

# The Robot

Close your eyes, be very still and imagine that you are a robot.

Your whole body is made of metal. The lights on your arms and legs and stomach are flashing brightly. The robot also makes all sorts of beeping and bleeping noises. It is a very noisy robot.

Now you are going to see if you can switch the robot off and make every part of your body completely still. Start with your right leg - bring all your attention to your right leg and turn off the switch. Your right leg becomes totally still.

Do the same to your left leg, switching off the switch and watching the bright lights on that leg turn off.

Switch off the light on your stomach and make it very, very still inside.

Now do the same to your arms, turning off the lights and letting your arms become very still and heavy. Finally, turn off the switch in your head. Switch off your mouth, switch off your nose and eyes and finally switch off your eyes.

You should feel very still now. See how still you can make your robot body.

Don't forget that if you move anything, then the lights will go back on - so stay as still as you can.