



The child giggled and said, “Just close your eyes and take a deep breath. I will show you how to slow down, relax, and even see things more clearly.”

With a steady, soothing voice, the child spoke these words.

“You are going to relax your feet. You will relax your feet.

Your feet are relaxing. Your feet are relaxed.”

Surprisingly enough, all of the caterpillar’s feet relaxed.