

FANTASTIC VOYAGE GENERIC SCRIPT FOR SHORT CUTS TO STRESS REDUCTION

You may want to close your eyes, Let your unconscious mind guide you in the direction of alpha and delta ... all the better to make real ... to realize ... your ... competency.

Be sure ... to keep in mind ... the miraculous way in which we are wired. When we volunteer to take in an exaggerated inhalation ... we activate our brain stem ... and our limbic brain receives the breath ... the communication ... as a presumption that all is right with the world ... *in-spiring* a letting-go. And we're wired so that our imaginings ... emanating from our neocortex ... provoke our limbic brain to follow the thought. Then ... as if by magic ... the limbic brain ... can enjoy its capacity to experience ... the place where our mind goes ... as if we are really there. You can test this right now ... by taking a deep breath ... and imagining that you are in Paris or the lakeside haunt of your childhood, shushing down your favorite ski slope... or any special memory.

With that inspiration ... let's move on and now to the recent memory of the fantastic voyage film clips. ...Volunteering and utilizing another deep inhalation ... allow yourself to experience ... with expanded awareness ... what is actually happening in *your* body ... *in* your body. Feel your lungs as the bellows that they actually are ... tracking ... feeling ... or sensing ... their expansion ... from front to back ... from side to side ... and from top to bottom. As you descend down ... closer to your epicenter ... quieter and quieter ... approaching a journey within Can you feel the subtlety of the heavy artillery of your heart beat?

Allow the movie memories ... to be an invitation for you to take a fantastic voyage. Where in your **body/mind** do you wish to visit? And how do you intend to arrive there?

Are you intrigued by the notion of visiting inside in a submarine? ...Maybe for you ... a parachute would serve best. If you prefer whimsy ... you could travel down as Alice did on her petticoat. You could arrive where you are beckoned ... in any which way. Whimsy is the life blood of creativity, is it not? You may be swimming through your blood stream... allowing you to attend ... hands-on ... to the source of an ailment.

See or feel yourself arriving at the place ... within you ... that needs your loving attention. As you become your own doctor ... make improved well-being of your body happen. You can accomplish what needs to be accomplished without consciously knowing how. Let it happen. Or... imagine that it has already happened.

Your mission may be to ease *emotional* distress. Apply TLC and provide solace ... to an emotion ... a state of mind Do you need to soften harsh self-judgement? What could be different ... if you felt your strength ... resiliency ... your empowerment ... now? Find trust in another perspective ... ease a burden.

Take just a moment of clock time and use it to take as much time as you need to complete your mission.....

So now ... how will you emerge ... from within? The scientists in the video ... piloted their submarine and emerged from the important man's body ... by way of a tear duct. Once out, as if by magic, they returned to full size.

However you complete your journey will be exactly right Return to ordinary reality ... feeling refreshed and alert ... finding a place to store ... within your body/mind ... whatever you have found useful. Finally, you can set your intention to retrace your way back in ... as needed.

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