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### **Stress Series: Imagery to transform anxiety**

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.

Hello. I'm Belleruth Naparstek, and this is a guided imagery audiotape set, designed to help you with stress. More and more people are finding that using guided imagery - which you could call a kind of deliberate, directed daydreaming - helps them to relax and maintain their health and sense of well being. In fact, recent research has shown that imagery can alleviate pain, depression, anxiety and even phobias. Other studies have found it to actually help the body heal physically. For instance, imagery can boost the immune system, reduce high blood pressure, and minimize allergic reactions. And certainly we've known for some time that when you take a more active part in your health and well being, you generally feel better and do better.

There are many kinds of imagery to help with stress, and this set offers four different kinds. Side A of Tape I has imagery to alleviate general anxiety and upset. It integrates some simple breathing techniques along with the images, and guides you to be more in touch with your body. It also helps you gain insight into what your anxiety might be about, if you want to use it for that purpose.

The second side of Tape I has imagery that promotes a sense of safety and protection, and introduces you to a more compassionate perspective on yourself. This helps counter the psychological toll that stress can take on your self-esteem and your general emotional resiliency.

Tape II, Side A has a walking meditation. This is especially good for people who are too stressed to sit still for meditation or imagery. It is simple but very powerful, guiding you to take in sensory information and energy from your surroundings in a very focused way. It's both calming and energizing.

And finally, Side B of Tape II has a series of 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.

The imaging exercises on these tapes weave several mind-body healing principles into each and every narrative. Keep an open mind and try them all out. You might be surprised by what effects you the most. And that can change over time. Certainly 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.

If there is an image or statement that's especially meaningful for you, try to play it over in your mind when you feel yourself starting to become stressed. Or think about it any time - 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 powerful time to do this. Try to accompany this with the breathing and hand positioning that you were guided to use while working with the tape.

Play the tapes as often as you need to. If possible, try to do so at the same time each day, and in the same place each time. Choose somewhere that you can feel safe, quiet and unlikely to be interrupted.

But if you can't create these optimal conditions, go ahead and do it anyway. Some listening is better than none.

You may find that as you use these tapes over time, they have a stronger and stronger effect. Sometimes the images just naturally shift and change of their own accord. That's as it should be. Please 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 into your awareness anyway. Should you notice that your mind is wandering, you can gently guide it back. And because these tapes encourage a dreamy kind of awareness, please don't play them 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's taking place. It won't hurt you to do this, and it may in fact be very good for you.

And finally, if you find that you respond well to the imagery on these tapes, you may also want to try the General Wellness tape in this Health Journeys series, which is yet another kind of imagery that works very well at alleviating stress.

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, please position yourself as comfortably as you can, shifting your weight so your body can be fully supported. See if you can arrange it so that your head, neck and spine are comfortably aligned... and if it's comfortable to do so, put your hands over your belly, so you can feel it rise and fall with your breathing...

And taking a full, deep cleansing breath.. (pause)... exhaling as fully as you comfortably can... (pause)... and again... taking another breath... deep into the belly... (pause)... and breathing out... fully and comfortably... (pause)...

And gently allowing yourself to turn your attention inward.... focusing inside for just this next while... to see how you feel... just a gentle, curious look inside.... knowing that a part of you can be neutral... that you can look at your own experience with a kind of detached intelligence...

Feeling the places in your body where you're tight or tense or sore... the places where anxiety is held... where stress collects... places that need comfort and peace... so just scanning your body to see what's happening on the inside...

Starting perhaps with your head... checking to see how it feels inside your head... and whether there are any places that seem tight, congested or tense... checking out the forehead... (pause)... behind the eyes... (pause)... and along the jaw.... and if there are any pockets of tension or discomfort... just softly acknowledging those places... continuing to breathe deeply and easily...

still neutral and detached...

And moving your awareness down into your neck and shoulders... curious about how it feels in there... (pause)... noting any tightness or tension that's collected there... and perhaps even gently moving your

neck or rolling your shoulders as you acknowledge any places where stress might have collected... slowly and fully breathing in and breathing out...

