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RELAX
CENTER YOURSELF
RELIEVE STRESS
MANAGE WEIGHT
STOP SMOKING
CONNECT WITH NATURE
CHANGE BEHAVIOR
INCREASE SELF-ESTEEM
HEAL YOURSELF
AND MORE

30 Scripts

FOR
*Relaxation
Imagery*
AND
Inner Healing

VOLUME TWO

SECOND EDITION



Julie Lusk



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**30 Scripts for Relaxation, Imagery & Inner Healing
Volume Two, Second Edition**

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To

*Dave, my husband,
for your love, helpfulness,
and sense of humor,*

*Angie, my Mom,
for your friendship and encouragement,*

*My family,
especially Tom Tapin the Lusks' and Nichols'*

*Sallie Garst and Judy Fulop,
for your kindness and support,*

All those who contributed a script to 30 Scripts.

*Without your generosity and cooperation
these books would not have been possible,*

*My yoga students and counseling clients,
for inspiring me,*

*And to
the entire staff at Whole Person Associates*

CONTENTS

- viii Foreword
- Ix Introduction

SECTION ONE

BECOMING RELAXED

- 4 Relaxing while Lying Down
- 8 Expanding and Contracting
- 10 Magic Carpet Ride
- 15 Threshold Relaxation
- 18 Heavy
- 23 Warm
- 29 Relaxation Training for Children

SECTION TWO

NATURE AND THE ENVIRONMENT

- 38 Finding Your Own Sacred Place
- 44 Mountain Tops
- 47 Caribbean Vacation
- 50 Mighty Pine
- 53 Listening to Mother Earth
- 55 Flying
- 61 Hot Tubbing

SECTION THREE

INNER ANSWERS

- 66 Cruise Meditation
- 69 Imagery for Nurturing Your Inner Child
- 72 Your Private Space
- 78 Body, Mind, Soul
- 81 Visiting Your Heart's House

SECTION FOUR

HEALING

- 90 Healing Firemen
- 94 At Peace with Pain
- 100 Pond of Love
- 103 Inner Smile
- 107 Thoughts Library

SECTION FIVE

PERSONAL GROWTH

- 114 Visualizing Change
- 117 Stop Smoking Relaxation Exercise
- 123 Imagery to Increase Basal Metabolic Rate
(Learning Script)
- 133 Imagery to Increase Basal Metabolic Rate
(Shorter Script)
- 133 Peace for People Experiencing Grief
- 140 On Being a Wellness Professional

- 144 Contributors**
- 148 Cross-Reference Index**

FOREWORD

Welcome to the second volume of 30 Scripts for Relaxation, Imagery & Inner Healing. This volume, like the first, contains relaxation and imagery scripts that focus on relaxing the body and mind, connecting with nature, discovering and learning from wise inner guides, healing physical and emotional injuries, and discovering more about yourself. I also included a cross-reference index, which organizes the scripts from both volumes into specific categories, such as enhancing intuition, strengthening self-esteem, and making behavioral changes.

Taking time to think, daydream, and relax is rarely valued in today's society. We live in a time of information overload. We try to do so much so fast that even waiting a couple of seconds is too long. The guided meditations and imageries in both volumes of 30 Scripts will help you explore and develop your internal life of thought, emotion, and spirit. It's well worth the effort.

Independently and in collaboration, knowledgeable people from the fields of medicine, biology, physics, religion, and psychology are concluding that the mind/body/spirit connection holds incredible power and promise for health and happiness. This important connection comes alive through the exercises in 30 Scripts.

As always, feel free to use the scripts as they are written, or to change them in any way you like, or to add your own ideas. Whatever you do, use your imagination and be creative.

This book is meant to be experienced. Read it to someone or have someone read it to you. Only then will these exercises become truly vibrant, meaningful, and rewarding.

Julie Tapin Lusk

INTRODUCTION

Many group leaders are aware of the benefits of guided imagery but have had little experience in the field. Here are some tips to help you use these scripts effectively.

Working with guided meditations

Everyone is different, so each participant will experience guided imagery uniquely. These individual differences should be encouraged. During a guided meditation, some people will imagine vivid scenes, colors, images, or sounds while others will focus on what they are feeling. This is why a combination of sights, sounds, and feelings has been incorporated into the scripts. With practice, it is possible to expand your participants' range of awareness.

By careful selection of images you can help deepen their experience and cultivate their awareness in new areas that can enrich their lives. For instance, people who are most comfortable in the visual area can be encouraged to stretch their awareness and increase their sensitivity to feelings and sounds.

