

RAPID INDUCTION FIBROMYALGIA RELIEF (R.I.F.R.)

Giuseppe De Benedittis © (2013)

I'd like to talk with you for a moment to see if you'd like to feel more comfortable and relaxed than you might expect.

OK, then . . . the really best way *to begin feeling more comfortable* is to just begin by sitting as comfortably as you can right now . . . go ahead and adjust yourself to the most comfortable position you like . . . that's fine. Now, I'd like you to notice how much more comfortable you can feel by just taking one very big, satisfying deep breath. That's fine. You may already notice how *good that feels* . . . how warm your neck and shoulders can feel . . . Now, I'd like you to take four more very deep, *very comfortable* breaths . . . and, as you exhale notice . . . just notice how comfortable your shoulders can become . . . and notice how *comfortable* your eyes can feel when they close . . . and when they close, just let them stay closed . . . that's right, just notice that . . . and notice, too, how, when you exhale slowly and deeply, you can *just feel that relaxation is beginning to sink in*....

I want you to concentrate on your breathing ... breathing in pure relaxation and exhaling all the tension in the body ... feel all of the tension leaving the chest as you exhale ... feel yourself relaxing even deeper with each and every breath ... and your breathing is so regular ... so easy and *effortless* and you are relaxing more and more ... and your entire body is completely and totally relaxing as you drift even deeper down with each and every breath ... and you feel a warm, wonderful sense of relaxation and going even deeper down ...

Good, that's fine . . . now, as you continue breathing gently, comfortably and deeply, all I'd like you to do, is to picture in your mind . . . just imagine a beautiful and safe staircase, any kind you like . . . with 10 steps, and you at the top . . . Now, in a moment, I'm going to begin to count, out loud, from 10 to one, and as I count each number I'd like you to take a step down that staircase . . . see yourself stepping down,

feel yourself stepping down, one step for each number I count . . . and all you need to do is notice, just notice, how much more comfortable and relaxed you can feel at each step, as you go down the staircase . . . one step for each number that I count. . . the smaller the number, the farther down the staircase . . . the farther down the staircase, the more comfortable you can feel . . . all right, you can begin to get ready ... now, I'm going to begin.... NINE, one step down the staircase . . . EIGHT, two steps down the staircase . . . that's fine . . . SEVEN . . . three steps down the staircase . . . and maybe you already notice how much more relaxed you can feel . . . I wonder if there are places in your body that feel more relaxed than others . . . perhaps your shoulders *feel more relaxed* than your neck . . . perhaps your legs *feel more relaxed* than your arms . . . I don't know, and it really doesn't matter. . . all that matters is that you feel comfortable . . . that's all.... SIX ... four steps down the staircase, perhaps feeling already places in your body *beginning to relax* . . . I wonder if the deep relaxing, heaviness in your forehead is already beginning to spread and flow . . . down, across your eyes, down across your face, into your mouth and jaw . . . down through your neck. deep, restful, heavy . . . FIVE . . . five steps down the staircase . . . half of the way down, and already beginning, perhaps, to really enjoy your relaxation and comfort . . . FOUR . . . six steps down the staircase . . . perhaps beginning to notice that the sounds which were distracting become less so . . . that all the sounds you can hear become a part of your experience of comfort and relaxation . . . anything you can notice becomes a part of your experience of comfort and relaxation . . . THREE . . . seven steps down the staircase . . . that's fine . . . perhaps noticing the heavy, restful, relaxing feeling spreading down into your shoulders, into your arms . . . I wonder if you notice one arm feeling heavier than the other . . . perhaps your left arm feels a bit heavier than your right . . . perhaps your right arm feels heavier than your left . . . I don't know, perhaps they both feel equally, comfortably heavy . . . It really doesn't matter . . . just let yourself become more and more aware of that comfortable heaviness . . . or is it a feeling of lightness? . . . I really don't know, and it really doesn't matter . . . TWO. . . eight steps down the staircase . . . and ONE . . . nine steps down the staircase,

breathing comfortably, slowly, and deeply . . . , noticing that heaviness is really beginning to sink in, as you continue to notice the pleasant, restful, comfortable relaxation just spread through your whole body And now, TEN steps down the staircase, wondering perhaps what might be happening, perhaps wondering if anything at all is happening . . . and yet, knowing that it really doesn't matter, feeling so pleasantly restful, just continuing to notice this growing, spreading, comfortable relaxation . . .

And while you continue to relax, you'll be surprised to find yourself in the middle of a beautiful, secret, enchanted garden. It is the beginning of summer. The air is warm and balmy. The garden stretches for miles and miles. You are walking down a path under a shadowy bower of white, sweet-smelling jàsmines. And while enjoying your walk, you might notice at either side of the bower wonderful flower-beds with blossom flowers...and you may wonder how Nature may have blended such extraordinary variety of flowers, in an endless harmony of colours and perfumes.