And down into your heart... sensing how it feels around your heart... noticing any heaviness or tightness there... any pain or sadness or grief that might have collected around it... with friendly but detached interest... no praise, no blame... (pause)... as your breath continues to rhythmically and slowly fill your chest... releasing with the exhale....

And moving your awareness around to your back... checking out the entire length of your back... noting any pockets of tension... acknowledging the sore, weary places... with kindness and respect.... continuing to breathe deeply and easily...

And moving around into the belly... looking to see what it feels like in there... noting with friendly but detached interest any tension or tightness in the belly... any fear or anger... or any emotions that might have collected there... as you continue to send the healing energy of the breath deep into the belly... to warm and loosen and soften discomfort... and then breathe it out...

And continuing to move your awareness down into your bottom... noting any tension or tightness there... still curious and neutral, detached but friendly... seeing how it feels along your whole pelvic floor... as you breathe deeply and easily...

Moving your attention down into your legs... feeling any tightness or rigidity in the legs... all the way down to the feet... all the way down to the tips of the toes...

So just doing this gentle, curious inventory of your insides... no axe to grind... no judgements... just interested and curious to see how you are.... and what your body is feeling...

And now... with this same attitude of friendly, detached interest.... taking a moment or two to focus on this anxiety you've been feeling... looking to explore its nature... its special qualities... with the same neutral, detached intelligence....

Noticing where it's been held in the body... or where it has moved to now... and what it feels like to you... maybe it's like an unpleasant electricity all through you... or maybe like ice in your stomach... or a tight, gnawing sensation in your gut... or an empty kind of numbness.... whatever it feels like... whatever it doesn't feel like.... just noticing with detached interest .... and letting it become more and more clearly defined, as you focus the power of your attention on it... exploring it, not with your mind, but with your senses... as you continue to breathe your slow, full breaths deep into your belly... releasing tension with the exhale...

Checking to see if perhaps this anxiety has a color.. or colors to it... (pause) .... or if it seems to have a sound or sounds associated with it... a low hum or maybe a high-pitched whine... a rumble or a roar... or any special rhythm of its own.... (pause)....

Perhaps there is even a smell or a taste to it... maybe there is an aroma connected to this anxiety.... or a familiar taste in your mouth... so just letting the part of you that is detached explore look at this... while you continue to breathe in and breathe out, very rhythmically and deeply....

Willing to go to wherever it sits in your body.... curious about the location of it... (pause)... and how much territory it covers.... (pause)... the feel of it... (pause)... so just granting yourself the space to

investigate more fully... into its nature... its intensity... moving your awareness all around and through it.. curious and detached... willing to look at it freshly .to whatever degree you can... in your own way... and your own time...

And asking the body to show you whatever you need to see about this... trusting it to reveal what you need to understand... in whatever time it takes... with whatever symbols or images it offers up to you... as you continue to breathe deeply and easily... all around and through this anxiety... with full, strong, deep breaths... venturing into your own internal territory like an intrepid and curious explorer...

Able to trust this process of connecting more deeply with yourself... and so giving yourself all the room that you need... to let the energy of these feelings begin to shift and move inside you...

And so... watching as this anxiety starts to shift and change... very naturally and of its own accord... in whatever direction it chooses to go... if it wants to... and maybe it doesn't... and if it doesn't, that's all right too....

that's a good thing to know, if it doesn't... but if it does... and it might... allowing it to begin to transform in whatever direction it's inclined to go... letting it happen in its own way... in its own time...

Just allowing it to begin to shift... whether this means a change in color... or density... size or temperature... sound or smell... whether it expands or shrinks... softens or hardens... whatever wants to happen... whatever doesn't want to happen... it needn't make sense to you... and it needn't go to completion...

And feeling that shift in your body... however subtle and delicate... or bold and dramatic it may be... just letting yourself feel the change on the inside... as something starts to shift... still feeling detached but curious... and breathing full, deep, steady breaths...

So just taking a moment to observe the shift inside your body...

(pause)...

And now... whenever you are ready... giving yourself permission to put this away for now... knowing you can bring it back and work on this some more whenever you wish to... knowing that this is fine for now...

