

## **The Healing Power of Guided Imagery**

### **What is Guided Imagery?**

Guided Imagery is a tool to enhance your well being & allow for personal change. It activates your imagination and senses through the use of words and/or music. Imagery is a bridge between your mind and your body. Every change in your mind produces a change in your autonomic nervous system. It impacts your heart rate, blood pressure, respiratory rate, oxygen consumption, brain waves, body temperature, intestinal mobility, sexual arousal and hormonal balances. Guided Imagery directly influences your stress response.

You are guided through this process by another person or by an audio recording. Most people think when you use guided imagery that you will **SEE** an image. This is not the only way you access images. Each person has a unique way of accessing images and you will predominantly use one way or a combination of ways.

### **You can access images in 3 ways:**

#### Visual

You see an image in your mind.

#### Auditory

You hear an image.

#### Kinesthetic

You sense, taste, smell, feel or think an image.

### **If you would like to find out more about your way of accessing images, take a few minutes to complete the following exercise.**

Say one of the words from the column below. Close your eyes and experience the word. Open your eyes and put a check under Visual, Auditory, or Kinesthetic beside the appropriate word. Just mark the first thing that comes to your mind. If it is more than one category, check both or all. Then complete the rest of the words in the column until you have experienced all of the words.

Image	Visual	Auditory	Kinesthetic
Ocean			
Friend			
Snake			
Pizza			
Rock			
Music			
Popcorn			
Running			
Elevator			
Rain			
Lemon			
Sun			
<b>Total</b>			

Now count up the columns. Your highest number will be your predominant way of accessing images. And your lowest one you would use less often. You may have two or maybe even three that are fairly equal. What have you found? Is it what you anticipated? Have you verified what you already knew? Or have you learned something new in terms of how you image the information you receive?

### **What can Guided Imagery do for me?**

Research shows that when you regularly use guided imagery it can benefit your health, decrease the experience of pain, and speed surgical recovery. It helps with quitting smoking and losing weight. It can decrease stress and anxiety as well as increase immune functioning. It has also been shown to enhance athletic and/or public performance.

### **Ingredients for Successful Guided Imagery**

Guided Imagery is a skill that takes time and patience to learn. There is no right or wrong way to image. Use the way that works for you. Whatever your experience is yours. You are in control and can stop at any time. It helps when you are open to the experience as well as your feelings and just allow the images to happen. Choose a quiet and relaxing environment where you will be comfortable and free of interruptions. Personal benefits increase with practice so be persistent.

Guided Imagery CD's will be available at True Diva Parties for Stress, Losing Weight, Health Challenges and Preparing for Surgery.