**Reframing the Canvas of Life…..**

As you settle into a comfortable position, allow yourself to take a deep breath in... and out... In these quiet moments, you have the permission to grant yourself this time for reflection and change. If it feels right for you, perhaps now you might prefer to gently close your eyes, letting the world around you fade into the background, inviting serenity and focus within your own space.

As you settle into a position of comfort, take a gentle breath in, filling your lungs with a sense of peace, and as you breathe out, let go of any tension or stress that you might be holding onto. Allow yourself this time, this space, for relaxation and transformation.

With every breath you take, imagine a wave of relaxation sweeping over you, starting from the top of your head and flowing down to the tips of your toes. Feel the wave of calmness as it travels through your body, releasing and softening every muscle, every fibre.

With each exhale, imagine that you are releasing any worries or negative thoughts. They float away from you, like leaves on a gentle stream, moving further and further away, leaving your mind clear, your body relaxed.

Now, in your mind's eye, envision a staircase in front of you. This staircase will lead you down into an even deeper state of relaxation. There are ten steps, and with each step you take, feel yourself sinking deeper and deeper into comfort and tranquillity.

Take the first step down... ten... feeling more relaxed.

With the next step... nine... feel yourself letting go even more.

Moving down to eight... each step is a step further into your inner world of stillness.

Seven... deeper still, each breath taking you down, down, drifting.

Six... halfway there now, feeling twice as calm, twice as relaxed.

Five... it's as if every sound you hear, every gentle breath you take, makes you feel more peaceful.

Four... descending further into quietude, where the mind is free and the body is at rest.

Three... almost there, feeling a profound sense of well-being enveloping you.

Two... deeply relaxed, deeply comfortable, safe, and secure.

And one... now you find yourself at the bottom of the staircase, in a place of deep relaxation and perfect peace.

Feel the profound relaxation in every part of your being. You are now ready to engage in the visualisation of "Reframing the Canvas of Life", fully relaxed and open to change and new possibilities.

Imagine before you is a gallery of your life, the walls adorned with frames of moments, choices, and experiences that have defined you this far. Some artworks are vibrant and filled with light, others are darker, tinged with the shades of past challenges.

As you walk slowly along this gallery, your gaze is drawn to a particular picture, one that no longer serves you. It’s a scene painted with the colours of old habits, outdated beliefs, and long-held fears.

Take a moment to observe this picture. Notice the texture of the canvas, the strokes that formed patterns you wish to change, the contours, and the shades that no longer resonate with who you are becoming. Recognise that this picture was once a chapter of your story but is not the final artwork of your life.

Now, imagine a new frame beside it, an empty canvas, inviting and pure, a space of potential and new beginnings. It awaits a masterpiece, one that you will create with hopeful intentions and fresh perspectives. Feel the excitement of transformation, the stirring of new energy within, ready to be channelled into this creation.

In your mind's eye, see yourself stepping forward, taking the old picture out of its frame with a sense of gratitude for its lessons and experiences. Hold it gently because it has been part of your journey. Then, with a determined breath, you place it aside, acknowledging that it's time for it to rest.

Now, turn to the blank canvas. Imagine picking up a brush, dipped in the colours of your desired future - hues of joy, resilience, love, and peace. With each stroke on this new canvas, you’re painting the life you want. Visualise the scenes unfolding - the places you'll go, the people you'll meet, the dreams you’ll chase, and the achievements that await. Each brushstroke is a step towards a reality you’re creating, every colour, a testament to your new choices and positive changes.

Feel the canvas coming alive with every vibrant detail of your new picture. Witness the blossoming of a sunrise, symbolising the dawn of your renewed existence, the paths clear and open, the skies wide and bright. This is the landscape of your future, and with each breath, you bring this image into sharper focus.

Take a moment now to plant this image deeply into your heart, to nurture in the coming days and weeks, as if it’s a precious seed in fertile ground, watered by your intentions, warmed by your determination.

When you’re ready, see yourself placing this new, bright, and hopeful picture into the frame where the old one used to be. It fits perfectly, a sign that this space was always meant for change. Step back and admire your work, your new narrative, feeling a sense of accomplishment and eagerness for what's to come.

Now, as the visualisation of reframing your life comes to an end, it's time to gently transition back to the present moment. Just as you've envisioned placing a new, positive picture into the frame of your life, carry that image with you as we begin to return.

Imagine now that you are standing in front of that staircase. With each step you take upwards, you'll feel more awake, more alert, and filled with a renewed sense of energy and hope.

Take the first step up... one... feeling a gentle awakening in your fingers and toes.

Climbing to the second step... two... your legs and arms are beginning to stir, a sensation of energy returning.

As you reach the third step... three... your awareness of the room around you starts to increase, becoming more present with every second.

Moving up to the fourth... four... you feel revitalized, as if a wave of fresh air has swept through you, clearing your mind.

On the fifth step now... five... you can hear the sounds around you, feel the chair or the surface you’re resting on, the ground beneath you, supporting you.

Taking the sixth step... six... take a deep, refreshing breath, and as you release it, feel a sense of gratitude for the journey you've just taken.

Seven... almost there, with each number, you're becoming more awake, more attuned to your surroundings.

Eight... your eyes begin to flutter open, as you become fully aware of the present, carrying with you the changes and the positive feelings from your experience.

Nine... take a deep breath in, stretch if you need to, feeling completely energized and ready to move into the rest of your day with a new perspective.

And ten... open your eyes, fully awake, fully aware, and return to the room with a clear mind and a renewed sense of purpose. Take a moment to orient yourself, to feel grounded in this moment. When you're ready, you can stand up, feeling refreshed and revitalised, carrying with you the positive changes into every aspect of your life.

*Remind your client to take their time, there's no rush. Allow the experience to settle within them before they stand up. Encourage them to drink water and take a few moments in stillness before they continue with their day.*

*~ Lisa Williams Edgar ~*