And so, setting this aside for now... with respect for all its power and complexity... and with respect for your own courage and resourcefulness in

exploring this... knowing that even your very willingness to explore this shift it somewhat and change your internal terrain...

And so.. taking a deep, full breath... deep into the belly if you can... (pause)... and breathing all the way out... fully and completely... (pause)...

Gently and with soft eyes... turning your attention back into the room whenever you are ready... knowing in a deep place that you are better for this...

And so you are...

## Imagery to Promote a Peaceful Perspective

This imagery exercise is designed to literally take you out of yourself and your everyday surroundings. It takes you to a favorite, special place where it's much easier to feel calm and peaceful and calm. Once there, you get to have a new perspective on yourself - a much more compassionate and appreciative one - by borrowing a pair of kinder eyes. Because our experience of stress tends to feed our self criticism and distort our sense of self worth, the images that follow can help counter those tendencies and correct the distortions.

This narrative also incorporates images of protection and safety. But mostly, it serves to open the heart, and let feelings of loving kindness wash through you. Once in that mind state, it is practically impossible to feel stressed.

So once again, to begin with, see if you can position yourself as comfortably as you can, shifting your weight so you're allowing your body to be fully supported... with your head, neck and spine comfortably aligned...

And taking a couple of deep, full cleansing breaths... inhaling as fully as you comfortably can... sending the warm energy of your breath to any part of your body that's sore or tense or tight... and releasing the discomfort with the exhale... so that you can feel your breath going to all the tight, tense places... loosening and softening them... and then, gathering up all the tension.. and breathing it out... so that more and more, you can feel safe and comfortable, relaxed and easy, watching the cleansing action of the breath... with friendly but detached awareness...

And any unwelcome thoughts that come to mind... those too are sent out with the breath... so that for just a moment your mind is free and clear space, and you are blessed with stillness...

And any emotions that are rocking around inside... those too are noted and acknowledged and released with the exhale.... so that inside, you can be still and quiet, like a lake with no ripples....

And now... imagining a place where you feel safe and peaceful and easy... a place either make believe or real... inside or outdoors.... a place from your past... or somewhere that you've always wanted to go... it doesn't matter... just so it's a place that feels good and safe and nourishing to you...

(pause)...

And allowing the place to become real to you... looking around you... taking the place in with your eyes... enjoying the colors... the scenery... soaking in each detail with your eyes... looking over to your right... and over to your left...

And listening to the sounds of the place... the music of the wind rustling the leaves...or of water flowing over rocks... the song of soft night sounds... or maybe the crash of waves on the shore.... or perhaps it's the steady thrumming of rain on the roof... just so your ears can enjoy the sounds of your place... that is so safe and peaceful to you...

And feeling whatever you are sitting against or lying upon... whether it's sand or pineneedles or grass... you might be sitting on a nice warm rock in the sun... or indoors, enveloped by a nice, big, soft, cozy armchair....

And feeling the air on your skin... whether it's brisk and breezy... or soft and still... crisp and dry... or balmy and wet... maybe you're in a favorite room, feeling the warmth of a cozy fire on your face and hands... so just letting your skin enjoy the feel of your safe and special retreat...

And smelling its rich fragrance... whether it's the soft, full scent of flowers... or the sharpness of salt sea air... sweet meadow grass ... or the pungence of peat moss on the forest floor....

And as you become more and more attuned to the safety and beauty of your place... feeling thankful and happy to be there... you begin to feel a kind of a tingling... a pleasant, energizing something in the air all around you... something that contains expectancy and excitement... a sense that something wonderful is just about to happen... and you may even smile to yourself... because perhaps you haven't had that feeling in a while... but now you do know with some certainty... that there is magic in this place... and that something wonderful is just about to happen....

And as you look out in front of you... you become aware that the air is beginning to shimmer... the way it does in the heat of the desert... and you can see a kind of transparent screen starting to form... getting more and more solid and real to you...

And as you watch the screen... with a kind of peaceful curiosity... you gradually become aware of a form beginning to appear on it... becoming more and more defined... and you realize that this is the form of a very special someone... perhaps it is someone who loved you well from your past... maybe a special guide or teacher... a parent or grandparent... maybe someone who once loved you very much... or someone in your life still... but clearly someone kind and loving, strong and committed to your wellbeing...

