

A.N.S.
RETRAINING
SCRIPT #1:
Mind to body

Version 1.2

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For
CRPS: ART & SPIRIT



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Prepare for half an hour of uninterrupted time. Put water or rehydration fluid in reach, adjust the temperature where you are, set up your pillows, fans or hot water bottles so you can be as comfortable as you can, and head off interruptions and distractions as much as possible.

With that done, settle down and relax.

Sit or lie down with your head, legs and arms supported comfortably, in comfortable clothes, at the most comfortable temperature available. :)

Now... welcome to this peaceful time. There's nothing else you need to do for the next half hour or so, so you can let go now.

First, just let your breath come and go naturally. Gently notice it. Gently become aware of the movement of your chest or abdomen or both, and let it be the way it is. Just observe your breathing right now, and in each passing moment.

If thoughts or memories come into your mind, let them know that you see them but now is not the time. Let them drift out, as easily as they

drifted in. They can wait for
40 you, if or when they're
needed, so you can send them
away for now.

As you become gently aware of
your breathing, it may become
45 gentler and slower. Let your
torso relax and open up
naturally, gently filling
with air, and then letting it
out again.

50 As the breath comes in, let
it soften your whole torso on
its way in, and let it relax
your whole torso on its way
out.

55 If your eyes are still open,
feel free to let them close
whenever it feels
comfortable.

Now gently draw the air into
60 your core, right down into
the middle of your body,
letting it open up
comfortably.

Let it float out again
65 easily, then let it pause if
it wants to.

Gradually, bit by bit, with
each breath, draw a little
bit more air through your
70 core. Imagine it flowing
gently from your neck all the
way down to the bowl of your
pelvis.

75 Let it float out again
easily, then let it pause if
it wants to.

80 Let the pace of breathing
come naturally, not too slow
and not too fast, just gentle
and easy.

85 You may feel the air fill
into your lower back, too. So
much the better. Draw it down
along your spine, relaxing
and nourishing your spine as
it gently comes and gently
goes.

90 Let your midsection expand
comfortably, filling with
lovely new air, and gently
releasing the old air in a
soothing exhale.

95 Feel the gentle release when
you exhale. Let your body
release into it.

100 As you breathe in, fresh air
and fresh life are drawn into
you, with each breath
bringing in a little more; as
you breathe out, tension and
toxins are gently washed out,
with each exhale releasing a
little more.

105 In the natural pause between
breaths, simply enjoy that
sense of calm and peace in
that moment of rest.

110 Draw that lovely air in and
imagine it flowing down along
your spine, gently nourishing
and filling you from the
bottom tip of your spine to
115 the top, and gently let it
out from the top of your
spine and out your mouth,
releasing gradually all the
way down to your tailbone, at
120 the pace most comfortable for
you.

Deep and gentle breaths,
filling your body and gently
opening and releasing and
125 nourishing all your moving
parts... Then softly relaxing
as the air wafts out... And
then savoring the little
pause.

130 Keep breathing gently,
deeply, and naturally as
these descriptions unfold.
Let the images float through
you comfortably, using what
135 works for you and calmly
leaving the rest. It's all
good, and it'll all work out.

Draw the air in along your
backbone deeply and gently,
140 filling into the bowl of your
pelvis and tailbone. Let your
back ribs relax as you
breathe up the middle.
Comfortably open your ribcage
145 as you breathe up your back.
Feel the gentle pleasant
touch of the air in your
throat, neck and face.

150 Then release it gently from
where your neck and head
join, relaxing that area.
Release it gently from your
back and chest, letting your
ribcage relax naturally.
155 Release it from your back
ribs and abdomen, relaxing as
it goes. Release it from the
very bottom of your spine,
from the bowl of your pelvis,
160 relaxing and calming the base
of your body.

Enjoy the calm pause.

Each time you breathe in,
draw the breath in along your
165 spine down to your tailbone,
through your lower back,
through your midsection, up
to your head, and release it
from your head, down through
170 your back and ribcage,
through your lower back and
abdomen, and finally release
from your base.

You may find your body
175 adjusting as it relaxes and
releases. That is just fine.
If you need to wiggle, this
is a good time. Keep the
breathing easy. No straining
180 or stretching...

Each breath comfortably
deep... so there's plenty of
time to fill in the corners
with each succeeding
185 breath... at the pace most
comfortable for you.

Let the air out one more
time, drawing away and
releasing any remaining
190 stuck-ness, so your whole
spine and your whole body
feel ever so sweetly relaxed
and calm.

