Close your eyes, take a deep breath in and let it out slowly. Now concentrate on your breathing for a few moments. Feel the gentle rise and fall of your breath on the inhale and the exhale. Now bring your attention to your left hand and arm, see if you notice any tension there and let it relax away. And now shift your attention to your right hand and arm, just notice any tension there and let it ease away. Now bring your attention to your left leg and left foot and relax away any tension in your left leg and foot. Now move your attention to your right leg and foot and ease away any tension in your right leg and foot. Let your attention move to your shoulders and back and let any tension drain from your shoulders and back. Relax away any tension in your neck and in the muscles in your face and around your eyes. Let your whole body feel as relaxed and at ease as possible. Now open your eyes. Please focus on the cross, clear your mind, and try not to think of anything in particular for the next few minutes.