

Sleep chalet

...Induction in whatever manner you and/or your client prefer...

And I know you know how to start that process of trance, and whenever you would like to begin that as you listen to the sound of my voice, I wonder just how curious you might be about this calming, restful experience that you are going to experience today and be able to use again in the future whenever you need.

That's right, starting by just noticing the position of your body and today that may be sitting here in the chair, and when you use this for sleep may be that feeling of laying down, the body being supported by the bed, noticing the sound of the breath moving inand out.... That's right, just *noticing* as you settle the mind and the body letting each exhale bring with it a bit more calm to the body and the mind...

And in this experience I'd like you to see yourself driving, somewhere in the mountains, a nice winding road where yours is the only car, no traffic to bother or disturb, enjoying how easily the car responds, and really enjoying the beautiful mountain scenery unfolding around you as you move deeper and deeper into the mountains. That's right. And I'm not sure what those most calming mountains look like in your mind's eye, whether you're in the gentle rolling pastel shades of the American Smokies, far away from the stresses of modern life in the remote Himalayas, smiling at the golden leaves of aspens in the Rockies as they settle down *down* in the autumn readying themselves to rest for the winter, or mountains of the imagination existing only in your mind...

And as you drive you see a lake, a deep crystal clear mountain lake reflecting the light in the late afternoon, sparkling gently on the water, and as you look forward with eager anticipation to your destination you begin to see the mountain house just off in the distance on the side of the lake in the mountains. (more deepening if warranted, but light trance is just fine here).

You may hear the sound of the tires on the gravel or the leaves on the ground as you pull into the mountain inn, a place designed down to every stone and beam to give weary travelers the perfect refuge for *rest*. And you open the heavy solid door at the entry, noticing how safe and cozy and secure the inn is, and as you open the door you are warmly greeted by a smiling face that seems almost familiar and you notice you feel a weight lifted off your shoulders, completely at ease. The innkeeper greets you with a warm welcome and tells you just how much they have been looking forward to your visit, and passes you a nice heavy physical key, directing you around the corner to your room. The innkeeper tells you to your pleasant surprise that they've given you a lovely suite right overlooking the lake in the calmest, most restful area of the building.

And you go around the corner to a nice solid heavy door, sliding the heavy iron key into the lock, opening the door as it opens into a perfectly cozy sleeping chamber with a pair of French doors opening onto a small balcony overlooking the lake, framed against the mountains. *So Calming, So Relaxing*. And setting your bags down, you move to the balcony to take in the beautiful scenery here in the mountains where you can unwind and restore. And as you take in the beautiful scene here, noticing the temperature that seems to be just right, whether that is cozily warm or lightly cool, whatever temperature would be just right, you look down on the balcony and see 3 large heavy stones. So large that you can *just* move them safely. You realize with a

sense of knowing that these three heavy heavy stones are whatever bothers or troubles or aches that could keep sleep and rest away even here in the relaxing mountain inn.

And knowing just how much the body and the mind want to rest you bend over, lifting up one of those heavy stones, balancing it on the ledge of the balcony before heaving it ooooooover (vocally ham up the heaviness and burden of the stone) and watching it as it drops with a satisfying PLOP down into the lake, watching it drift away further and further, deeper and deeper. And as it fades into the distance, noticing just how weary and sleepy you are feeling, as the sun sinks down beyond the range. And heaving up that second stone, letting go of the remaining tensions or worries, and that you are in a place where you can just plop down and rest, dropping this stone away as it sinks away, further and further. Really noticing that pleasant sense of letting go, drifting down, finding it harder and harder to stay awake. And that last stone you pick up, with all the energy you have left, dropping it over, not even waiting to watch it drift away with the last of your wakefulness.

And as you turn to return to the room in the inn, knowing that here in this office you're dropping into a deep restorative state, and that when used at home in the bed, you can take the fork in the path that takes you off to a deep, restorative sleep with nothing left to bother and nothing left to disturb. And that you'll be able to wake refreshed at whatever time you need to rise, and that each time you revisit the sleep chalet you'll find it easier and easier to settle in, to find this perfect space where you can pass into the sleep that you welcome and enjoy. (end of script/recording if recording for patient's use).

~ but here, in the office~ you can let the body rest so very deeply, each inhalation carrying in a sense of restoration, calm and vitality as each exhale carries away any unnecessary stress, tiredness or fatigue. Just taking the time to let yourself fully restore and recharge in the space of the next few minutes, almost as if you are deeply asleep in just the perfect nap. And in a few moments you can begin the process of taking all the time you need in the next few moments, with the next few breaths, to return back to alertness feeling refreshed, restored and alert, bringing with you the knowledge that you can return to the mountain chalet whenever you can use that deep restorative sleep.

...realerting...in whatever manner you prefer (I typically go with a gentler approach here)