Working with guided imagery is powerful and it is up to you to use the book responsibly and ethically. Leaders with little or no training in guided imagery may use these scripts with emotionally healthy people. Be careful, however, when presenting themes and techniques that are unfamiliar to you. Since people respond in a variety of ways to visualization, avoid generalizing about the benefits of any given script.

If your groups are composed of people who are emotionally ill or especially fragile, you should seek out special training or professional guidance before introducing them to visualizations.

Preparing the group or individual

Physical relaxation reduces anxiety, activates creativity, and enhances the ability to develop and focus on mental images. Some type of physical relaxation sequence should be used prior to any guided meditation. You'll find a variety of relaxation exercises to choose from in Section One of both volumes.

Breathing properly is essential for complete and total relaxation. Unfortunately, very few people take full breaths, especially when under stress. When a person consciously takes deep breaths, stress is reduced and the mind can remain calm and in control. It is important that people focus on their breathing, taking in full deep breaths through the nose and exhaling slowly and completely.

Before beginning any guided meditation, briefly describe the images you will use and ask if they make anyone feel uncomfortable. People who are afraid of water may find images of ocean waves to be frightening rather than calming. Be prepared with an alternate image. Let participants know that if they become uncomfortable, they may, at any time, open their eyes and either change or tune out the visualization.

As you read a script, people will follow you for a while and then drift off into their own imaginations. They will usually tune you back in later on. If they know this in advance, they won't feel as if they are failing by being inattentive. So tell them this is normal and notice when it happens.

Choosing the right atmosphere

Select a room that has comfortable chairs for sitting or a carpeted floor for lying down. Close the door and shut the windows to block out distracting noises.

If possible, dim the lights to create a relaxing environment. Low lights enhance the ability to relax by blocking out visual distractions. If the room lights cannot be controlled to your satisfaction, bring along a lamp or a night light. Adjust the thermostat so that the room temperature is warm and comfortable. If the room is too cool, it will make it harder to relax and remain focused. Suggest that people wear a sweater or jacket if they think they may get cold.

If distractions occur—a noisy air conditioner, traffic, loud conversations—try raising your voice, using shorter phrases and fewer pauses, or incorporating the sounds into the guided meditation. For example, you might say, “Notice how the humming sounds of the air conditioner relax you more and more,” or “If your mind begins to drift, gently bring it back to the sound of my voice.”

Using your voice

Speak in a calm, comforting, and steady manner. Let your voice flow. Your voice should be smooth and somewhat monotonous. But don't whisper.

Start with your voice at a volume that can be easily heard. As the guided meditation progresses and as the participants' awareness increases, you may begin speaking more softly. Bring your voice up when suggesting tension and bring it down when suggesting relaxation. Near the end of the guided meditation, return to using an easily heard volume. This will help participants come back feeling alert and refreshed.

You may tell participants to use a hand signal if they cannot hear you. Advise people with hearing impairments to sit close to you or you can move closer to them.

Pacing yourself

Read the guided meditations slowly, but not so slowly that you lose people. Begin at a conversational pace and slow down as the relaxation progresses. It's easy to go to fast, so take your time. Don't rush.

The ellipses used throughout the book indicate a brief pause. Spaces between paragraphs signal a longer pause.

Leader's notes and script divisions are printed in italics and should not be read out loud.

Give participants time to follow your instructions. If you suggest that they wiggle their toes, watch them do so, then wait for them to stop wiggling their toes before going on. When your participants are relaxed and engaged in the imagery process, they have tapped into their subconscious (slow, rich, imagery) mind—and they shouldn't be hurried.

When you're leading the meditation, you're still in your conscious (alert and efficient) mind. Pay careful attention to all participants. You may have to repeat an instruction if you see that people are not following you.

To help you with your volume and tone, pace and timing, listen to a recording of yourself leading guided meditations.

As you reach the end of a meditation, help participants make the transition back to the present. Tell them to visualize their surroundings, to stretch, and to breathe deeply. Repeat these instructions until everyone is alert.

Using music

Using music to enhance relaxation is not a new idea. History is full of examples of medicine men and

women, philosophers, priests, scientists, and musicians who used music to heal. In fact, music seems to be an avenue of communication for some people where no other avenues appear to exist.

Your music should be cued up and ready to go at the right volume before you start your meditation. Nothing ruins the atmosphere more quickly than having the leader fool around trying to get the audio going.

