

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.