It could even be an angel or guardian spirit or special power animal... a fantasy person... it doesn't matter... just as long as it's someone or something that you know is wise and loving ... who can see with the wisdom of the heart... into the deepest truth of things....

And you watch, surprised but not surprised... as this special someone or something becomes more and more defined on the screen... until the three-dimensional image is quite clear... in whatever characteristic posture they have... wearing whatever it is that they wear... doing whatever it is that they do... vivid and crisp and clear in every dimension...

(pause)...

And you can softly and easily enter the screen... feeling yourself drawn to this special someone or something... wanting to have a closer look... and so, undetected by them, you can slip into the screen... safely and easily... able to have a slow, respectful walk around them... seeing them from every angle... the expression on the face... (pause)... the profile and the back... (pause)... and sensing the feel of the air around them... whatever special energy surrounds them ... (pause) ... able to hear the sounds of the breathing or the voice... (pause)... aware of the scent in the air around them... (pause)... so just slowly moving around them... pleased to experience such a full, rich sensory awareness of them...

And now... in the magical, safe space of the screen... somehow, for just a short while... just for the sake of learning and seeing more... sliding past the boundaries and slipping into the body of this other being... entering this other body... and breathing their breath... for just a brief while...

And if there is any resistance to doing this... just gently noting it... and allowing yourself to soften all around it... for the sake of understanding more.. and learning what you need to know... just an experiment... breathing their breath... and looking down and seeing this other body.... perhaps other hands or feet or clothing... whatever it is that you see...

Breathing deeply into the deep peace of this other being... and sensing the feelings ... whatever they are... (pause)... perhaps a sense of warmth and peace and calm... or a soft expansion around the heart... maybe a solid, steady sense of safety and comfort... whatever feelings or sensations... just experiencing what it feels like in this other body... in the chest or the belly... in the muscles, skin and bone...

And seeing out from their eyes... what the world looks like... sounds like... feels like... as you breathe with their breath... feel with their feelings... soft and easy... feeling the slow, steady beat of the heart...

(pause)...

And perhaps even seeing you over there.. with these other eyes... looking over at you... and seeing who you really are... looking straight through your surface... to your essential nature... and seeing all the hidden splendor... all the vast beauty of your being... the rich blend of all your unique gifts and special abilities... the whole rich texture of your life ... seeing it all ... with the vast wisdom of the open heart...

(pause)...

Looking at you and seeing very clearly all the beauty and vastness of your being... noticing the bright cushion of light that surrounds and protects you... a vibrating cushion of multicolored energy... shielding you in its soft but powerful field of pinks and greens and blues...

And so just taking a moment or two to see this... from your special vantage point... (pause)....

And now.... very softly and easily... whenever you are ready... wishing this body, this awareness goodbye... in whatever way feels right... (pause)... and still infused with the richness of this experience... still feeling the expanded energy in your heart... very gently moving back into your own body... softly reinhabiting it fully and easily... breathing deeply into it with your own breath... through your own nose and mouth... and very aware of the peaceful stillness at your own center... and sensing the feel of your own vibrating cushion of energy against your skin... surrounding you and protecting you...

And sliding back out of the magical, translucent screen... (pause)... and once again seeing yourself in your safe and peaceful special retreat... again taking in its rich sights and sounds and smells... although perhaps the colors are brighter... the sounds more vivid... your awareness of the place more intense and rich and nourishing...

You may feel that something powerful has happened... that an important shift has occurred... and will continue to occur, with or without your conscious working on it...

And so... feeling peaceful and easy.... conscious of your hands, your feet, and the surfaces that are supporting your body.... breathing very rhythmically and easily... gently and with soft eyes... allowing yourself to come back into the room whenever you are ready... taking whatever time you need... knowing in a deep place that you are better for this...



And so you are....

### Walking Meditation

This next imagery exercise is a walking meditation, designed for you to use on a walk outdoors. It's particularly good for people who have a strong visual sense, or for people who have trouble sitting still. In fact, sometimes people can be so stressed that this is the only kind of exercise that will work well for them. And even with people who aren't especially fidgety, it's a wonderful variation on the more standard forms of imagery, very nourishing, very energizing and deeply calming.