Jim Borling, a board certified music therapist, makes the following suggestions on the selection of music:

Tips on Music Selection

- Custom select music for individual clients or classes whenever possible. Not everyone responds in a similar fashion to the same music.
- Matching a person's present emotional state with music is known as the ISO principle. If you can match the initial state and then gradually begin changing the music, the person's emotional state will change along with the music. If a person is agitated or angry, begin with fast-paced music, and then change to slower-paced selections as relaxation deepens.
- Choose music that has flowing melodies rather than disjointed and fragmented melodies.
- Don't assume that the type of music you find relaxing will be relaxing to others. Have a variety of musical styles available and ask your clients for suggestions.
- Try using sounds from nature like ocean waves. Experiment with New Age music and Space music, much of which is appropriate for relaxation work. Classical music may be effective, especially movements that are marked largo or adagio.

- Adjust the volume so that it doesn't drown out your voice. On the other hand, music that is too soft may cause your listeners to strain to hear it.
- Select music based upon the mood desired. Sedative music is soothing and produces a contemplative mood. Stimulative music increases bodily energy and stimulates the emotions.
- Select music with a slow tempo and low pitch. The higher the pitch or frequency of sound, the more likely it will be irritating.

Musical Recommendations

New Age: *Comfort Zone, Spectrum Suite, Effortless Relaxation* by Steven Halpern. 800-247-6789. *The Fairy Ring, The Brighter Side, Solace* by Mike Rowland. Also try samplers from Windham Hill, Narada, and Hearts of Space.

Classical: *Relax with the Classics* by Lind Institute.
Meditation: *Classical Relaxation*, Delta Music, Inc.

Nature and Environments: *Interludes: Soothing Sounds of Nature and Music*, Great American Audio Corp. 33 Portman Rd., New Rochelle, NY 10801.
Environmental Sounds: *Ocean, Sailing, English Meadow, Crickets*, Syntonic research, 175 Fifth Ave. NY, NY 10010.

Processing the experience

You may wish to add to the richness of the guided meditations by asking participants afterwards to share their experiences with others. This can be facilitated by creating an atmosphere of trust. Ask the group open-ended questions that relate to the theme of the exercise. Be accepting and empathetic towards everyone. Respect

everyone's comments and never be judgmental or critical, even if people express negative reactions.

Caution

Do not force people to participate in anything that may be uncomfortable for them. Give ample permission to everyone to only do things that feel safe. Tell them that if an image seems threatening, they can change it to something that feels right or they can stop the imaging process, stretch, and open their eyes. Emphasize to participants that they are in total control and are able to leave their image-filled subconscious mind and return to their alert, rational conscious mind at any time they choose.

Advise participants that it is not safe to practice meditation or visualization while driving or operating machinery.

The relaxation scripts, guided meditations, and creative visualizations in this book are not intended to provide or be a substitute for medical or psychological advice on personal health matters. If this assistance is needed, consult a physician, therapist, or other health care professional. Neither the author, contributors, nor Whole Person Associates assumes responsibility for the improper use of the relaxation scripts, guided meditations, and creative visualizations contained in this book.

Recording the scripts

You may record the scripts for your own personal or professional use. You may not, however, copy or distribute the scripts to others for any other purpose via mechanical, photocopying, recording or without prior written permission from Whole Person Associates.

SECTION ONE

Becoming Relaxed

The cornerstone of all guided imagery work lies in the ability to relax the body, mind, and emotions. This is true whether you would like to awaken your intuition, communicate with your inner guide, connect with nature, or benefit from the healing visualizations. You will be wasting your time if you don't relax first.

Practice the following exercises until you become comfortable doing them. The method used for relaxing isn't important; being able to relax is. Relaxation is a valuable tool on its own and it opens the door to your inner resources. Try out each exercise several times and choose the ones that work best for you and your clients.

After you've mastered the relaxation exercises, explore the different types of guided visualizations in the other sections of this book, or of those from Volume 1.

- Relaxing while Lying Down** 4
Participants lie down and relax by alternately tensing and relaxing all muscle groups and by mentally releasing tension. (10 minutes)
- Expanding and Contracting** 8
This short relaxation exercise combines progressive muscular relaxation with breathing and body scanning techniques. (4 minutes)

Magic Carpet Ride 10

This deep breathing exercise works well for people who have difficulty with relaxed breathing. (15 minutes)

Threshold Relaxation 15

In this exercise, participants slightly tense a specific part of their body until it begins to feel tense. Once tension is felt, it is held a moment and then relaxed. Threshold Relaxation teaches participants to be sensitive to small changes in the body. Through practice (several times a day at first) the body learns what relaxation feels like in each muscle and how to regulate itself in automatic and unconscious ways. (12 minutes)

Heavy 18

This script helps participants experience the freshness of spirit and calmness of mind that results from passive attention to the rhythm of their breathing and the relaxed heaviness in their hands and feet. (15 minutes)

Warm 23

This autogenic relaxation routine asks participants to gently focus on warmth spreading through their bodies, bringing complete relaxation and a sense of personal peace and renewal. (15 minutes)

Relaxation Training for Children 29

This entertaining relaxation script is perfect for children (and adults) because it teaches them how to tense and relax their muscles while utilizing their fantasy and imagination skills. (12 minutes)

Relaxing while Lying Down

Julie Lusk

Time: 10 minutes

Participants lie down and relax by alternately tensing and relaxing all muscle groups and by mentally releasing tension.

