

## Regression

Dream Theater

Close your eyes and begin to relax.  
Take a deep breath, and let it out slowly.  
Concentrate on your breathing.  
With each breath you become more relaxed.  
Imagine a brilliant white light above you,  
Focusing on this light as it flows through your body.  
Allow yourself to drift off, as you fall deeper and deeper  
into a more relaxed state of mind.  
Now as I count back from ten to one, you will feel more peaceful,  
and calm.  
Ten. Nine. Eight. Seven. Six.  
You will enter a safe place where nothing can harm you.  
Five. Four. Three. Two.  
If at any time you need to come back, all you need to do is open  
your eyes.  
One.

Safe in the light that surrounds me  
Free of the fear and the pain  
My subconscious mind  
Starts spinning through time  
To rejoin the past once again

Nothing seems real  
I'm starting to feel  
Lost in the haze of a dream

As I draw near  
The scene becomes clear  
Like watching my life on a screen

Hello Victoria so glad to see you,  
My friend.