

Basic setup for mindwork

To get in a state for learning and allowing change. Framing and Focus

I'd like to try something with you that could be useful.
I promise, you will be perfectly safe
and you will find it very easy
so just allow yourself to relax and take part comfortably
It's so simple to allow yourself to discover new and old learnings

All I'm going to do is use some words
and give you some simple instructions which you can follow effortlessly
so you can change the way you feel
and access those parts of yourself that can be deeply useful

- **Make yourself comfortable in the chair**
and make any adjustment you want to make yourself even more comfortable
- **Let your breathing to become smooth**
and breathe in a way that is comfortable **and** relaxing **and** effortless
- **Soften your muscles**
and be at ease in your body, and notice that ease, where you feel it most
- **Allow your body to be still**
and let that stillness be peaceful **and** tranquil so you can feel deeply at ease.
- **Defocus your eyes**
and soften your gaze or if you prefer you can close your eyes and relax even more
- **Listen to my words**
and listen as if you are just listening to background music

Now, let yourself play with your imagination
play fully like you did when you were happy as a child,
when you allowed yourself to play
and you became whatever you wanted to be
a doctor, a nurse, a cowboy, a spaceman a princess, a superhero or anything else

Imagine now, you are at ease and confident,
you feel confident, you look confident, you sound confident, and you act confident
allow yourself that deep permission to learn something new
be happy to be playful as you learn
willingly dive into what you can explore today
become comfortable not knowing everything
trust your bodymind to give you what you need
let your mind and body flow as one.

Do nothing exercise

To create a gentle rest and digest state

- Make yourself comfortable
- Breathe smoothly
- Soften your muscles
- Make your body still
- Close your eyes
- Listen to my voice as if it were just background music

Notice you are breathing. You have been breathing all day, you breathed all through last night, in fact you have been breathing all of your life. You breathe naturally, you didn't have to learn it as a baby - you just did it. Just as the act of breathing happens all by itself, what breathing achieves happens all by itself too, oxygen gets delivered to your body to fuel your life and ***you don't have to do anything to make that to happen, your system knows what to do.***

Notice your heartbeat. Notice that inside your ribcage is your heart which is beating right now, it has been beating all your life. It was beating while you were still in the womb and it will beat until your time on earth is done. Become aware of it, notice it, you don't have to do anything to have a heartbeat it happens by itself. Your heartbeat pumps blood around the body and is an engine of your life. ***you don't have to do anything to make that to happen, your system knows what to***

Notice your pulse. notice the pulse in your fingers, in your wrist, your legs, your head, if you pay exquisite attention you can notice your pulse in different parts of your body. Feel it, your pulse is the endless movement and motion of your circulation in action. Your pulse happens all by itself, it always has, it knows what to do ***you don't have to do anything to make that to happen, your system knows what to***

Know that you have many other systems that know what to do and they just get on with doing it. They work in the background of your body, they work together, and they know what their jobs are. ***Those systems know what to do***

Your digestive system knows how to turn food and drink into nourishment and energy, it knows how to extract what it needs and get rid of what's left. ***you don't have to do anything to make that to happen, your system knows what to do***

Your immune system knows how to patrol and protect you day and night 24/7 it is active right now. Doing its job of helping you to be well. ***you don't have to do anything to make that to happen, your system knows what to do***

Your neurological system knows how to let you see and hear, how to feel and remember things, how to have language. it coordinates and organizes everything. ***you don't have to do anything to make that to happen, your system knows what to do***

Now, as you become increasingly aware of what your system can do,
and that it knows what to do,
understand that it knows how to heal you, and repair you,
it knows how to restore you,
it knows how to be resilient,
it knows how to support you.

Allow yourself to become deeply comfortable knowing your system knows what to do, and be in deep acceptance and trust that your system can, and will, sort itself out,
Relax, and be at ease knowing that your system is deeply programmed to:
restore you
heal you
support you to recover - from whatever you need to recover from
and know that it does that, **at its best** when you are calm and relaxed
and allow yourself now to be in that state
that state of rest and digest,
where you allow yourself to be able to relax, recover, recuperate, repair, and restore.