Script

Begin by closing your eyes.

Draw your attention to your right leg ... Tense it and feel it from your toes to your thigh and hip, tighter and tighter ... Now release, letting all the tension and tightness drain from your leg ... Feeling the relaxation in your leg.

Shift your attention to your left leg ... Begin tensing it and feeling it from your toes to your thigh. Know it, hold it, feel the energy and heat ... Now relax.

Feel free to roll your legs gently back and forth and then let them rest. Become fully aware of the different way tension and relaxation feel in your legs.

Notice how your feet are relaxing more and more ... your ankles are relaxing ... your calves ... knees ... thighs ... and hips are relaxing. Let your legs feel completely supported by the ground. Notice if they feel warm and comfortable ... sinking into the ground ... feeling heavier and heavier. Resolve to let your legs stay still.

Draw your attention to your buttocks. When ready, begin tensing the muscles in your buttocks, holding tighter and tighter ... And relaxing, allowing the muscles to let go.

Now focus your attention on your abdominal area. Pull your muscles in ... Now relax ... Allowing any knots to untie.

This time, push your abdominal muscles out and tense and hold them ... Now let go. Notice feeling calm and relaxed ... more peaceful and serene, feeling better and better.

Take in a nice, full breath, letting the air come all the way in so that your abdomen raises up ... Now let the air out, feeling more and more relaxed, full of peace and contentment.

If you'd be more comfortable, you may put your feet on the floor with your knees bent, or you may stay just as you are.

Shift your attention to your right arm. Tense it completely, from your hand up to your shoulders. Tighter and tighter, feeling the power and energy ... And relax, releasing entirely.

Let your arm feel completely supported by the floor. Feel your arm as it gets heavier and heavier, as it is relaxing more and more.

Draw your attention to your left arm. Tighten up the muscles from your hand all the way to your shoulders; more and more ... Now relax, letting all the tension go, relaxing completely.

You may gently roll your arms from side to

side ... and then let them come to rest. Your fingers are relaxing, your hands are relaxing, your wrists, lower arms, elbows, upper arms, and shoulders are all relaxing. Completely relaxed.

Allow your arms to feel like they're sinking into the floor. Feeling comfortable and at ease, resolve to let your arms stay still.

Allow yourself to focus your attention on your face. Even though your eyes are already closed, squint your eyes and tense your eyes and eyelids ... Now relax, letting go. Tighten up your nose and cheeks and lips ... Now let go. Let each and every muscle relax, smoothing out and softening more and more.

To relax your mouth and jaw, press your lips together. Feel the tightness ... Now relax. Press your tongue against the roof of your mouth and hold ... Now let go completely.

This time, open up your mouth and move your jaw up and down and back and forth, fast and slow, working out all of the tension ... Now relax, letting your teeth and lips part slightly.

Allow your tongue to rest, softly suspended in your mouth ... allow your lips to part slightly ... and your jaw to loosen.

If you would like to relax even more, begin mentally scanning your body, letting everything relax more and more.

Your feet are relaxed ... your calves are relaxed ... your knees are relaxed ... your thighs ... your buttocks and pelvis are

relaxed ... your lower back ... mid-back ... upper back and shoulders are all relaxed.

Allow your upper arms ... your elbows ... your forearms ... your hands and your fingers to relax. All are relaxed.

Feel your torso and the organs in your abdomen relaxing completely ... And now your chest ... Feel your neck relax and all the muscles in your face relax. Your mouth ... cheeks ... nose ... eyes, and forehead are relaxed. The top of your head, the back of your head, and all the way down to your toes.

Allow yourself to feel more and more relaxed. Each time you exhale, notice how much more you can relax, deeper and deeper.

You're feeling peaceful and calm, perfectly safe and serene. Notice how your body is feeling right here, right now. Memorize this feeling, let it sink in. Know that it can be created anytime you wish.

Pause

Continue with a visualization exercise or say the following:

Now bring your attention back to the room. Feel the floor underneath you ... Picture the walls, ceiling, and floor.

I am going to count from five to one. As I count, you will progressively begin feeling alert and alive. 5 ... 4 ... 3 ... 2 ... and 1. Begin to stretch and move. Open your eyes, feeling relaxed, peaceful, and alert.

Repeat the above instructions until everyone is alert.