

# Regression

JRS

{Close your eyes and begin to relax  
Take a deep breath and let it out slowly  
Concentrate on your breathing  
With each breath you become more relaxed}{magine a brilliant white light above you  
Focus in on this light as it flows through your body  
Allow yourself to drift off as you fall  
Deeper and deeper into a more relaxed state of mind}{Now, as I count back from ten to one  
You will feel more peaceful and calm}{Ten, nine, eight, seven, six  
You will enter a safe place where nothing can harm you  
Five, four, three, two  
If at any time you need to come back  
All you need to do is open your eyes, one}Safe in the light that surrounds me  
Free of the fear and the pain  
My subconscious mind starts spinning through time  
To rejoin the past once againNothing seems real, I'm starting to feel  
Lost in the haze of a dream  
And as I draw near, the scene becomes clear  
Like watching my life on a screenHello, Victoria  
So glad to see you, my friend

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