First, decide on a place to have your walk for at least fifteen minutes. See if you can choose an aesthetically pleasing place if you can, even though that isn't strictly necessary. Also, it's better if you don't run into too many people on your walk. But if you do, try not to relate to anyone. I know that sounds rude, but for this particular exercise, you need to try to avoid eye contact and hello's. The basic point of this meditation is to just take energy in, "tanking up", as it were, on your surroundings, nourishing yourself on all the sensory information that's coming in to you. You put nothing out, not even a smile or a nod. Try it. It's a revelation to discover how much energy we have when we don't dissipate it on relatively meaningless social contact. So unplug your social scanner, retreat inward, and see what happens.

The narrative will end after about --- minutes. After that, you can either rewind it and play it again if you feel you still could use the guidance. Or you might want to remove your earphones and continue your walk on your own, with the additional benefit of being better able to hear the sounds of your surroundings. But if your mind starts to wander, go back to the tape. A half hour of this kind of walking should have a powerful positive impact on you. But if you only have 10 or 15 minutes, do it anyway. In this case, something is better than nothing.

So if you're ready to start walking, we can proceed. Otherwise, turn off the tape until you're ready to begin.

(pause)

To begin with, gently shake your body out a little... and then see if you can allow your shoulders drop to a balanced, comfortable place.... letting your knees unlock.... you might even want to try shifting your weight back and forth on your feet from side to side for a bit, until you have a comfortable sense of balance between your own two feet...

And just taking a nice, full, slow cleansing breath... (pause)... and breathing out as fully as you comfortably can...(pause).... as you look around your environment... checking out the ground .... and the sky.... and everything around you....

And again, taking another slow, even, deep breath... way down into the abdomen if you can.... (pause).... and exhaling as fully as you comfortably can... (pause)....

And now.. still aware of your breathing... and breathing rhythmically and fully.... beginning to walk at an easy, thoughtful pace... attending fully to your surroundings... opening all of your senses to the richness of the environment... enjoying the colors... whatever subtle arrangement of form, whatever play of

movement in light and shadow... (pause)... taking in the richness of the sights and sounds that surround you... (pause)...

Continuing your awareness of your breathing in and out... hearing yourself inhale and exhale... as you enjoy the feel of the air on your skin... letting it caress your face ... as you smell all the fragrances carried in to you... layers and textures of wonderful smells.... as you continue your walk at an easy, steady pace...

Each step solidly connecting with the ground... and even enjoying the feel of that... of your feet connecting with the ground... feeling the steady support of the earth beneath your feet... and so just letting your awareness linger there for a while... where your feet make contact with the earth...

Even appreciating the steady roll of your hips in their sockets as you move along.... the rich, full feel of the body in motion... as you breathe in with full, nourishing breaths... and breathe out fully and easily...

And perhaps noticing an increasing acuteness in your senses as you go along... how the colors around you might seem to be more vivid and sharp.... the fragrances of your surroundings richer and more distinct... how even the sound of your own feet on the ground is louder and more distinct to you... so just noticing how your senses seem to flourish from this simple focus on them... becoming fully aware of the sound of your own breathing and the feel of your own body in a way that's very engaging and satisfying...

Continuing to breath in and breath out, very deeply and fully.... and perhaps even becoming aware of the tastes in the air... sometimes the air can carry tastes to you... along with textured variety of sweet, sharp, fresh scent... as the colors become richer... the shapes and outlines sharper...

All of your senses opening... more and more attuned to the beauty and variety of your surroundings... perhaps stopping to touch something... or to watch an animal... or catch an arrangement of light and shadow... receiving the whole world through your eyes and ears and skin... smelling the air.... feeling the ground .... and feeling a soft, sweet fullness as you breathe the richness of your surroundings into your heart... utterly alive and present to the bounty of this moment...

And again... turning your attention to the feel of the ground beneath your feet... feeling the whole Earth supporting you... pressing back on the bottoms of your feet... alive and generous... perhaps even sensing the rhythmic hum of the planet vibrating beneath you... breathing her own powerful breath into your feet... and feeling the energy of the Earth move into you... filling you with every step... rich and plentiful and boundless....

