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## Headaches

Welcome to this Healthy Living To Go podcast from Kaiser Permanente, designed to fit the way you live and the way you learn. Listen, live well and thrive.

[ Music ]

### Headache Relief

Hi, I'm Belleruth Naparstek, and this is guided imagery designed to help with headaches. Track 1 is for the relief of an actual headache. Track 3 is affirmations. And Track 4 is to help you prevent one from happening. This recording is not a substitute for medical treatment, but a complement to it. In fact you probably already know that if your headaches last longer than 24 hours, or if they recur two or three times a week, or if they are accompanied by nausea, vomiting or drowsiness, you should get yourself checked by a doctor. But assuming there is nothing seriously wrong, which is usually the case, listening to this can help you considerably with your headaches. As with a cold compress, a nap, or a pain medication, this headache relief imagery works best when your headache is just starting. But it can even help you when your symptoms are full-blown. And the imagery you'll find here is geared for both tension and vascular headaches. Actually, most headaches are a combination of these two types. Generally speaking, people tend to feel better and do better when they can take an active part in their own health and well-being, and when they use guided imagery, which is a kind of deliberate, directed daydreaming, they relax, feel stronger, and get well faster. In fact, recent research has shown that imagery can alleviate pain, reduce depression and anxiety, and even improve physical conditions. We know it can help boost the immune system, reduce high blood pressure, and minimize allergic reactions. People with headaches can get especially dramatic results from guided imagery. The imagery weaves several mind-body principles into its narrative. It begins by helping you relax and clear your mind. Then it calls upon your senses and memory to engage your imagination and finally it evokes very specific images designed to give you relief from your headache. It ends with an extended period of just the music alone, to give you time to either continue with your own imagery or to just relax and rest. Some of the images will be more meaningful to you than others. Some you may find unsuitable. Let your mind change or edit them as it sees fit. It will anyway. You may find that as you use the imagery over time, it adds a stronger and stronger effect. Sometimes the images just naturally shift and change of their own accord. That is as it should be, and don't be too hard on yourself if you find that you're not listening with perfect attention. Relaxed concentration is best. But over time, the words and images that are good for you will seep in anyway. Should you notice that your mind is wandering, you can gently guide it back. And because the imagery encourages a dreamy kind of awareness, please don't play it while driving. Every now and then, the imagery will bring forth unexpected emotion. If this is the case with you, see if you can allow the feelings to just come up and move through you, seeing it as a necessary kind of rinsing that is taking place. It won't hurt you to do this, and it may, in fact, be very good for you. Track 2 has

affirmations. These are positive statements designed for repeated listening. A sort of reprogramming of your unconscious mind, to combat negative thinking. For some, affirmations are more effective than guided imagery. With any part of this recording, take what is useful, and leave the rest. If there is an image or a statement that is especially meaningful to you, try to play it over in your mind several times a day. When you're stopped for a red light, or taking a break at work, or even better, just as you enter that twilight zone just before falling asleep, an especially useful time to do this. Play the recording as often as you need to. If possible, try to do this at roughly the same time each day and in the same place each time. Choose somewhere you can feel safe, quiet, and unlikely to be interrupted. So see if you can take this next while to commit yourself to this process of engaging the power of your imagination to help you feel better by gently immersing yourself in this safe, and easy process. All you have to do is settle in, relax, and let yourself listen.

To begin with, see if you can position yourself as comfortably as you can, shifting your weight so that you're allowing your body to be well supported.

[ Music ]

You may even want to take a moment to feel the support beneath you and to just let your body relax and settle into it. If possible, try to arrange it so your head, neck, and spine are straight.

[ Music ]

And taking a deep, full, cleansing breath, inhaling as fully as you comfortably can, breathing down into your belly if you can. And breathing all the way out.

[ Music ]

And again. Breathing in.

[ Music ]

And as you breathe out, letting any unwelcome thoughts that come to mind float out with the exhale. All the way out with the breathe so that for just a moment, your mind is empty, for just a split second, it is free and clear space and you are blessed with stillness.

