

IMAGERY

The mind is a very powerful tool in the process of relaxation. A thought can elicit a physiological response. For instance, picture a lemon. In your mind go through the process of touching it, slicing it, smelling it, then taking a taste of it. This imagery will often make you salivate, even pucker.

You can put this valuable phenomenon to use in bringing about relaxation. By simply allowing your mind to imagine some very pleasant, quiet, calming scene you can produce the physical responses that would be present in those surroundings. The imagined place can be either a real one that you find particularly pleasant or one conjured up in your imagination. In either case, you should imagine a place that gives you a sense of well-being and warmth, e.g., a lovely, sunny beach, a warm, inviting fireplace, or a room you are particularly fond of and in which you feel cozy.

Before beginning the exercise take three deep, slow and flowing breaths. Move yourself into the picture that you are imagining. Try to see, hear, smell, and feel every detail of the image as though you were there. Bring your senses close to the details of the image. Experience as much of the imagery situation as possible. Get involved in the process of being there.