

Calm - mm - Anxiety – Negative Thoughts Release

Take a few moments to find that comfortable position.... just a few moments to allow yourself to be comfortable in this time which is yours.

During this safe comfortable time I want you to do nothing more than listen to the sound of my voice because nothing more is needed, and nothing more is expected from you.

As you follow the sound of my voice, you will continue to find your own way of relaxing a little more although I will encourage you and help you to become more relaxed and more rested during this time.... which is yours.

For now just be comfortable adjust your body position when and if you need to, and then relax more as you follow the sound of my voice As you lay comfortably listening to the sound of my voice become aware of the noises around you and decide almost in the same moment, that for now, these noises will only serve to help you to relax even further and any noises that you may hear during this time will be acknowledged and almost in the same momentallowed to drift away, for your attention is not needed on them but on yourself.

In your growing calmness and comfort, your relaxation developing your body relaxing and in time too your mind quieting down relaxing and being comfortable. All around you there is safety, all around you stillness for this time is your time time for you to enjoy and become familiar with the comfort, familiar with the calmness and the inner relaxation which you can allow yourself to slowly drift into.

All around you there is quiet and comfort all around you safety and stillness..... a time for you to enjoy and to be at ease..... letting go of all concerns..... leaving them outside the door..... and anything you were doing before you began listening to this recording can simply waitfor you are more important..... you are more precious than whatever it was, you were doing, and you are beginning to realize this..... beginning to realize just how precious you are.

And as you realize how special you are as an individual..... how special you are with your own unique talents..... and gifts and skills.....your own attitudes and abilities..... your own morals and ethics..... and the many other facets of your life which make you the very individual person you are..... you can recognize your successes..... your abilities and your ever present ability to learn and relearn whatever it is..... that is needed to help you on your life's journey.

Now as you listen to the sound of my voice, take two deep breaths allowing each breath to relax you a little more..... breathing away any remaining tensions..... and breathing in calmnessand

bringing your attention once again to the sound of my voice and the comfort of your body.

Take a few moments to scan your body for any areas of tightness, tensions or discomfort however slight..... and to release them..... simply allowing them to fade away..... imagine the sensations just fading away..... leaving behind comfort.....give this a few moments..... and then bring your attention back to the sound of my voice.....

And then scan your body again, from the top of your head to the soles of your feet, and any tensions, tightness or discomfort however significant or slight, allow them to fade away..... to slowly fade away to a nothingness..... a gradual steady process of it slowly vanishing.

Fading away like a wisp of smoke in a very gentle breeze..... fading away like a snow flake in your hand..... fading away like the mist over a lake as the sun rises..... fading away like an echo in a remote valley..... fading away to a nothingness for in these moments there is nothing needed..... as you just simply listen to the sound of my voice.

And then once again scan your body..... but this time for the most rested..... most comfortable part of you.....The most quiet and still part of you..... the muscle or the joint which is the calmest and most comfortable at this moment..... and let it spread to the rest of your body..... like a gentle ripple in quite pool..... let it ripple gentle out from that area of most comfort and to touch every part of you..... all easily and gently, all by itselfwithout any demand..... without having to try to hard..... and then once again bring your attention back to the sound of my voice.

Now bring your attention back to your body..... notice the comfort..... notice the gentle breathing pattern your body has developed..... all by itself and in its own time.....you didn't tell your breathing how to be so calming and comfortable..... it did it just by itself, the rest of your body can and will follow this gentle soothing pattern of letting go..... in a natural, comfortable and welcome way.

And as your body calms and relaxes..... you will notice to that your thoughts can slow down..... your mind can continue to slow down..... as you become more familiar this steady welcome release..... and as your body relaxes it encourages your mind to relax too.

So for now..... bring your attention back to the sound of my voice..... let the relaxation of mind and body continue for a short while..... in their own way..... just releasing and relaxing.....releasing and relaxing.

And remember the more you do this..... the easier it will become..... the more familiar the comfort in all parts of mind and body will become..... your body and mind recognizing that this calmness and comfort has a positive effect..... not only on your body and mind..... but on your emotions too.

For you are learning not only to relax mind and body..... but also emotions..... There is no need to allow negative emotions to build..... or develop and to restrict your ability for positive thought.....feelings and general well being.

