

## **Progressive Relaxation Elevator Induction**

I'd like to ask you now to roll your eyes up all the way up as though you're trying to look at your hairline through your forehead. Now, take a deep breath and hold it... Keeping your eyes up, slowly close only your eyelids... Now, relax your eyes... Exhale... And float down... That's right... Just relax completely.

What I'd like you to do now is imagine that in front of you is a pair of elevator doors... If you can see these doors, that's fine. If you don't see them, that is ok too. Just imagine that you see them. These will be the doors to your custom elevator that's made just for you.

Since it's your custom elevator, the doors can be made out of whatever material you like... They can be stainless steel... They can be brass... They can be bronze and very ornate, or very plain, whatever you like. In fact, they can even be gold, if that's what you'd like.

Now, slowly open your elevator doors and look inside... How big is your elevator? You can make the interior as large as you like and do whatever you like to make it totally safe and comfortable for you.

What are your walls made of? Are they stainless steel, or wood paneled? Or are they fabric covered with fancy wallpaper? Whatever your walls are made of is fine because it's your elevator. In fact, some people have made their walls of glass so they can look out as they go up or down.

What are your floors covered with? You can have rich, parquet flooring... Fine imported marble... Or maybe thick, plush carpeting... Whatever you cover your floors with is ok.

Now, step inside your elevator... Close the doors, and look at the floor indicator. Notice that you're at the 25<sup>th</sup> floor. As your elevator slowly moves downward, you can begin relaxing. And as it continues moving down, you can allow the relaxation to move down and down.

So press the down button now and notice that the numbers start changing from 25 down towards 24... And as you approach the 24<sup>th</sup> floor you can begin the relaxing by simply intending for your scalp to relax...

As we slowly pass 24 now, allow the relaxation in your scalp to slowly move down into your forehead... Relaxing all the tiny muscles in your forehead and your eyebrows, as your elevator continues moving down and down.

And as we continue down we approach the 23<sup>rd</sup> floor and the relaxation moves into your eyes and relaxes your eyes and all the muscles around them completely as we continue down and down and we pass the 23<sup>rd</sup> floor continuing to allow your relaxation to become deeper and deeper.

As we approach the 22<sup>nd</sup> floor now, you can allow the relaxation from around your eyes to slowly find its way into your cheeks, relaxing your cheeks completely as we slowly continue down and down, passing 22.

Now allow the muscles around your mouth and lips to relax as you feel the relaxation flowing down from your cheeks into your mouth and lips as we pass 21 . . . continuing down and down.

Just allow the relaxation now, to continue slowly flowing down and down and into your chin and back through your jaw as we continue down and down passing the 20<sup>th</sup> and your entire scalp... And face... And mouth and jaw relax completely as we continue down and down.

As we approach the 19<sup>th</sup> floor now, imagine the relaxation continuing to flow downward as you feel your neck relaxing completely.

Now let that relaxation in your neck slowly move downward into the nerves... The muscles... And the tendons from your neck into your shoulder as you feel your elevator continuing to go down and down as it slowly passes the 18<sup>th</sup> floor and you allow your shoulders to relax completely.

On its way downward now, the relaxation finds its way across your shoulders and into the tops of your upper arms and begins moving downward through the muscles and towards your elbows as we slowly go down and down pass the 17<sup>th</sup> floor.

Now you may be aware of the relaxation as it continues downward through your elbows... And as we pass the 16<sup>th</sup> floor, into your lower arms, relaxing all the fibers of the muscles in your lower arms completely.

As we approach the 15<sup>th</sup> floor now you can let the relaxation continue flowing downward into your hands and into all the tiny muscles throughout your hands... As we continue down and down and pass the 15<sup>th</sup> floor, feeling peaceful and serene.

And in your mind now, just allow the relaxation in your hands to begin to flow down and down into your fingers... And imagine you can feel the relaxation pushing any stress or tension out of the tips of your fingers as we slowly move down past the 14<sup>th</sup> floor.

