

Lowering Blood Pressure Before Electroconvulsive Therapy

As you close your eyes, you begin to notice the feeling of stillness, a calm that comes naturally when you focus inward. Your mind, like a vast, open ocean, begins to settle. The waves that once crashed fiercely against the shore are now softening. Each gentle wave that laps against the sand is like a whisper, reminding you of the ease that comes when the storm subsides.

You can imagine this ocean stretching out endlessly in all directions. Far beyond the horizon, where the sky meets the sea, there's nothing but quiet, expansive space. This is your space, a place where you can allow all tension, all anticipation, to dissolve into the deep waters. Just as a pebble dropped into the ocean is quickly absorbed by the vastness of the water, so too can the ripples of your thoughts and concerns fade away into the calm.

The body, much like this ocean, has its own natural rhythms. A rhythm that, when trusted, brings everything into balance. You don't need to guide it; it knows how to maintain harmony on its own. The heart beats in perfect time, just as the waves move with the pull of the moon. Steady, reliable, peaceful. And the blood, just like the currents of the sea, flows smoothly, effortlessly, through every channel and pathway, finding its way, as it always does, to where it needs to be. You can sense that gentle flow, a peaceful current moving with ease, not rushing, not pushing, just flowing in harmony with the rhythms of your being.

As you relax further into this feeling, you may notice how your body has its own way of adapting. Just like the ocean adjusts to the wind and weather, your body adjusts to its own needs. When it feels safe, when it feels secure, everything slows down naturally. The heart beats softer, the muscles release, and the blood flows with the ease of a river gently winding through a quiet valley. There's no need for effort here; the body knows what to do. It's always known. And now, as you let go of any unnecessary tension, you allow that natural flow to guide you, gently lowering any pressure, allowing every part of you to rest in this moment of peace.

The body is like a well-tuned instrument, designed for perfect balance. Just as the strings of an instrument, when tightened just right, produce a harmonious sound, so too does the body, when in balance, produce a sense of calm and ease. You don't have to think about it, just as a musician doesn't need to think about each note once

the instrument is tuned. It plays beautifully on its own, the melody flowing effortlessly. Your body, right now, is finding that harmony, attuning itself to a perfect, natural rhythm where everything moves in balance and peace.

As you continue to drift in this peaceful state, you might notice how your thoughts can gently float, like clouds passing over the surface of the water. Some may come, some may go, but none of them need to linger. They simply drift by, leaving the sky clear and open. And in this open space, you can feel the ease of being right here, right now, with nothing else to do but allow yourself to relax even further. The body, much like the sky, is always there, steady and dependable, no matter how many clouds come and go. Beneath it all, there's always calm.

With each breath, you allow the calm to deepen. Breathing in a sense of ease, and as you breathe out, releasing any remaining tension or tightness that might have been there. Your breath is like the gentle rise and fall of the waves, smooth and natural, never forced, just happening as it always does. And with each breath, the body adjusts, relaxes, and finds its perfect flow.

You may begin to feel how easy it is to let go of any remaining concerns. There's nothing you need to hold on to. Just as the ocean releases every wave to the shore, you too can release anything that no longer serves you. Any thoughts, any tension, any expectation that might have been lingering can simply dissolve, returning to the calm, steady rhythm of your body and mind working together in perfect harmony.

And now, as you continue to relax, you can trust that your body knows exactly what it needs. There's no need for conscious thought, no need for control. Your unconscious mind, just like the deep waters of the ocean, is vast and wise, always guiding your body to what is best for you. It knows how to lower pressure, how to restore balance, and how to create calm in every moment. All you have to do is allow it to happen, just as naturally as the tide rises and falls.

Notice how, with each passing moment, a sense of calm spreads through your entire body, from the top of your head to the tips of your toes. Like the warm sun spreading over the surface of the water, this calm reaches every part of you, easing every muscle, softening every thought, and bringing with it a profound sense of well-being. This calm is yours. It's always been there, waiting beneath the surface, ready to be accessed whenever you need it.

You can trust in this process. Just as the ocean trusts the pull of the moon to guide its tides, your body trusts the natural flow of energy, blood, and breath to find its perfect balance. With each moment that passes, you continue to let go, allowing the rhythm of calm to take over, allowing every system within you to flow in harmony, lowering any pressure, and bringing everything into alignment.

This is your time. Your space. A place where peace is easy, where calm is natural, and where balance comes effortlessly. You can rest here for as long as you need, knowing that every breath, every beat of your heart, brings you deeper into this state of ease, deeper into a state of perfect balance where everything just works as it should.

And as you rest here, in this place of deep calm, you know that whenever you need to, you can return to this feeling, to this sense of peace, as easily as stepping back into the ocean's embrace. Because this calm, this balance, is always within you, just waiting to be accessed whenever you choose.

For now, you can simply enjoy the sensation of everything working in perfect harmony, your mind and body in sync, flowing together like the gentle waves of the sea, steady, calm, and at peace.