

The Deep Mind System (Full version)

Gently close your eyes and take three slow deep breaths. As you breathe out just allow your body to relax.

Now just imagine the number *five* in any way you can... Then place your awareness in your forehead... Allow your forehead to relax... feel the gentle warmth in your forehead. Now move this relaxed warm feeling to your eyes, feel them relax and sit comfortably in their sockets. Then move this wave of relaxation to the

► nose ► cheeks ► upper lip ► lower lip ► chin ► back of the head

Feel the relaxing wave of energy moving over your face and head.

Now imagine the number *four* and place your awareness at the back of your neck, feel the back of your neck relax

► right side of the neck ► front ► left side

Then because we hold quite a bit of tension in our neck we must repeat this process.

back of your neck ► right side of the neck ► front ► left side

Now imagine the number *three* and move your relaxed awareness into your chest

► shoulders ► upper arms ► lower arms ► hands ► fingers

Now imagine the number *two* and move the relaxing feeling into the top of the back

► middle back ► lower back ► buttocks ► between the legs ► abdomen

Now imagine the number *one* and place your awareness in your hips allow them to relax

► thighs ► knees ► calf muscles ► feet ► toes

Now imagine a *zero* in your mind you are completely relaxed and calm now.

In this state of complete relaxation there is nothing to think about and nothing to do
You are completely in control with nothing to decide.
Totally safe and secure.

This is where you would state your affirmation three times or do any visualisations

When you are ready slowly count yourself back from 1 to 5 expanding your awareness with each count and by the time you reach five your awareness will be totally back in this room and you will open your eyes and feel completely refreshed and revitalised.

The Deep Mind System (Short version)

Gently close your eyes and take three slow deep breaths. As you breathe out just allow your body to relax.

Now just imagine the **number five** in any way you can... Then place your awareness in your whole head... Allow your whole head to relax... feel the gentle warmth in your head, skull and face.

Feel the relaxing wave of energy moving over your face and head.

Now imagine the **number four** and place your awareness in your neck, feel your whole neck relax

Then because we hold quite a bit of tension in our neck we must repeat this process.

Focusing on the **number four** in your mind place your awareness again in your neck, let the whole neck relax.

Now imagine the **number three** and move your relaxed awareness into your chest and arms, allowing your chest and arms to relax completely.

Now moving down to the **number two** and allowing the relaxing feeling to move down the entire back and spine then up between the legs and into your abdomen while still focusing on the **number two** in your mind

Now imagine the **number one** and place your awareness in your legs from your hips to the tips of your toes and just allow them to relax

Now imagine a **zero** in your mind you are completely relaxed and calm now.

In this state of complete relaxation there is nothing to think about and nothing to do
You are completely in control with nothing to decide.
Totally safe and secure.

This is where you would state your affirmation three times or do any visualisations

When you are ready slowly count yourself back from 1 to 5 expanding your awareness with each count and by the time you reach five your awareness will be totally back in this room and you will open your eyes and feel completely refreshed and revitalised.