For this short time..... if there is anything that would deny or delay..... the continuance of relaxing mind body or emotions..... allow them to be released..... for this is your time..... a quite time for you to bring balance and harmony back into your life..... and your thoughts.

Just as your body relaxed..... so too can your negative feelings..... and the wonderful thing about doing this..... is that it does not have to be difficult..... or made complicated in any way..... Just as we relax our body and fall into sleep at night..... our mind and emotions too..... find their own way to relaxswitch off..... to put things in perspective and to bring the resources of mind and body together..... to help resolve and solve issues..... worries..... concerns..... and life issues and events.

In this relaxed state be aware that a thought..... any thought..... is a tiny fraction of what is going on in your mind..... in your life at any given time..... an idea has to share mental time and space with many other ideas and concepts.....and a thought is only as big as the energy we put into developing it..... you decide how big the thought becomes..... you decide how much emotional energy you put into it..... and you can decide how to limit the energy it consumes from you.

You are the master in your own thought processes..... very often it is so easy to allow our thoughts negative to almost run away with us.....and if this gallop of emotion if left unchallenged by ourselves..... it can soon have us developing other worries..... which feed off the first..... and makes the whole thing all consuming..... contaminating our thoughts day and night..... bringing no release..... contaminating our positive thoughts.....reducing them and fragmenting our positive thought patterns..... reducing their positive effects..... but we can not only control this gallop of negative emotion, we can reduce it..... defuse it..... and manage it..... learning to manage the negatives in our thoughts and feelings as simply as we control the tensions in our body..... And we do this by learning..... and relearning ways to reduce them..... and only putting more energy into solving the problem when there is new information, or circumstances.

So imagine a your emotions like inflated balloons..... the more we put into them, the more room they take..... as individuals we must learn to release some the energy put into the problem..... we need to deflate it..... and by listening to this (recording or to me now, if not recording) you are allowing yourself to do something different..... to learn a new way..... an aid in your journey for gentle change.

In the quietness of your mind, let some of the negative balloons deflate slowly..... nothing

rushed..... for there is no demand..... just allow each breath you breath out to release some of the issues you are carrying..... and let each breath you breath in bring with it further calm to your mind and body..... and adding comfort to your thoughts, for as you allow the balloons of negativity to deflate..... you are allowing more room within your thoughts for positive thought patterns to be developed..... and to be enjoyed.

Creating an inner calmness and comfort..... a return to balance and harmony..... and feeling refreshed and calm, a feeling of being unburdened..... a welcome return to some positive thoughts, feelings and emotions..... and while this may take a little while to feel familiar again..... it will bring with it positive thoughts and feelings..... a growing realization that you are in control of your thoughts..... and the level of that control determines how much energy you allow to be used in managing issues in your life..... but always remember you have the control over mind, body and emotion..... And it feels right and it feels good.

And each and every time you listen to this (recording/me) you bring not only more calmness and comfort to your mind, body and emotions..... but also more control, a greater familiarity of the new positive thought patterns..... and a sense of being unburdened, a calmness and comfort at the deepest level..... and you may notice too that your confidence and comfort develops in many areas of your life too..... you can relax more quickly, enjoy life, and feel stronger in mind and body and emotion. For you are on a calming gentle journey..... a journey of gentle positive change..... and you know deep down at the deepest level of you..... that each and every time you listen to this recording..... or when you choose to quiet your thoughts and relax in this way..... you can continue this gentle process further..... allowing your internal energy to be placed into positive solutions and positive thoughts patterns..... and as you relax in this way, not only are you bringing calm, control and harmony to you..... you are also allowing the harmony and balance to refill that all important emotional energy we all have and need as human beings..... allowing greater wellbeing in mind and body, greater self control, greater confidence and increased self esteem.

And all this by trusting yourself..... by allocating time for you..... for allowing the mind and body to work together in this gentle welcome..... relaxing way..... and it feels right and if feel good.

I would like you now to bring your attention once again back to the sound of my voice, you will hear me count from one to ten and on the count of 10 to gently open your eyes..... on the count of ten when you open your eyes on the count of ten, you will feel warm and relaxed, confident and determined, having successfully taken this important step on this pathway of new beliefs.

1-2-3-4-5-6-7-8-9-10.