into the sea,

The forest scented with pine and filled with trees of crimson and auburn,

The beach, with the soothing sun and the waves that rush in and drift away,

Or picture yourself in any other setting you'd like to imagine.

Envision yourself there, in the most beautiful, serene place you can dream. Know what it feels like to be perfectly relaxed and at peace.

Content to just be as you are right now

And as you rest, feel yourself grounded and still...

Knowing this moment is all you need

You are relaxed

You are at peace

You are relaxed

You are at peace

And notice how your breath has naturally slowed down and softened.

Arriving back to the breath over and over

And perhaps feeling the movement of the breath in your belly.

Noticing it rising and falling.

Rising and falling

Letting each breath be received in a softening belly.

Follow the rhythmic movement of the breath, observing each inhale and each exhale.

Let your attention synchronize with the slow and steady rhythm of the breath.

Feel the breath flow in, follow it in

Feel the breath flow out, follow it out

The breath will bring you back home over and over

To a place of quiet and stillness

Where you are grounded

Where you are safe

A place of quiet and stillness

Where you are grounded

Where you are safe

On each outbreath, feel that sense of peace and groundedness.

Your heart, open and calm

Enjoying the sensation of each soothing breath as it flows in and flows out

Relax into this moment. Relax into this time of rest.

Relaxed and at peace

Relaxed and at peace