

## Waterfall Script

*Begin with light above the head visualization (called Progressive Relaxation)*

And now that you've brought yourself to this wonderfully relaxed state I want you to imagine that you are standing at the top of a beautiful safe staircase with ten steps going down. Maybe this is a staircase that you have seen before; maybe it's one that you are imagining for the first time today. Imagine that you are standing at the top of a beautiful staircase with 10 steps going down. Take a moment to get a feel for your staircase, notice if it has a railing, if it has walls by it, if goes straight down, if it curves. Just take in the details of your staircase. We're going to walk down these stairs together and as we do you're going to find that on each even-numbered step you will bring yourself twice as deep into relaxation, two times as deep on each even-numbered step. Now we're starting down the stairs together. Taking that first step... One ... down the staircase ... Two... drifting twice as deep as you are now ... Three ... down the staircase ... Four... deeper and deeper, two times as deep ... Five ... Six... twice as deep ... Seven ... Eight... more and more relaxed... almost to the bottom now... Nine... and Ten... twice as deep again, allowing yourself to be oh so relaxed, loose and limp.

Now that we've come to the bottom of the steps just take a moment to walk until you find yourself outdoors at the head of a path. Notice that this is a pathway that leads through an enchanted forest. Go ahead and start down this path. You can see that it leads to a clearing up ahead... but right now we're going to just walk through this beautiful forest, taking in all the details.

As you walk through this enchanted forest, you see that the little drops of dew on the grass and on the leaves glisten like tiny emeralds in the sunlight. You hear the rustling of the trees above. You can feel the breeze as it cools your skin and as you look up you can see the soft, gentle, golden sunbeams that shine through the leaves and branches of the forest.