[ Music ]

And any emotions that are rocking around inside, those, too, can be noted and acknowledged and sent out with the breath so your emotional self can be still and quiet, like a lake with no ripples.

[ Music ]

And now, see if you can imagine a place where you feel safe and peaceful and easy, a place either real or imaginary. Maybe somewhere from your past or a place you've always wanted to go to or a place you visit now. It doesn't matter, just so it's a place that feels good and safe and peaceful to you.

[ Music ]

And allowing the place to become real to you, looking around you, taking the place in with your eyes, enjoying the colors, the scenery. Taking in every detail with your eyes, looking over to your right --

[ Music ]

-- and over to your left.

[ Music ]

And listening to the sounds of the place, whatever they might be. Perhaps the music of a gentle gurgling stream or the crashing sound of waves or the rustle of the wind through the leaves. Maybe birds or crickets singing. Just so your ears can become familiar with all the sounds of your place that is so safe and peaceful to you.

[ Music ]

And feeling whatever you're sitting against or lying upon, whether it's sand or grass, a pine needle forest floor. You might be indoors in a cozy armchair or maybe outside sitting on a nice warm rock in the sun.

[ Music ]

And feeling the air on your skin, either crisp and dry or soft and balmy and wet. Maybe there's just the subtlest caress of a fragrant gentle breeze on your face and arms. Or if you're indoors, maybe you're feeling the warmth of a cozy fire on your face and hands. But wherever you are, just letting yourself enjoy the feel, the presence of your surroundings with your whole body. And smelling the rich fragrance of the place, whether it's the soft full scent of flowers, the sharpness of salt sea air, the heavy sweetness of meadow grass. Or maybe the pungent smell of peat moss in the woods. Just taking it all in, soaking up the richness of your special retreat with all of your senses. Becoming more and more attuned to it and feeling thankful and happy to be there.

[ Music ]

And letting yourself feel the healing vibrance of the place as it penetrates all the way into you, soaking into your skin, all the way through layers of muscle, all the way to the bone, down into each and every cell so that your whole body can experience the way this place soothes and energizes you.

[ Music ]

Feeling the tension drain from your head and neck, gently and easily as the congestion of thoughts, worries, and annoyances softly dislodge themselves from your mind and float free like brightly colored helium balloons on a clear sunny day. And you can breathe deeply and easily knowing that as you breathe out, you can feel it all just floating free.

[ Music ]

And again, breathing deeply into your chest and releasing tension with the exhale.

[ Music ]

Noting with each breath a gentle softening all along the scalp, a loosening of the skin around the head and of the muscle at the base of the skull as you continue to breathe deeply and easily.

[ Music ]

And perhaps even sensing the tiny blood vessels relaxing wherever they might be tight or pinched. The tiny muscle bands around the circumference loosening and softening, like friendly, well-used rubber bands, loose and soft, and seeing the whole length of the vessels returning to their original, smooth, consistent roundness, once again even in caliber. Soft and open and easy.

[ Music ]

And also noting with each deep full breath the way that the muscles in the face can loosen and soften, feeling a warm peacefulness infuse the forehead, the way it does when a soft loving hand is gently placed there. Relaxing the muscles around the eyes and the mouth and the jaw, gently and easily.

[ Music ]

And feeling, too, the loosening and softening of the muscles that hold the neck and stretch across the shoulders as you continue to breathe deeply and easily, sending the warm energy of the breath into any tight tense places, to warm and loosen and soften them. And at the turn of the breath, sensing a gathering up of the discomfort and breathing it out with the exhale.

[ Music ]

And so, with each breath, softening the tension and taking a moment or two to feel the shift as you release energy trapped in the muscle and let it float free with the exhale.

[ Music ]

Breathing deep into the chest, sensing how it feels around your heart and noticing any heaviness or tightness there as you continue to let the breath warm and loosen and soften any discomfort, any pain or grief or weariness, and releasing it with the gentle full slow out breath.