On your next breath, fill
195 yourself comfortably from the
very bottom all the way up to
the comfortable top... And as
you exhale, let that
releasing air relax your
200 neck, your throat, your
tongue, your lips, and feel
the relaxing release spread
out over your whole face.
Enjoy the sweet, radiating
205 calm of the pause that
follows.

Continue breathing gently,
slowly, and completely,
inhaling air and healing
210 strength from the bottom all
the way up, exhaling and
releasing anything that
doesn't belong, from the top
down, and then taking a
215 little rest, at the rate most
comfortable for you, in each
moment.

As your breathing flows, so
richly and easily and
220 sweetly, say to yourself,
My arms are heavy and warm.
My arms are heavy and warm.
My arms are heavy and warm.
My arms are heavy and warm.

225 Inhale as if your breath
brought in the loveliest
soothing healing.

As you breathe deeply and say
to yourself, "My arms are
230 heavy and warm," notice how
the feeling of heaviness
increases with each breath.
Relax into that weight.

Feel the surface beneath you
235 holding you securely, as your
arms seem to get heavier and
heavier. This heaviness
drains all activity out, and
lets good healing flow
240 through.

Let your breath fill you from
your base all the way up to
your head... and then release
cleanly from your head all
245 the way down to your base...
And as the air washes deeply
in and gently out, say to
yourself,
My arms are heavy and warm.
250 My arms are heavy and warm.
My arms are heavy and warm.
My arms are heavy and warm.

Let your arms lie there,
still and calm, as your
255 tissues and the very cells
within them relax and
release, letting the healing
flow through them all the
way. Let the gentle, healing,
260 soothing warmth bloom in your
arms, as they grow heavier.

This is the healing time,
when your tissues are
completely slack, too heavy
265 to move, and the circulation
can open up gracefully and
flow freely all through them.

As the tissues and cells in
your arms relax, they open up
270 to your body's natural
circulation. This allows the
nourishing lymph and blood to
flow freely in, to feed and
cleanse your tissues and
275 cells, and flow easily out,
to wash away everything that
doesn't belong there and
replace and replenish what
does.

This is the healing time, as
you draw fresh clean life in
throughout your body and let
it flood through your arms,
and release everything that
285 doesn't belong, as you
breathe out.

Then enjoy the increasingly
sweet moment of calm.

Let your breath start again
290 as your body springs open
naturally to start the next
inhale.

Now as you breathe as
beautifully and easily as
295 this moment allows, say to
yourself,
My legs are heavy and warm.
My legs are heavy and warm.

My legs are heavy and warm.
300 My legs are heavy and warm.

Inhale as if your breath
brought in the loveliest
soothing, healing warmth.
It's a gentle, blooming,
305 healing feeling.

As you breathe deeply and say
to yourself, "My legs are
heavy and warm," notice how
the feeling of heaviness
310 increases with each breath.
Relax into that weight.

Let your breath fill gently
from your abdomen, lower
chest, and upper chest, then
315 release cleanly from your
upper chest, lower chest,
then abdomen, while you say
to yourself,
My legs are heavy and warm.
320 My legs are heavy and warm.
My legs are heavy and warm.
My legs are heavy and warm.

Let your legs lie there still
and calm, as your tissues and
325 the very cells within them
relax and release.

This is the healing time,
when your muscles are
completely slack, too heavy
330 to move, and the circulation
can flow right through them.

As the tissues and cells in
your legs relax, they open up
to your body's natural
335 circulation. This allows the

nourishing lymph and blood to
flow freely in, to feed and
cleanse your tissues and
cells, and flow easily out,
340 to wash away everything that
doesn't belong there and
replace and replenish what
does.

This is the healing time, as
345 you draw fresh clean life in
throughout your body and let
it flood through your legs,
and release everything that
doesn't belong, as you
350 breathe out.

Then enjoy the increasingly
sweet moment of calm.

Let each breath start as your
abdomen springs up naturally
355 to start the next inhale.

Take one more deep breath,
from the bottom all the way
up to the top, and then
release it, from the top all
360 the way down to the bottom.
And rest.

Now, relax one more layer and
let your healing self breathe
naturally.

365 Let your body spring open
naturally when it's time to
breathe in, and let the
breath come and go easily,
flowing through you as
370 easily... as if the healing
air were breathing you.

Feel the air flow into your
body and naturally lift your
torso open... then feel the
375 air wash out easily and
freely... then feel the
restful pause.

As you are breathed by the
healing air, observe how calm
380 you feel in your core.

