

THE DEEP COVE



Make sure you are as comfortable as possible, and then gently close your eyes.

Begin by taking a couple of deep, full, breaths and let the out breath be a real "letting go" kind of breath.

As you begin breathing slowly, comfortably and easily, invite your body to relax and to let go of any unnecessary tension.

Take the time to bring your attention to each part of your body, and invite it to release and relax, letting go, easily, comfortably.

You can feel the muscles in your face relaxing.

Your shoulders are relaxing.

The muscles of your back are relaxing.

Your legs are relaxing.

Your hands and feet are relaxing.

You're letting all the tensions go.

And your whole body is becoming more and more relaxed.

Just let it happen, releasing, letting go, relaxing even more, now feeling a warm wave of pure relaxation rolling down your body, from the top of your head, to the tips of your toes.

Now, as you are becoming fully centered, feeling in harmony with the entire world, and completely at peace, in your mind's eye, see yourself at the top of an open staircase that leads down to a beautiful beach by the ocean. You look out towards the sea and before you, as far as you can see, are the glistening waters. The sea breeze blows through your hair, and you breathe it in, savoring the wonderfully clean, invigorating salty smell.

Feel the caress of the warm breeze on your skin. The beach below looks so inviting, that you grasp the wooden handrail and start descending the sturdy hand-hewn steps of the stairs. As you take the steps, you can feel yourself becoming even more relaxed, even more at peace.

And now you are on the beach. The warm sand is beneath your feet. You take off your shoes and leave them at the bottom of the stairs. The sand feels warm beneath your bare feet. You sink into it, and it feels good as your toes curl into the grains of sand. You start walking towards the water's edge, you are so relaxed ... you feel so safe ... you see strips of kelp, bits of abandoned driftwood, sea shells.

Now you are there, where the water and the dry beach meet. You walk along the edge of the shore.

The surf is pounding against some rocks somewhere off in the distance. On one side of you the waves rush in and little bubbly foam plays with your bare toes before rushing back to sea. You are so relaxed...A sea gull flies above you and calls. You follow it with your eyes as it whirls and swoops in the air over the ocean. You look about you and you see a cluster of moss laden rocks. there is a narrow path between them, and you find yourself in a small quiet cove.

You look around. The cove is shaped like a horseshoe. You still see the ocean dappled with sunshine and small, white crests. There is a ship passing in the distance, and perhaps you can hear the deep-throated call of its horn as it signals to another ship further away. You breathe in deeply of the moist salt air and smell the ocean's fragrance. You are on your own private beach now, safe from all the world. You find a nice inviting spot and sit down, feeling so relaxed, so much at peace...just listening to the music, and the ocean in the background.



In the quiet of you mind, you make affirmations to your self:

Today, I willingly release all anger, guilt and judgement that I have directed toward myself or toward others.

I realize that it is now time for me to move past and beyond all negative and limited thinking.

I realize that I can now use the healing power of unconditional love for myself and for others.

I allow my thoughts to be free now, as I become one with the infinite force "within."

I am totally at peace "within."

The sun is starting slowly to sink toward the horizon now. It is time to come back to the here and now. So you get up, and leave the cove through the narrow path between the rocks covered with seaweed, and then walk along the shoreline to the foot of the stairs, picking up your shoes where you left them, clapping them together to knock off the sand, and brushing the sand off yourself. You put on your shoes and now climb back up the steps. With each step you find yourself more and more refreshed and energized, feeling more and more prepared to meet the challenges waiting for you in the coming days.

I will now count from one to five, at the count of three you will open your eyes, at the count of five, you will be wide awake, feeling fine, fully rested and in perfect good health.

One - two - three, your eyes are opening.

Four - you are becoming wide awake again.

Five - you are now back in your chair, fully awake and aware of your surroundings, feeling fine and in perfect good health. In fact, you feel terrific!!



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