[ Music ]

And again, imagining the healing energy of the breath tending to your heart and sensing a softening of tension with the exhale. Feeling the shift in your chest, perhaps a subtle lightening as the energy in it moves.

[ Music ]

And continuing to breathe deeply and easily all the way down into your belly so that your abdomen rises with the inhale the way it does when you're sleeping and subsides with the outbreath, soft and easy.

[ Music ]

Feeling grateful for the remarkable intelligence of the body, for its ability to cleanse and clear itself, knowing how to filter unwanted particles from the blood and tissue.

[ Music ]

For the genius of the liver and kidneys as they remove irritants and send them on their way, safely and easily, reducing any beginnings of swelling or discomfort, leaving your tissue free and clear, your body focused and vital and strong, warm and alive and tingling with energy all the way to the tips of your

fingers and toes. And perhaps you can even feel the friendly subtle buzz of energy there, a remind of your own strength and vitality.

[ Music ]

And so, feeling gratitude for this body of yours, your oldest friend, your steadiest companion, and saluting it with affection and gratitude. And you can once again see yourself in your safe and special retreat, surrounded by all the colors and sounds and fragrances that are so nourishing to you. And they might even seem brighter, more vivid than before. And you know that you can call forth this place whenever you wish to get back in touch with the peaceful stillness at your center, knowing it is always there and you can come back to it whenever you wish, safely and easily.

[ Music ]

And so, whenever you are ready, taking another deep full breath, very gently and with soft eyes, letting yourself come back into the room whenever you are ready, taking your time, allowing yourself to remain still for however long you need to, and knowing you are better for this. And so, you are.

[ Music ]

Affirmations are positive statements design for repeated listening, that over time will counter negative thinking and cause some important shifts in your attitude. For some people, affirmations are more effective than guided imagery. For one thing, they don't require the same degree of sustained attention and for another, you can easily listen to them while you're getting dressed, or driving, or while you're involved in some other activity. See if you can listen to each statement in a state of open, relaxed attention, breathing deeply with each one, and repeating it softly to yourself, either aloud or in your mind. Even if at first this feels odd or even silly to you, stay with it for a while because the potential benefits are substantial.

[ Music ]

I know there are times when I feel pressured, fearful, angry, or sad, and I accept what I feel as my inner truth of the moment.

[ Music ]

I know that the more I can acknowledge and accept my feelings without criticism or blame, the more I keep my head comfortable, relaxed, and clear.

[ Music ]

More and more, I can see that when I soften and let go of harsh expectations, and unrealistic demands on myself and others, the more I keep my head comfortable, relaxed, and clear.

[ Music ]

I know that when I can forgive myself and others for errors of the past, I keep my head comfortable, relaxed, and clear.

[ Music ]

More and more, I see that when I can love and appreciate myself, take time to care for myself, I'm giving my mind and body a powerful message to be well.

[ Music ]

I understand that the time to be motivated by guilt, resentment, and mindless pressure is over. Now, is the time to do things out of love and celebration and the joy of self-expression.

[ Music ]

More and more, I can appreciate my body, respect it, and take good care of it.

[ Music ]

More and more, I can consider the possibility that my body is teaching me something useful, that I can take these headaches as signals to be softer and kinder to myself.

[ Music ]

I know that the more that I can accept my body as it is, without criticism or blame, the more I assist its natural tendency to feel well and be well.

[ Music ]

More and more, I can appreciate my body for what it truly is, my oldest friend and my steadiest companion.

[ Music ]

I am no longer willing to push and pull myself around without regard for my own health and wellbeing. I will show the same love and concern for my body that I would have for any dear and valued friend.

[ Music ]

More and more, I can let go of worrying about things I cannot control and focus on my own inner peacefulness.

[ Music ]

I know that when I sense my mind beginning to get too full, I can send the busyness out with the breath, releasing it with the exhale.

[ Music ]

More and more, I can clear my mind so that for just a moment, I am blessed with stillness.