Now allow your entire face... Your neck... Your shoulders... Your arms... And your hands to feel heavy... Loose... Limp... And relaxed... Feeling so good now... So very good.

And now, in a very relaxed way, allow your attention to just slowly focus again on your shoulders and the wonderful relaxation you've created there... Allow that nice relaxation to slowly slide downward into your chest, and as we pass the 13<sup>th</sup> floor your chest relaxes... Allowing your breathing to become relaxed, and even... And smooth... As gentle as the whisper of a baby's breath... Feeling so serene and peaceful.

Direct this wonderful relaxation now around your rib cage into your upper back as we pass the 12<sup>th</sup> floor... Relaxing all the muscles across your upper back completely... Every muscle... Every tendon... Every fiber... Every cell... Relaxed... Relaxed...

Allow this relaxation in your upper back to now gather at the center of your upper back and as we continue down, passing the 11<sup>th</sup> floor, allow the relaxation to slowly move down your spine, one vertebrae at a time, bringing relaxation with it, down your back and into your lower back spreading relaxation gently across your lower back.

Now, bring that relaxation into your hips... And relax your hips completely as we pass the 10<sup>th</sup> floor continuing down and down and feeling the relaxation throughout your torso now... feeling heavy and relaxed.

As we continue down, and down, relax your stomach and let go of any tension that might be lingering in your stomach area as we pass the 9<sup>th</sup> floor now... Continuing down and down.

Allow the relaxation in your hips to now slowly flow down into your thighs, starting at the tops of your thighs slowly bringing the relaxation down towards your knees, as we continue down past the 8<sup>th</sup> floor feeling better than before.

As your relaxation becomes more and more complete... We pass the 7<sup>th</sup> floor and the relaxation now enters your knees.

Bring that relaxation now, down into your shins and calves as we pass the 6<sup>th</sup> floor and the relaxation enters your ankles.

Now as the relaxation in your ankles slowly finds it's way down into your feet... All the tiny, fine muscles in your feet relax, as we continue down and down and pass the 5<sup>th</sup> floor.

Continuing down... As we pass the 4<sup>th</sup> floor, feel the relaxation sliding into your toes now, one by one pushing any remaining stress or tension out through the tip of each toe.

As we pass the third floor, allow your mind to slowly scan your entire body looking for any areas of lingering tension or stress, and just allow that stress to flow away.

As we slowly pass the second floor you may become aware that your entire body and mind are now much more relaxed, compared to when we first started.

As we settle at the first floor, our doors barely begin to open as a golden ray of warm protective sunlight fills your elevator.

As your doors continue to open you see a beautiful, bright blue sky... With billowy white clouds... In the distance, the blue sky meets the blue of the ocean... Right at the horizon, at the edge of the water you see an inviting, sandy beach, separated from you by a row of trees and shrubs, and a beautiful garden.

Step out of your elevator now, and into the garden... As you step out you feel the warmth of the sun on your skin. The sun's heat is softened by the gentle breeze caressing your skin... As your foot presses down you become aware of the thickness, and the softness of the plush, green lawn underfoot.

This is a beautiful garden, and the beach beyond is very inviting. There are no bugs here except for the butterflies off in the distance fluttering amongst the beautiful wildflowers. Off to one side, at just a little distance, there's a small waterfall and the sound of the water gently flowing down over the stones is pleasing and relaxing to hear... The water flows into a shallow brook that flows directly towards you and passes only a few steps away. As you glance down into clear water of the shallow brook you can see the polished stones just beneath the surface... The sounds of the brook relax you even deeper and deeper.

Now you may choose to step over, onto the beach, and find a comfortable place to relax and lie down, or if you choose, find a comfortable place to sit or lie down in the garden. The choice is yours... You can relax wherever you choose... And as you do, open your mind to the beneficial suggestions I'm about to give you.