

Kind Words

This is a shorter relaxation, bringing to mind words or sentences that have positive associations for you. This is sometimes known as an affirmation or mantra, and it is a way of holding yourself with kindness and compassion.

Begin by finding a comfortable posture, with your feet on the floor, sitting upright with your back supported and your hands resting on your lap. If you are lying down, find a restful position on your back, with your legs stretched out and arms by your sides. You can use pillows or cushions to keep yourself comfortable. Close your eyes, or keep them gently open, with a soft gaze.

And now turn your attention to your thoughts. Bringing to mind any words or phrases that help you feel at ease. These words may be a lyric from a song you like. You may hear the words of someone you respect and admire. They may be lines from a prayer or a poem. The words may be profound and moving, or silly and amusing. If you're hearing many different words, allow yourself to float from one phrase to the next, until you settle with what feels right in this moment. If you're finding it difficult to think of any words, you may want to reflect on one thing you are grateful for. Once you have found a word or a sentence, gently repeat it to yourself with your inner voice. Allowing the words to flow through you. Rest in this space for the next few moments.

When you are ready, open your eyes and start making small movements. Bring your attention back to this room, as this relaxation comes to a close.