

Protective Shield

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And drifting way down relaxed now ... and just allowing your entire body to rest and relax ... and as you go even deeper all distractions just seem to disappear ...

I want you to concentrate on your breathing ... breathing in pure relaxation and exhaling all the tension in the body ... feel all of the tension leaving the chest area as you exhale ... feel yourself relaxing even deeper with each and every breath ... and your breathing is so regular ... so easy and effortless and you are relaxing more and more ... and your entire body is completely and totally relaxing as you drift even deeper down with each and every breath ... and you feel a warm wonderful sense of relaxation and going even deeper down ...

And you may have noticed that some areas of the body are more easy to relax ... and concentrating on the areas of the body that you find to be the most comfortable, very relaxed and concentrating on these areas now you are recognizing and realizing what there is about those areas that makes you so comfortable and so very relaxed ... and feeling all the sensations in those areas ... the most relaxed and comfortable parts of your body ...

And allowing ... and feeling the comforting sensations of the most relaxed areas of the body begin to spread ... and as this marvelous warm wonderful feeling of relaxation spreads to other parts of the body the feeling of relaxation becomes stronger and the relaxation spreads out beyond those areas ... and continuing to spread to all the parts of the body you desire to relax deeper and even deeper ...

Picture and imagine the relaxation spreading like the rays of

sun ... gently warming and relaxing ... like the rings of water spreading from a pebble tossed into a gentle pond ... and the relaxation spreading to every muscle, cell, fiber and bone in your body ... and you are enjoying this tranquil and peaceful relaxation in every part of your body ... and with every passing moment this feeling of deep, tranquil and comforting relaxation becomes stronger and every cell, nerve and part of your body knows and enjoys this wonderful sensation ... and this wonderful feeling now goes out beyond the physical confines of your body ... spreading out beyond the skin to form a protective shield around you ... and you can let this feeling spread far ... far ... beyond your physical body ... or keep it close like a second skin ...

And since this protective bubble or shield is your own creation you can do with it what you wish ... you can use this shield in any way you want to ... the uses of this shield are limitless ... it can act as a filter, to filter out those feelings or things going on around you ... and filtering situations that are uncomfortable and allowing you to let in those feelings you wish to let in and experience ... and it can act as an amplifier to help you understand people and to help people understand you ...

And this protective bubble can be invisible or visible to a few people or as many people as you want it to be ... and you are using this protective shield any way you choose to use it ... and that is okay ... because this shield is your own creation ... and you are using this shield and enjoying comfort in every part of your body ... practicing and using this shield ... and allowing it to spread ... and allowing it to go beyond the confines of your physical body ... and you can experiment with it ... making it as large as you like ... using it as a transport to another place or time ... and the more you use it the stronger it becomes.

And realizing that when you awake you can return to this place of peace, tranquility and deep relaxation and use this shield

any time you desire to do so ... and you are using this shield and feeling the relaxation spread to all the parts of your body ...