[ Music ]

More and more, I can soften and relax tension in my scalp, face, neck, and shoulders.

[ Music ]

I know that I can send the healing energy of my breath to warm and loosen and soften the tight places in my head, neck, and shoulders, breathing out discomfort with the exhale.

[ Music ]

More and more, I can sense the blood vessels in my head returning to their normal size and shape, soft and open and relaxed.

[ Music ]

I know that when I can settle my spirit deep down into my body, I keep my head comfortable, relaxed, and clear.

[ Music ]

I know that when I stay in touch with my body and keep my awareness on how it feels deep inside, I keep my head comfortable, relaxed, and clear.

[ Music ]

I understand that when I can live in the present, taking pleasure in the beauty and aliveness of each moment, I keep my head comfortable, relaxed, and clear. [ Music ]

More and more, I can see the beauty of my own being.

[ Music ]

More and more, I can see the beauty of others and the beauty of my surroundings.

[ Music ]

I understand that I am vital, healthy, and strong.

[ Music ]

The blueprint that I hold in my mind's eye is the picture of myself vital, healthy, and strong doing what I love to do with peace, joy, and a sense of deep fulfillment.

[ Music ]

I invite assistance from my friends and loved ones, past, present, and future to help me with my health and wellbeing. I see myself surrounded by their love and caring and I feel it all over my body like a warm wave.

[ Music ]

I can see and feel radiant sunlight entering and warming my body, penetrating into the places that hurt and loosening, dissolving, and dispersing the pain.

[ Music ]

I can see and feel a powerful blue-green wave of pure healing, washing through me from head to toe filtering out the irritants and toxins from my blood and carrying them out with the tide.

[ Music ]

I can see and feel a warm, pulsing, glowing blanket with magical comfort surrounding me, enveloping me with peace and safety, soaking its healing energy into me all the way down to my fingers and toes.

[ Music ]

I thank the medicines and treatments designed to help my body's natural tendency to heal itself and I join my strength and purpose to theirs.

[ Music ]

I salute my own courage, strength, and endurance in my efforts to take charge of my own health and wellbeing.

[ Music ]

I know that I have things to do, gifts to give, and purposes to accomplish. I require a strong and healthy body for this, a clear head, and a peaceful mind.

[ Music ]

More and more, I'm in touch with the peaceful stillness at my center, soft and balanced, and steady.

[ Music ]

More and more, I can appreciate my body, respect it, and take good care of it.

[ Music ]

More and more, I can consider the possibility that my body is teaching me something useful, that I can take these headaches as signals to be softer, and kinder to myself.

[ Music ]

I am no longer willing to push and pull myself around without regard for my own health and wellbeing. I will show the same love and concern for my body that I would have for any dear and valued friend.

[ Music ]

More and more, I can let go of worrying about things I cannot control and focus on my own inner peacefulness.

[ Music ]

I know that when I sense my mind beginning to get too full, I can send the busyness out with the breath, releasing it with the exhale.

[ Music ]

More and more, I can soften and relax tension in my scalp, face, neck, and shoulders.

[ Music ]

I know that I can send the healing energy of my breath to warm, and loosen, and soften the tight places in my head, neck, and shoulders, breathing out discomfort with the exhale.



[ Music ]

More and more, I can sense the blood vessels in my head returning to their normal size and shape, soft, and open, and relaxed.

[ Music ]

I know that when I stay in touch with my body and keep my awareness on how it feels deep inside, I keep my head comfortable, relaxed, and clear.

[ Music ]

I understand that when I can live in the present, taking pleasure in the beauty and aliveness of each moment, I keep my head comfortable, relaxed, and clear.

[ Music ]

The blueprint that I hold in my mind's eye is the picture of myself, vital, healthy, and strong, doing what I love to do with peace, joy, and a sense of deep fulfillment.

[ Music ]

I invite assistance from my friends and loved ones, past, present, and future, to help me with my health and wellbeing. I see myself surrounded by their love and caring and I feel it all over my body like a warm wave.

