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https://www.100test.com/kao_ti2020/645/2021_2022__E5_A4_9C_E6_99_9A_E5_8A_B1_E5_c96_645450.htm As you lie down in

your bed , close your eyes and relax. Take a deep breath and hold it for a count of 3 [1 , 2 , 3] , then slowly exhale 。 Your body is in a comfortable position and you eyes are closed 。 Take another deep breath , even deeper than before , and hold the air for a count of 5 [1 , 2 , 3 , 4 , 5] . Again , slowly let your breath out.

Notice how relaxed and loose your body feels .Now inhale again ,from the center of your body , and hold your breath for a count of 8 [1,2,3,4,5,6,7,8] .采集者退散 当你躺在床上，闭上眼睛，放松。深吸一口气等我数到3 [1 , 2 , 3] ， ， 然后慢慢呼出。

你的身体很舒服，你的双眼闭着。再深呼一口气，比以前一口更深，屏住呼吸等我数到5 [1 , 2 , 3 , 4 , 5] ， 然后慢慢呼出。注意你很放松，你的身体软软的。再深吸一口气，感觉从你身体的重心处，屏住呼吸等我数到8 [1 , 2 , 3 , 4 , 5] ,然后慢慢的呼出。 Picture yourself standing in an observation

elevator .Through the glasses you can see the doors to all the building and the children playing on the ground between the buildings and the elevator.www. E xamda.CoM考试就到百考试题 Slowly, you begin to sense the elevator is moving , it ' s going up . As it goes up, you begin to notice the windows and the people behind the windows 。 The buildings are tall , and it takes a little while to get to the top.

来源： www.100test.com Just as the elevator reaches over the buildings , a beautiful lake emerges in your sight, the water is clear

and peaceful , ducks are playing on the lake and ripples are spreading 。 来源 : www.examda.com Beyond the lake is a grass covered mountain slope with sheep easily enjoying their meals。 The elevator keeps going up , when it reaches over the top of the mountain , a beautiful harbor appears on the horizon 。 In the harbor sailboats are easily cruising on the blue and peaceful water 。 Around the harbor , large areas of trees and flowers and magnificent houses spread themselves regularly along the coast 。 You are struck by the beauty of the environment and harmony between nature and design 。 You begin to imagine yourself living in that harbor , having all the thing you ever desire , enjoying all the friendships you ever dream , and achieving all the accomplishment you ever aspire。 来源 : 考试大的美女编辑们 想象自己站在一个观光电梯里 , 透过玻璃 , 你可以看到附近建筑物的门以及在空地上玩耍的孩子。慢慢地你意识到电梯在向上移动。随着电梯渐渐上行 , 你开始注意到建筑物的窗子背后的人。建筑物很高 , 过了好大一会 , 电梯渐渐靠近顶点。就当电梯超过建筑物的一瞬间 , 一潭漂亮的湖水出现在你的视野里。湖水清澈而平静 , 湖面上有鸭子在嬉戏 , 涟漪从它们身边慢慢地向外散去。湖水的外面是一个山坡 , 山坡上郁郁葱葱 , 山羊在上面懒懒地一边吃草一边玩耍。电梯继续上升 , 就在掠过山顶的一瞬间 , 一座漂亮的海港赫然出现在地平线上。海港中 , 帆船在湛蓝的海面上漫不经心地飘来飘去。海港周围 , 大片的鲜花和绿地以及设计精美的房屋沿海岸线规则有序地排列着。你被这优美的环境以及人与自然之间如此完美的融合深深地打动了 , 你开始想象自己就住在这个海港里 , 拥有你一切

想得到的财物，享受你所梦想中的友谊，实现你所渴望中的成就。 You know all these beautiful things will be your to keep , to cherish and enjoy , because you have found a clear purpose for your life , you have developed a sound strategy , and you have taken all the actions necessary : You got up as promised everyday ; you listened to the recordings and practiced as planed .you thought often and critically ; you always wrote down your thoughts the inspirations ; you pushed yourself beyond your comfort zone when it comes to making new friends and seizing every learning opportunity。来源：考试大 你知道所有这一切都将会是你的，你可以尽情的享受和珍存。因为你现在有了明确的人生方向，制定出了完善的人生策略，采取一切必要的行动：你每天按计划起床；按计划听录音进行模仿；你经常思考问题，并随时将你的体会和灵感记录下来；你总是不断地激发自己、超越自己，让自己结交新的朋友，抓住每一个学习的机会。 Now , with 100% certainty you are moving in the right direction and at the right pace , you can be at ease going into sleep 。 Let your eyes relax , then you head , you neck , you shoulder , you chest , you waist , your thighs , you knees , your feet , your toes and your whole body 。 Go , slowly , go sleep ! Have a sweet dream ! 来源：考试大的美女编辑们现在，你可以完全肯定自己正在沿着正确的步调前进，你可以放心的进入梦乡了。尽量放松你的眼部，渐渐地，你的头部，你的颈部，你的肩部，你的胸部，你的腰部，你的大腿，你的膝关节，你的双脚，你的脚趾，你的全身.....慢慢地，慢慢地，慢慢地，睡吧！做一个美梦！ 100Test 下载频道开通，各类考试题目直接

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