

# Affirmations Relaxation

Original music & script composed by Natasha Thomas, PhD, MT-BC

IUPUI Music Therapy Faculty

This relaxation experience is designed as a series of affirmations for the listener, to explore your personal sense of safety: what it means to you, and how you can create it in a portable way to ward against feelings of anxiety and uncertainty. You may find it a valuable companion to follow the Harp Relaxation we've also made available. This is a slightly longer experience, timing out at about 7 minutes.

Find a comfortable place to begin the relaxation, a transcript of which is included below. [You can find the audio for this relaxation here.](#) After listening, you may wish to take a few extra moments to breathe and/or utilize some art supplies to draw/color any images you felt led to or comforted by during this experience.

## Audio Transcript:

[00:00:00] **Natasha:** Welcome to this artfully affirmed space.

This time set aside by you. For you. This gift to yourself is necessary and vital. You are creating space for nourishment and rejuvenation.

Breathe [00:01:00] into this space.

In this space, you are free to breathe deeply, to feel fully without judgment. This space, this gift to yourself. Enjoy the sensation of breath and space in this moment.

Thoughts float past you without entanglement. You can observe them as they pass, then let them go. As you release [00:02:00] yourself into the safety of this time and space, this gift to yourself, allow yourself to feel fully enveloped in comfort, safety, and release.

Ask yourself. What is the nature of safety to me? As you experience it here, give meaning to it.

What form does your sense of safety take? Is it a memory or something more tangible? Does it have a [00:03:00] look, color? How does it feel? Does your sense of safety have weight or texture?

Name these elements, call them yours.

How might your sense of safety travel? [00:04:00] Does it need time to guild itself, or no time at all?

How does it feel to travel with this assurance of safety, of preservable worth and wealth? Take these feelings in deeply. Soak into every point. This is the true gift of this space that you have created, this portability of secure assurances that you are worthy and capable of finding and holding, perpetually.

[00:05:00] That sense of safety within you and beyond you is always with you. Allow yourself to accept this gift fully and freely, to experience weightlessness of the fullness of it. Enjoy this gift to yourself.

[00:06:00] Take your time to return.

Sensing this space within you still present, but allowing room for more conscious awareness to guide you back to the tasks at hand, but always knowing this space is here and present and available to you, at any time. [00:07:00] This gift. To yourself.