[ Music ]

I can see and feel radiant sunlight entering and warming my body, penetrating into the places that hurt and loosening, dissolving, and dispersing the pain.

[ Music ]

I can see and feel a powerful blue-green wave with pure healing, washing through me from head to toe, filtering out irritants and toxins from my blood, and carrying them out with the tide.

[ Music ]

I can see and feel a warm, pulsing, glowing blanket of magical comfort surrounding me, enveloping me with peace and safety, soaking its healing energy into me, all the way down to my fingers and toes.

[ Music ]

I thank the medicines and treatments designed to help my body's natural tendency to heal itself and I join my strength and purpose to theirs.

[ Music ]

I salute my own courage, strength, and endurance in my efforts to take charge of my own health and wellbeing.

[ Music ]

I know that I have things to do, gifts to give, and purposes to accomplish. I require a strong and healthy body for this, a clear head, and a peaceful mind.

[ Music ]

More and more, I'm in touch with the peaceful stillness at my center, soft, and balanced, and steady.

[ Music ]

More and more, I know that I am perfectly, utterly safe.

[ Music ]

And so you are.

[ Music ]

## Headache Prevention

[Background music] I'm Belleruth Naparstek and this is guided imagery designed for listening when you're feeling well, to help you reduce the frequency and intensity of your headaches. The imagery applies to either vascular or tension headaches. Actually, most headaches are a combination of both types. This recording is not a substitute for medical treatment, but a complement to it. In fact, if your headaches last longer than 24 hours, recur two or three times a week or are accompanied by nausea, vomiting or drowsiness, you should see your doctor. But most headaches are the result of stress, eye strain, muscle tension, allergy, hormonal changes, or eating or drinking too much of the wrong thing. In other words, there is usually nothing to be alarmed about. It has always been true that when people can take an active part in their own health and healing, they tend to feel better and do better. And when they use guided imagery, which is a kind of deliberate, directed daydreaming, they relax, feel more in control, and recover from what ails them faster. As with Track 1, this imagery weaves several mind-body principles into the narrative. It begins by helping you to relax and clear the mind. Then it calls upon your senses and memory to engage your imagination. And finally, it evokes very specific images designed to keep muscular tension from collecting in your head, neck and shoulders. And to help you maintain the blood vessels in your head at their normal caliber. It also has imagery that encourages greater efficiency in the body's filtering system because toxins and allergens can also produce headaches. Because this imagery is designed for you to use while you're feeling well and headache free, it encourages some gentle stretching movements along with the imagery. Some of the images that you'll hear will be more meaningful to you than others. Some you may find unsuitable. Let your mind change or edit them as it sees fit. It will anyway. You may find that as you use the imagery over time, it has a stronger and stronger effect. Sometimes the images just naturally shift and change of their own accord. That is as it should be. Don't be discouraged if you find that you're not listening with perfect attention. Relaxed concentration is best, but you'll improve with repeated listening anyway. Over time, the words and images that are good for you will seep into your awareness. Should you notice that your mind is wandering, you can gently guide it back. And because the imagery encourages a dreamy kind of awareness, please don't play it while driving. With any of these segments, take what is useful and leave the rest. If there is an image or a statement that is especially meaningful to you, try to play it over in your mind several times a day. And because the imagery on this narrative has you doing certain stretches and muscle releases along with the imagery, after repeated listening you'll be able to

reproduce a lot of the relaxation and healing that you got from the recording by simply doing the stretches, while you're stopped for a red light, or talking on the phone, or waiting in line. See if you can listen to this regularly at first. Once or twice a day. Try to use the same quiet, protected place each time, somewhere that allows you to feel safe, relaxed and undistracted. So see if you can take this next while to commit yourself to this process of engaging the power of your imagination to help you stay strong, fit and healthy by gently immersing yourself in this safe and easy process.