Every step a gift... every breath, every sight and sound savored with gratitude... feeling yourself enveloped by riches... soaking in the joy of being alive... fully present to the moment... shoulders and heart open... breathing in and out, rhythmically and deeply... moving with balance and strength, steady and centered... attuned to everything around you...

Surrounded by riches... feeling full and supple and strong... aware of energy in infinite supply... yours to take in whenever you wish... requiring only your own mindfulness... only that.. and the whole world is yours...

And so... feeling peaceful and easy... continuing for as long as you wish... always bringing your attention back to your breath... back to the feel of your feet on the ground... and back to the beauty of your

surroundings coming to you through all of your senses... you can know that you are better for this... more peaceful and calm and nourished...

And so you are...

### Stress Affirmations

Affirmations are positive statements, designed for repeated listening, a sort of reprogramming of your unconscious mind to combat negative thinking. Over time they can help you make some fairly profound changes in your attitudes. For some people, affirmations are more effective and appealing than guided imagery. For one thing, they don't require as much time or sustained concentration; for another, you can listen to them while driving, or while getting dressed in the morning, or when you're engaged in other kinds of rote activities like doing dishes or folding laundry.

See if you can listen to each statement in a state of open, relaxed attention, breathing in deeply with each one and repeating it softly to yourself, either aloud or in your mind. Even if at first this feels foolish to you, stay with it a while, because the potential benefits are considerable.

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

I know that the more I can acknowledge and accept my feelings, without criticism or blame, the more I allow myself to be peaceful, calm and well.

I know that the more I can clear my mind and set aside needless worry, the more I allow myself to be peaceful, calm and well.

More and more, I can release the thoughts and feelings that disturb my inner sense of balance and peace; I can send them out with the breath, in the interest of my own well-being.

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

More and more, I am in touch with the peaceful stillness at my center, sweet and balanced and steady.

I know that when I can soften and let go of harsh expectations, and unrealistic demands on myself and others, I allow myself to be peaceful, calm and well.

I know that when I can forgive myself and others for errors of the past, I assist my body's natural tendency to feel well and be well.

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

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

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

**I call upon my intention to bring more calm and well being into my life. I engage my powerful will to help me with this.**

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

**The blueprint that I hold in my mind's eye is the picture of myself, vital, strong and active; focused, joyful and fulfilled.**

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

**I see my body for what it truly is: my oldest friend and my steadiest companion.**

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

**More and more, I can consider the possibility that my body is teaching me something useful; that these times of stress are simply signals to slow down, focus inward, and be kinder to myself.**

**More and more, I can notice when muscles tense and tighten in my body, and I can soften and release them with my awareness and my breathing.**

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

**I know that when I stay connected to my body, when I'm truly conscious of how it feels, I allow myself to be peaceful, calm and well.**

**I know that when I can live in the present, taking pleasure in the beauty and aliveness of each moment, I allow myself to be peaceful, calm and well.**

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

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

**I can see and feel radiant sunlight, entering and warming my body, penetrating into the places that are tense, tight and sore, and loosening, dissolving and dispersing them.**

**I can see and feel a powerful blue-green wave of peace and healing, washing through me from head to toe, clearing out tension, and taking it out with the tide. I am left feeling cleansed, peaceful and calm.**

**I can see and feel a warm, pulsing, glowing blanket of magical comfort surrounding me, enveloping me with a feeling of peace and safety, as it soaks its healing warmth into me.**

**When I eat, I instruct my body to make use of what it needs and to reject whatever is unhealthy to me. I sense my body following these instructions.**

**When I go to sleep, I instruct my body to cleanse, clear and renew itself at an even higher intensity than in my waking state, and I sense my body following these instructions.**

**I can look inside my body and see the rebuilding of new cells, perfect, vital and healthy, aligned with the original blueprint. I can see this and I can feel this happening.**

I salute my own courage, commitment and strength in my efforts to take charge of my own health, calm and well being.

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

More and more, I know I will look after myself not so much out of fear of illness, but out of love and concern for myself and my life.

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

And so you are.