



# **GUIDED IMAGERY**

## **Health Journeys**

### **Resources for Mind, Body and Spirit**

Guided imagery is a gentle but powerful technique that focuses and directs the imagination, uniting the logic of the mind with the wisdom of the heart; holistic health tools that offer experiences of mind-body healing and wellness practices.

Relax and listen to a Guided Imagery CD..... just close your eyes (or keep your lids at half-mast if you don't want to shut them completely) and let yourself experience the voice, music and images, artfully combined with research based science and state of the art psychology, producing a profoundly nourishing experience that optimizes physical and emotional health.

It can be just as simple as an athlete's 10-second reverie, just before leaping off the diving board, imagining how a perfect dive feels when slicing through the water. Or it can be as complex as imagining the busy, focused buzz of thousands of loyal immune cells, scooting out of the thymus gland on a search and destroy mission to wipe out unsuspecting cancer cells.

**Free Audio - Guided Imagery for Stress Relief & Relaxation,  
Compliments of Health Journeys**

**Go to their website: [www.info@healthjourneys.com](http://www.info@healthjourneys.com)**

**Phone contact: 1-800-800-8661**