

## Afterhour Animals

Norma Jean

Relax, you are loved  
Breathe in and breath out  
You are warm, loved, and comfortable  
Focus on your breathing, breathe deeply and evenly  
Lay back, close your eyes  
Relax and listen, to my voice  
You will sink deeper and deeper into total calm, comfortable, s  
ilence  
Inside you will feel clean, clear, perfect, and still.