

## Imagery

Imagery is a form of relaxed and focused concentration. It involves creating a mental picture of a place or event and involves the sounds, smells, noises, feelings and tastes a person would have if they were actually there. Imagery helps shift attention away from the present reality, allowing you to have control over where you would like to imagine yourself. Imagery helps to bring good feelings of the place or the event you are imagining closer to reality “as if you are really there”. Focussing on a chosen, favorite event or place for your imagery provides you with an opportunity to “move away” from your pain for a period of time. Imagery is a skill that takes time and practice to master.

Guided imagery is used by many *natural* or *alternative* medicine practitioners as well as some *physicians* and *psychologists* for aiding clients and patients to use mental imagery to help with anything from healing their bodies with to solving problems or reducing stress. The image suggestions given to a client often involves effective breathing and relaxing techniques at the start of the session, and then progresses further through the main course of the patient's problem by providing a direction toward the solution

Guided Imagery is not limited to physical problems or health issues and is commonly used for emotional healing or psychological issues. It can help resolve emotional wounds, low self-esteem issues, and even help support a person with career goals.

### Useful Links for Guided Imagery and Relaxation Techniques:

<http://www.buddhanet.net/audio-meditation.htm>

<http://www.freemindfulness.org/download>

[http://www.helpguide.org/mental/stress\\_relief\\_meditation\\_yoga\\_relaxation.htm#breathing](http://www.helpguide.org/mental/stress_relief_meditation_yoga_relaxation.htm#breathing)

<http://www.imagerynet.com/techniques.html>

<http://www.innerhealthstudio.com/guided-imagery-scripts.html>