At your right hand side, your attention might be captured by a flower-bed with so many blossom roses with different, seductive shades of colours: a fleshy pink, a brilliant yellow, an intriguing orange, a very vivid red colour. And while you are hearing at this symphony of colours, shades and tones, mysterious scents filled with joy will spread out through the sweet air, blending with a full explosion of colours. It seems as any colour had its own scent, and any perfume its own colour.

Now, you've come across the long, shadowy *bower* and just in the middle of this secret garden, there is a delightful, swimming pool. I wonder whether you'll like to walk along the edge of the swimming pool, enjoying the peaceful calm of clear, pure waters. You may even wish to take a swim, letting your body float in the waters, drifting way down now... deeper and deeper relaxed. Imagine to float on the water surface, allowing the fresh, magic liquid to penetrate into your skin, into your muscles, throughout your body, soothing your pain.

From now on I want you have a positive image of your body. Whenever you look at yourself or think of your body image you will do it in a positive manner.

Looking at your body in a positive manner will help you to feel good about yourself and to continue to progress towards the body image that you really want. You no longer need to think painful thoughts or to feel painful experiences in your body. Your body is your temple. It is your sacred private property. You own it and you want the best for it. So from now on I want you think only positive thoughts and have positive feelings toward your body. You are becoming happy, confident, energetic and progressing towards making yourself the best you that you can be. Feel good about yourself , having a good self image ... and continuing to move onward ... you are in full control .

And now I want you to make a wonderful, cosmic journey. One minute of actual time will seem like ten minutes to you. Time will go by very, very slowly. It will seem an eternity.

You are lying in a large, round bed in a huge, circular, black room. It's midnight. You are looking up at the ceiling, which is a glass dome, a clear, transparent bubble. Suddenly you notice that the room is beginning to turn, going round and round and the room is spinning.

You *hurl* off the bed. You shoot upward and outward into the space, faster than the speed of light. Flashes of light pass you by as you go traveling through the deep space. It's a wonderful trip. Now you are beginning to fall through the space, back to earth, but in a near future time, full of positive expectations, energy and almost pain-free. You are continuing to drift and float into a timeless space.

And you are really enjoying this incredible experience of well-being, full of energy.

I wonder if you'll notice that you'll feel surprised that your experience here today is so much more pleasant and comfortable than you might have expected . . . I wonder if you'll notice that surprise . . . that there are no other feelings I wonder if you'll be pleased to notice that today . . . or any other day you'll feel reminded of how very comfortable you are feeling right now . . . even more comfortable than you feel

even now . . . comfortable, relaxed . . . nothing to bother, nothing to disturb . . . I don't know exactly how it will seem . . . I only know, as perhaps you also know . . . that your experience will seem surprisingly more pleasant, more comfortable, more restful than you might expect. . . with nothing to bother, nothing to disturb.... whatever you are able to notice ... everything can be a part of your experience of comfort, restfulness and relaxation nothing really matters but your experience of comfort and relaxation . . . absolutely deep comfort and relaxation... that's fine.... and now, as you continue to enjoy your comfortable relaxation, I'd like you to notice *how very nice it feels to be this way* . . to really enjoy your own experience, the feelings your whole body can give you . . . and in a moment, but not yet . . . not until you're ready . . . but in a moment, I'm going to count from 1 to ten . . . and as you know, I'd like you to feel yourself going back up the steps . . . one step for each number . . . you'll have all the time you need . . . after all time is relative . . . feel yourself slowly and comfortably going back up the steps, one step for each number I count . . . When I reach eight, your eyes will be almost ready to open . . . when I reach nine, they will be opened . . . and, when I reach ten, you'll be alert, awake, refreshed . . . perhaps as though you'd had a nice nap . . . alert, refreshed, comfortable . . . and even though you'll still be very comfortable and relaxed, you'll be alert and feeling very well . . . perhaps surprised, but feeling very well . . . perhaps ready to be surprised . . . no hurry, you'll have all the time you need, as you begin to go back up these restful steps.... ONE . . . TWO . . . THREE . . . that's right, feel yourself going back up the steps . . . ready to be surprised. . . FOUR . . . FIVE . halfway back up the stairs. . SIX . . . a quarter of the way back up, more and more alert . . . no rush, plenty of time . . . feel yourself becoming more and more alert SEVEN . . . that's right... EIGHT.... NINE.... TEN... that's right ... wide awake, alert, relaxed, refreshed.... that's fine. How do you feel? Relaxed? Comfortable?