To begin with, see if you can position yourself as comfortably as you can, shifting your weight so that you're allowing your body to be fully supported. If you're lying down, just take a moment to relax your body and to feel the surrender of the muscles of your back and spine into the surface beneath you, just letting it take your full weight.

[ Music ]

And taking a nice, full, deep breath, deep into the chest.

[ Music ]

And slowly and fully, letting yourself breathe out. And with the out breath, perhaps feeling your body relaxing into the surface that supports you even more fully.

[ Music ]

And again, taking another deep full breath. And this time, breathing deeply into the belly, feeling it rise with your intake of air, the way it does when you're sleeping, softly and easily. And again, breathing all the way out.

[ Music ]

And once more, another deep full breath, feeling the abdomen expand.

[ Music ]

And feeling the natural turn of the breath and releasing it with the exhale.

[ Music ]

And now, taking another deep full breath, and as you do so, see if you can slowly and gently turn your head over to the right, as far as it will comfortably go, softly and easily, just feeling the soft stretch in the neck. And then, breathing all the way out, slowly and gently bringing your head back forward.

[ Music ]

And now, breathing in again and, as you do, turning your head gently and easily over to your left as far as it will comfortably go. No pushing, no pulling, just softly and easily. Feeling the gentle stretch in the neck. And so you breathe out, gently turning your head back so that it's looking forward once more. And taking a moment to see if you can feel a greater openness inside your neck, just a little more energy moving around in there.

[ Music ]

And now, taking another breath and as you do, very gently lifting your chin as far up as it will comfortably go. No straining, just a gentle stretch upward. And now, as you breathe out, softly and slowly returning your chin back to its normal position.

[ Music ]

And taking another breath in, and as you do, slowly and steadily letting your chin drop toward your chest, providing a gentle stretch through the back of your neck and feeling the release there. And now,

as you breathe out, gently returning your chin back to its normal position and perhaps taking a moment to feel the difference in your neck. Maybe sensing a freer flow of energy inside there.

[ Music ]

And now, see if you can imagine that your head, neck, and spine are moving into alignment, that there's a straightening of your spinal column. And so, you're just letting your body shift, smooth out, and lengthen your spine so your energy can move more freely and easily all the way up and down.

[ Music ]

And gently allowing yourself to turn your attention inward, focusing inside for just this next while to see how your body feels, taking a gentle curious inventory.

[ Music ]

Continuing to breathe fully and deeply, noticing what your energy level is like.

[ Music ]

Sensing your mood.

[ Music ]

And seeing where your body is tense or tight or sore and where it's loose and easy and open. So you're just letting your awareness move around inside your body, curious, friendly, and detached, taking full, slow, deep, comfortable breaths.

[ Music ]

Starting with your head, checking to see what it feels like inside your head right now. Noting any tension or tightness that might be there.

[ Music ]

Perhaps just a congestion of thoughts and worries, or maybe an excess of energy, a hum of busyness. Or maybe it feels exactly right, perfectly comfortable. But in any case, imagining that you're breathing out all of your thoughts, all of your tension with the exhale, fully and easily.

[ Music ]

And again, noting any tightness in your scalp as you breathe in, any tension along the top or at the base of your skull, and beginning to feel it soften and release as you breathe it all out.

[ Music ]

Noting with each full soft breath a gentle softening all through your head, a loosening and stretching of muscle and skin, as if you were smoothing soft, friendly, fresh smelling sheets over a bed. And perhaps you can sense the tiny blood vessels becoming smoother, rounder, soft, relaxed, and open. A nice,

[ Music ]

steady, normal width all the way along. Tiny muscle bands loosening and relaxing their circumference. A perfect even caliber up and down the line.

And continuing to breathe deeply and easily as your awareness moves down into your neck and shoulders. And you might want to gently rotate your neck as you do this, softly letting your head roll over to your right.

[ Music ]

And back to the center.

[ Music ]

And rolling over to the left and back to the center, breathing into any tight tense places there and feeling the warm energy of the breath warming, loosening, and softening, and gathering up all the tension and breathing it out so that more and more, you can let your neck feel safe and relaxed and loose, sensing the subtle stretch and release of layers of muscle and tissue.

