

Serenity Space

The exercise below provides you with an opportunity to achieve a deep relaxation and to create a space to dream and manifest. You will create a sacred space where to which you can always come, and in which you can deeply relax and honor all of your thoughts, feelings, beliefs, values and ideas.

- Find a place to get comfortable where you can sit or lie down comfortably.
- Take a deep breath and allow your eyes to close. As they close, feel the stress and tension flowing out of your body through your arms and legs.
- As you inhale again, focus on any remaining stress or tension in your body. As you exhale, imagine yourself blowing all the stress from your body.
- Feel the tension draining from your head, through your neck and shoulders, through your back and torso, through your pelvis, legs, and arms and out your fingers and toes.
- As you relax, breathe comfortably, in and out, allowing your attention to remain on your breath. The more comfortable you become, the more relaxed you are.
- As you relax, allow yourself to feel the weightlessness that you can sometimes feel before drifting off to sleep.
- Imagine that a wonderful, warm fog begins to envelope you. The fog is warm, but not hot, and cool, but not cold. It is perfectly safe, secure and comforting in this fog.
- Feel yourself gently propelled forward through the fog into a clearing.
- As you come into the clearing, see before you the most beautiful place you have ever seen, whether real or imagined.
- Take in all the sights, sounds, and smells in this place. Allow all of your senses to experience the beauty and comfort of this place.
- Walk freely and comfortably until you find a perfect spot to relax and restore yourself.