Say to yourself, *[slower]*
My hips and lower back are
warm and relaxed.
My hips and lower back are
385 warm and relaxed.
My hips and lower back are
warm and relaxed.

The air draws peace and
healing in, and releases
390 everything that needs to go.

Your body flows as naturally
as a gentle river.

Feel your hips and lower back
unwind and melt warmly into
395 the surface beneath you, as
you repeat to yourself,
My hips and lower back are
warm and relaxed.
My hips and lower back are
400 warm and relaxed.
My hips and lower back are
warm and relaxed.

As your hips and lower back
grow relaxed and healingly
405 warm, let the feeling flow
naturally into your middle
and upper back.

Say to yourself,
My back and shoulder blades
410 are warm and relaxed.
My back and shoulder blades
are warm and relaxed.
My back and shoulder blades
are warm and relaxed.

415 Let the sense of deep peace
and healing flow through your
whole back.

Say to yourself,
My whole back is warm and
420 relaxed.
My whole back is warm and
relaxed.
My whole back is warm and
relaxed.

425 Let the sense of deep peace
and healing flow through your
whole back. Let it keep
flowing, easing into your
ribs and over your chest.

430 Notice the silky feeling of
the air flowing into your
lungs and flowing easily back
out again, a soft, lovely
feeling.

435 Say to yourself,
My whole torso is warm, calm
and relaxed.
My whole torso is warm, calm
and relaxed.

440 My whole torso is warm, calm
and relaxed.

Enjoy the silky feeling of
the air flowing into your

445 lungs and flowing easily back
out again.

Let the surface underneath
support you as your body
melts upon it.

450 Let the calm and warmth flow
into your shoulders, neck and
face.

Say to yourself,
My shoulders, neck and face
are warm, soft and relaxed.
455 My shoulders, neck and face
are warm, soft and relaxed.
My shoulders, neck and face
are warm, soft and relaxed.

460 Peaceful warmth, healing and
calm flow into them as you
say to yourself,
My shoulders, neck and face
are warm, soft and relaxed.
My shoulders, neck and face
465 are warm, soft and relaxed.
My shoulders, neck and face
are warm, soft and relaxed.

470 Enjoy the silky feeling of
the air flowing into your
lungs and flowing easily back
out again, a soft, lovely
feeling.

475 Imagine that you can sense
the shape of your brain
inside your head. Imagine a
wave of pleasant coolness
washing over the whole
surface, bathing all the
folds, soothing and
480 comforting your brain. Say to

yourself,
My brain is clear, calm and
pleasantly cool.
My brain is clear, calm and
485 pleasantly cool.
My brain is clear, calm and
pleasantly cool.

Absorb the tranquility and
internal peace that comes as
490 the healing washes over you,
and you say to yourself,
My brain is clear, calm and
pleasantly cool.
My brain is clear, calm and
495 pleasantly cool.
My brain is clear, calm and
pleasantly cool.

Enjoy the silky feeling of
the air flowing into your
500 lungs and flowing easily back
out again. Let your awareness
drift down with your incoming
breath, gently into your
abdomen. Feel the healing and
505 relaxation of your body
spread into your abdomen.

Say to yourself,
My whole abdomen is warm,
calm and peaceful.
510 My whole abdomen is warm,
calm and peaceful.
My whole abdomen is warm,
calm and peaceful.

Feel the floating warmth and
515 tranquility spread throughout
your abdomen and all its
organs.

520 This is the healing time, as
you draw fresh clean life in
throughout your body and let
it flow through your abdomen,
and release everything that
doesn't belong when you
breathe out.

525 Savor the growing comfort as
you say to yourself,
My whole abdomen is warm,
calm and peaceful.

530 My whole abdomen is warm,
calm and peaceful.
My whole abdomen is warm,
calm and peaceful.

535 Your whole body is at peace,
as much as this very lovely
moment allows. Let your
awareness drift into neutral
space and just let yourself
breathe. Let the healing take
place naturally as your whole
540 body nourishes and cleans
itself, as the air flows
naturally in and out, and
your body's natural flow
permeates everywhere.

545 Rest and absorb this pause,
this peace, and let your body
float in the moment and soak
up the calm. Just breathe,
and rest, and absorb the
550 moment.

As you let the breathing
happen, simply be with this
tranquility and relaxation.
Let the nourishment and
555 healing flow through you
while you rest here in this

peaceful state. Let the good
air naturally breathe gently
in and easily out, then pause
560 comfortably, and then gently
in and easily out, in its own
good rhythm.