[ Music ]

And taking another deep full breath as you gently lift your shoulders as high up along your neck as they will comfortably go, never forcing or straining, just a gentle steady stretching. And as you breathe out, rotating them back, softly and slowly, and letting them settle back in place, returning to a comfortable balanced position of their own accord.

[ Music ]

And again, breathing in deeply and gently lifting your shoulders as high up on your neck as they will comfortably go.

[ Music ]

And as you breathe out, rotating them forward, slowly and easily. And again, letting them settle softly in place at their natural level. [ Music ]

And just taking a moment to feel the shift, any subtle release of energy in your neck or shoulders.

[ Music ]

And moving your attention down into your heart, continuing to breathe fully and deeply, and sensing how it feels around your heart.

[ Music ]

Noticing any feelings that might have collected around your heart. Perhaps it's just the full rich feelings of love and affection. Maybe it's sadness or pain and just letting yourself notice how it feels in there. No judgments. Just curious and neutral, friendly but detached. And letting the breath warm and loosen and soften any heaviness or discomfort and sending it out with the exhale, gently and easily.

[ Music ]

[ Music ]

Checking to see how your whole chest feels.

Continuing to breathe deeply and easily, noticing how open it feels or how tight and heavy. And breathing in and around any pockets of discomfort, letting the energy of the inhale loosen and soften and dislodge tension. Gathering it all up and sending it out with the breath.

[ Music ]

And moving your awareness around to your back and checking out the entire length of your back, all the way down your spinal column, from your neck all the way down to your tailbone. Continuing to notice any pockets of tightness or discomfort and breathing the healing energy of the breath into them and sending tension out with the exhale.

[ Music ]

And now, focusing your attention on your belly, looking to see how it feels in there. Still curious in a friendly but detached way. Still breathing deeply and easily, noting any tension and any feelings that tend to collect there, fear or anger. And with a steady assistance of the breath, exhaling whatever you don't want or need, softly and easily.

[ Music ]

Aware of the body's remarkable intelligence, grateful for its loyalty to your welfare, for its ability to cleanse and clear itself.

[ Music ]

For the genius of the liver and kidneys and their ability to filter unwanted particles from the blood, rinsing away swelling or discomfort, leaving your tissue free and clear, vital, healthy, and strong. Constant and steady.

[ Music ]

Looking after you with grace and ease.

[ Music ]

And moving your awareness down into your bottom, to your whole pelvic floor, in and around your genitals. Continuing to breathe deeply and easily, sensing any tightness or tension there, still remaining neutral and detached, curious and friendly. No praise, no blame, just a friendly interest in how you're feeling, and breathing the warm energy of the breathe, sweet and soft and healing, all the way down into your bottom, and releasing tension with the exhale.

[ Music ]

And now, focusing the awareness on the thighs and the knees, on the calves and feet. And noting any tightness, any rigidity or tension there, all the way down to the tips of the toes, and sending the soft and steady healing energy of the breath to any pockets of discomfort you might find.

[ Music ]

[ Music ]

And breathing them out, gently and easily, feeling the release in your feet as they soften and relax.

[ Music ]



So just taking this space to reacquaint yourself with this body of yours, your steadiest companion, your oldest friend, and listening to it, acknowledging it with respect and affection and gratitude. And letting your awareness sink down into it, allowing your spirit to settle all the way down into your body, gently allowing it to float into all your inner spaces with the soft easy rolling motion of a thick, rich, misty fog.

[ Music ]

And just letting yourself feel the fullness of it, softly nodding to yourself, smiling to your whole body as you remember how good it feels to connect back into yourself.

[ Music ]

And so, whenever you are ready, taking whatever time you need, inhaling another full deep breath, and very gently and slowly, with soft eyes, letting yourself come back into the room whenever you're ready, knowing that you're better for this. And so you are.

[ Music ]