



Racing Nighttime

Welcome to Rosy Window Productions Mr. Jalocker. Racing is Guided Meditation to assist with ending bed wetting.

Guided imagery is designed to relax your body and quiet your mind, for safety, please do not play the following if anyone who may be listening is driving or engaged in an activity that requires their full attention.

Take a moment now to get comfortable, notice the soft rhythm of your breath as you let your whole body relax, you can close your eyes if you'd like.

As we begin you may wonder to yourself how racing could have anything to do with Mr. Jalocker not being able to stay awake. How he missed out on all sorts of appointments and activities until he got some help. You might even let your mind wander, as you relax, to the fastest car that you have ever seen. Or the car that you really thought looked great. Do you remember what colour it was? Did it have a really cool paint job? Do you remember how the engine sounded? Did it purr along, or did it seem to roar as it took off from the starting line?

I wonder if you can imagine how smooth they feel as they are racing down the track. Can you just imagine? Perhaps it is like floating, or flying.

That race car is a perfect machine, it is tuned and set up just right to receive all of the signals the driver will give it. Right from the time pit crew puts the best fuel ever into the tank. As the fuel goes into the tank the gauge on the dash gets the signal, and lets the driver know that the tank is full and he can take a nice deep breath and relax in the driver's seat, settling in, relaxing and ready to race. The pit crew mechanics have set the valves, checked the transmission, and the brakes, they have made sure the tires are in good shape. The pit crew is the same as Mr. Jalocker's turtle and his cat, they make sure that the car notices all of the signals that the driver is going to give to make it safely and quickly around the track.

As the driver turns the key a signal goes all the way from the ignition to the starter, and the engine roars to life. Now you may think that that is pretty exciting and maybe even a bit scary, but the driver is trained and ready and everything just becomes so automatic. When the driver was learning to race, there was someone giving reminders to listen to the revs of the engine, the signal to shift gears. Just like Jalocker's friends reminding him of when to stay awake. And when the driver was learning the track, the feel of the steering, and the movement of the car were signals to give it more throttle or to let up. Pushing the gas pedal gives the signal that the engine needs more gas to go faster.



Can you imagine being practiced and ready to race, you can just imagine moving up to the starting line. When the cars move up on the track that is the signal to the crowd in the stands that the race is about to begin. Everyone is in their place and the lights on the tree begin to light up, first the yellow lights at the bottom, one at a time, up, up, up, through the whole line until the top green light flashes on and signals the drivers that they can take off.

With a roar the cars take off down the track. Watch the tachometer as it changes, and listen to the signal from the engine, and it is time to change gears. As you move the gear shift the transmission picks up that signal, and moves into a higher gear, you can go faster. You watch carefully the cars around you as you adjust the steering wheel to navigate around cars and corners, the front wheels pick up the signal to turn and you easily can pass all of the other cars on the track. You feel, and hear, and move with the car sending signals, noticing signals, until you round the last corner and there is a person standing, waving the checkered flag. You sure notice that signal, and you have won the race.

All around us there are signals that you notice. When you are riding in the car or on the bus, the driver is paying attention to the traffic signals, signals from other vehicles that might be stopping or turning. You might have an alarm clock or a watch, and you just know that if that clock tells you it is time for supper, you notice that time, the alarm to wake in the morning, or someone calling you to get up. All of these wonderful signals that we have put in place so we don't miss things.

Just like that race car your body is a perfect machine, and just like all of the other signals being sent to remind you of things, your body and you mind work perfectly to send and receive those important signals. You know that you can notice those signals all day, and you certainly can notice them when you are sleeping as well. Some of those signals that you notice when you are sound asleep, you don't even have to wake up for. If your body is getting too warm you may push the blankets off, and you don't even need to open your eyes, that is something you can do in your sleep. If you are too cold in the night your body gives you that signal, and you can pull the blankets up without even opening your eyes. If your leg is itchy when you are asleep, did you know that you scratch it without even waking up?

Now you know about all of the signals that you notice all day long without even thinking about them. All of these signals are so wonderful and perfect, just like you are. And you know now that you also have signals in the night that you will need to wake up for. When you go to bed you just know that if you have to go to the bathroom in the night it is easy to notice, just like you would during the day, and you can wake up easily and go to the bathroom. That signal in the day is noticeable and now that you know that that signal is just as noticeable when you are asleep, you just wake up when you need to go to the bathroom. Once you go you can go back to bed and back to sleep so easily. How wonderful it is to look forward to a good night's sleep. Warm and cozy in your bed and just knowing that when you wake in the morning your pajamas and your bed will be warm and dry.

How great it is that all you needed to do was remind your body that all of those signals are working just fine. You can be so proud of yourself that you have noticed noticing all of the signals around you. That you notice all of those wonderful signals, and that it is just perfect that you notice the bathroom signal just as much in the



night as you do in the day. You will notice that signal and wake up easily to go to the bathroom. You are so proud of yourself that you can respond easily and have wonderful dry night sleeps. Isn't it so fantastic that everything works the way it is supposed to. You know that you will have wonderful restful nights in a dry bed because your body is perfect and sends those wonderful signals at night and during the day. How easy it is to wake up and go to the bathroom when you need to.

Just imagine going to bed at night confident and sure that you will wake up when you need to go to the bathroom. And just imagine waking up in the morning and giving a nice big stretch in your warm, dry bed feeling as though you have had the best night's sleep ever.

With that thought you can let your body settle deeper and deeper into your bed, you can let all of your muscles relax as you drift off to a wonderful night's sleep. You can feel confident that any signal that you get that needs you to wake up, that you will wake easily. And when it is time to get up in the morning you will wake up in your warm, dry bed feeling refreshed and looking forward to a wonderful day.

