

## Staircase Deepening Process

Now you're relaxed and comfortable... I want you to imagine a staircase... a staircase that has 20 steps and imagine that you're standing at the top of the staircase... it can be any staircase you know you may have imagined it... it might be in a house you visited... you might have seen it in a movie.... It could be in a beautiful lush forest... Leading down to the ocean..... Or outside in the open..... Whatever you choose...

I want you to create the sensation and the image of a lovely imaginary staircase in your mind with 20 steps..... it might be a spiral staircase.... it might be a strange and wonderful staircase..... it may be a staircase that goes straight down.... it may be a staircase that changes direction.... you might have seen it in a hotel.... Or it could be in a house you know.... just imagine now that you're standing quietly at the top of the staircase feeling very relaxed and at ease with yourself and allow your mind to unwind and let it create the different sensations in any way it chooses.... so now you're standing at the top of the staircase feeling very comfortable and very relaxed and you notice the shape and the colour of the staircase.... you notice the colour and the texture of the banisters and as you stand at the top of the staircase.... you feel very free and relaxed and cheerful you look down the staircase noticing the shapes of the stairs whether there is any carpet whether they're made of stone or wood you prepare yourself to begin to descend the staircase one step at a time you hold onto the banister and in a moment I'll ask you to slowly begin and as you slowly and deliberately descend the staircase you'll have the sensation of your legs moving one at a time and you'll feel as you stand on each step with your feet together for a moment even more relaxed and as you descend slowly you can feel your feet floating on the surface of each step... and you will notice that your relaxation will almost double with each step you take and as you relax more and more you'll find that you are able to sense and imagine the stairs and the staircase in exactly the way you want to and you'll have a strong clear feeling of being there..... now I want you to imagine that you are quietly standing on the 20<sup>th</sup> step looking down to the bottom step... feeling relaxed refreshed and clearheaded and really looking forward to your relaxing journey down the steps..... now I want you to step down with 1 foot to the 19<sup>th</sup> step.... feel your leg floating as if you were dreaming.... shift your weight onto that foot transfer your weight and then bring the other foot down as well and allow yourself to have the sensation of silently standing on the 19<sup>th</sup> step with both feet together just for a moment..... and allowing yourself to feel a gentle wave of inner relaxation flowing over you..... allow yourself to just stand there and enjoy the feelings you have..... now down to the 18th step.... your eyes are comfortable and relaxed and very confident as you go down to the 17th step and as you do your drifting into an even deeper and deeper state of relaxation... now going down another step to the 16<sup>th</sup> step... sensing that your body is getting even more comfortable... and your state of relaxation is getting even deeper... and as you do... you're feeling very happy... down now to the 15th step going deeper still.... you continue to go deeper and deeper and more and more relaxed and more and more in control... free and powerful with each step you take.... the 14th step now more and more relaxed.... down to the 13<sup>th</sup> step... your mind is fresh and bright and alert your chest feels calm and powerful.... the 12th-step feeling very still and quiet as you float down now to the 11<sup>th</sup> step...your shoulders and back and neck feel strong and flexible... free and supple... and your hands and fingers feel free and relaxed your arms are comfortable and warm..... TEN you've reached the 10th step you're half way down and your finding that as you relax and as you turn more of your attention inwards.... your toes feel fresh and loose and your legs relaxed and limp your abdomen feels gently comfortable and all of the organs inside are smooth and warm and relaxed and free and as you drift and float further into a wonderfully comfortable and very pleasant state of mind... there is no need to pay any attention to your relaxation it's best just to enjoy yourself and relax even more as you go

deeper and deeper... NINE you're feeling happier and calmer and much more confident as you drift down to the eighth step you notice your palms, hands and fingers are free, relaxed and comfortable as you float and drift even more deeply into the deeper, smarter part of your mind... EIGHT on the eighth step still going deeper and deeper and feeling more and more free and comfortable....

SEVEN on the seventh step now your legs and ankles feel strong and flexible and your confident and free as you glide down to the sixth step on the sixth step every part of your body is relaxed and you're as light as a feather as you skim over the surface of the steps going down to the fifth step the relaxation in your body is changing in quality drifting getting warmer and heavier covering you like a blanket... your waste is calm and warm you're safely secure as you notice that your back... especially between your shoulders is relaxed and free and flexible.... FOUR down to 4... the fourth step... still deepening and steadily more relaxed and free and drifting further down into the deeper parts of your mind feeling safer and more secure and more in control... THREE the third step you're very calm and your mind is relaxed and free and flexible in this wonderful refreshing and deeply relaxed calm state... TWO you're on the second step now feeling very relaxed and calm and still... comfortable and happy and confident... and feeling very refreshed... the little muscles in between your ribs are relaxed and free as you breathe quietly...and as you glide down to step number ONE... you're now on the bottom step... with your deep mind so wonderfully independent and powerful so carefree and more deeply and completely relaxed than you've ever been before.... now down to ZERO now you're in the most relaxed place that you have ever been... and in this calm and relaxed place you imagine yourself in the most comfortable chair you've ever seen.... it supports every part of your body and allows you to remain fully and completely relaxed... what is the chair like? Just imagine every detail of it... in your mind... it's so comfortable so warm and relaxing.... however you choose.... it might be like a chair you've been in before ...or it might be completely different... just imagine yourself in this comfy chair now feeling totally enveloped, supported and loved and completely relaxed.