Lie on your back and adjust your pelvis so you are comfortable. Now-Close your eyes.

Allow your arms to extend out at your sides with your palms up.

Bring your big toes together to touch for just a few moments and try to only use the muscles needed to touch your big toes together. Allow the rest of your legs and body to relax. Remember to keep your eyes closed and to keep breathing.

Breathe in slowly through your nose and out slowly with your breath with an audible soft sigh.

Now allow your legs to totally relax and fall open to whatever is comfortable for you.

Be aware of your abdomen swelling softly as your breath goes in and out of your belly. Try not to have any pauses between your inspiration and expiration. Just a steady slow breath in followed by a steady slow breath out. If you like to count, you may breathe in to a count of three in and out with a count of three. Make your breath steady, slow and without any jerky motions or pauses.

Be aware of the sensations in your body and remember to be as still as you can. A still body helps creates a still mind.

Now lets try to relax deeper. Soften the muscles between your eyebrows, the temples, the eyelids and the cheeks. Relax your lower jaw but keep your lips softly together. Allow the root of the tongue to relax and your teeth to separate.

Breathe in and out through your nose. Notice your breath flowing behind your breast bone into your abdomen with diaphragmatic breathing.

Bring your awareness to the area under your nostrils and above your upper lip. Concentrate on this area and try not to think of anything else. If your mind is still talking to you, just remember to recognize the thought but blow it away from you right now with your breath. You don’t need to deal with that thought right now.

Focus your attention to your hips and release all tension in this area with your next couple breaths.

Notice your knees and toes and allow your breath to enter this area and allow all the tension to clear with your breath. Notice the sound of your breath. Notice the sounds in this room. Notice the sounds outside, some are distant and some are very close.

Moving your concentration upward to your lower back and allow the breath to reach this area and breath out any emotions, tension or discomfort that you have in this area.

Notice your abdomen now as is rises and falls with your breath. Focus your attention on your chest, allow the breath to take away any of the tension or emotions you are holding in your chest around your heart. Allow the breath in to bring in good new energy and allow the breath out to take away any tension or discomfort you had been holding onto. Just let it go.

Notice your breath as it flows in and out of the nostrils. Feel the temperature of the breath. Try to only be aware of the breath as it flows through your body and releases the muscles and nervous system of any tension and discomfort. Concentrate on the breath going in and out of your nose.

Slowly wiggle your finger and toes. Rub your hands together and place your hands over your eyes. Open your eyes.