As you rest in this healing
state, letting everything
565 flow easily through every
part of your body, let it
sink in. Let the strength,
healing, and peace come in
and be absorbed, and let any
570 negatives wash out to be
released - and composted by
the universe.

While you're still here in
this state, remember that you
575 can take some of it with you
when you come up. This
healing is yours, now, and a
functional measure of this
peace can stay with you.

580 When you come back into
normal life, your tissues can
remain more gently open...
Your blood and lymph can flow
more easily and
585 appropriately... Your head
can be cooler and clearer...
Your core can remain calmer
yet more capable.

Invite this poise to stay
590 with you, as much as it makes
sense. Make room for that in
your awareness, as you begin
to prepare to return to the
outer world.

595 Say to your body and your
breath, as you continue to
float and let the breathing
flow,
Thank you for this healing
600 time.
Thank you for this healing
time.
Thank you for this healing
time.

605 Let the air breathe gently as
you notice this warm
gratitude.

Tell yourself again,
Thank you for this healing
610 time.
Thank you for this healing
time.
Thank you for this healing
time.

615 Enjoy the silky feeling of
the air flowing into and out
of you. Notice the movement
of lovely air into and out of
you.

620 As you do, gently begin to
notice the sounds around you,
but you don't have to think
about them yet.

When you're ready to start
625 coming up, take notice of
your arms. Think about
wiggling your fingers. If you
can, go ahead and wiggle your
fingers slightly, just enough
630 to feel that they're there.

Then notice your hands. Move them if that's comfortable, opening and closing them a little. Feel where they are in space, but without real effort. Trace them with your mind.

Then, take notice of your legs. They're down there somewhere. Mentally trace their outline in space, all the way down to your toes.

Think about wiggling your toes. If you can, go ahead and wiggle your toes. As you become certain where your feet are, go ahead and move them gently, as long as it's comfortable.

Mentally trace your shoulders, tracking where they start and where they move to, then how they move back. If it's reasonable, move your shoulders gently. Now you can more clearly feel where your upper body is.

Keep breathing gently and naturally. Let yourself absorb and integrate the healing, while you carefully and gently bring yourself back.

When you're ready, shift your hips slightly, in your mind or in your body, in any direction that's comfortable. This activates your spine, so

670 you can feel the connection
between your upper body and
lower body.

Give your torso a wiggle if
you can, to help secure that
sense of connection.

675 Take a moment to recall the
sense of deep peace and calm.
The healing that happened
here is now yours. It belongs
to you.

680 Moreover, you can bring the
appropriate amount of the
calm and peaceful state with
you.

685 Call it all into you, letting
your tissues stay warm and
flowing, letting your mind be
cool and calm, letting your
core be relaxed and poised,
690 letting your back and arms
and legs be stronger and more
comfortable, as much as they
can right now.

If you haven't already done
so, open your eyes and take a
695 deep breath. Feel free to
stretch, and to mentally pull
yourself back inside your
skin.

Take the time to stretch as
700 fully as it makes sense to.
You might gently pat or
stroke the comfortable areas
of your surface to re-orient
yourself to being in your
705 body.

Reach for your water or rehydration fluid and start sipping. Feel it go into you and imagine it moving into
710 your blood stream, lymph, and cerebrospinal fluid, clearing your head, stabilizing your system, and making you that much stronger.

715 // FOR WAKING:

As you work on your drink, think about what you want to take from this relaxation time into the rest of your
720 day: a feeling, clarity, peacefulness, a better heart rate, an insight, whatever you consider would be best for you.

725 When that's clear in your mind, take a look around at where you are. Notice something you like about the space you're in.

730 If needed, stretch some more, run your fingers through your hair, or pat yourself, until you no longer feel spacy.

When you're ready to use your
735 brain, think about what you'd like to do next, if anything.

Then, think about something you're looking forward to, however large or small.

740 When you're ready, get up at whatever pace is safest and most comfortable...

...and then enjoy the rest of
your day.

745 // END WAKING

// FOR SLEEPING:

As you work on your drink,
think about what you want to
750 take from the day or from
this relaxation time into
your sleeping time, whether
it's a feeling, like clarity,
peacefulness, or comfort; or
755 a thought, insight, question,
whatever you consider would
be best for you.

When that's clear in your
mind, take a look around at
760 where you are, and notice
something you like about the
space you're in: a scent,
color, soft pillows,
something pleasant and
765 present.

Go ahead and complete your
evening routine.

Then, when you're ready, go
to bed and enjoy a restful
770 night.

// END SLEEPING