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An Introduction to
Guided Imagery. The
first part of the podcast
explains guided
imagery, its uses and
tips on how best to
make use of it. The

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second part of the podcast offers a short imagery focused on relaxation.

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Guided imagery (or visualization) is a therapeutic technique that has been used for centuries. By creating images in the mind, a person can reduce pain and symptoms

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associated with his or her condition. Studies have shown that imagery can also help improve relaxation. Right click on the options below to download an audio file for your personal use.

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The suggestions below on how to use guided imagery audio are generally applicable to

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the use of any guided imagery audio programs, although, they are written specifically for use with Dr. Miller's CDs and MP3s for Deep Healing, Personal Growth, and Peak Performance.. Congratulations! You have already taken the most difficult step on the path to creating optimal health of mind and body—you ...

How to Use Guided

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This script will allow
you to visualize the
process of studying for
and writing an exam.

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Information regarding posture, how long and how often to meditate, and answers to other frequently asked questions can be found here.

**Audio - Quiet Lotus
Meditation**

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been proven to help
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with anxiety relief,
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addition, it can help
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There are a few different ways to practice using guided imagery, including taking a class where you are "guided" by an instructor, using audio recordings, creating your own recordings, or using your inner voice and imagination. There are multiple ways to practice guided imagery and

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the different ways of using it.

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Mindfulness,
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Imagery is a technique
used to induce
relaxation and
decrease stress and
anxiety. The recordings
below allow you to
visualize yourself in a
peaceful scene. As you
become absorbed in
the scene you will

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**Meditations and
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**Self Hypnosis,
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Audio relaxation exercise focused on teaching the three main methods of relaxation which include slow, relaxed breathing, muscle relaxation, and guided imagery. The imagery describes taking a walk through a meadow on a summer day and sitting next to a bubbling brook. Choose imagery based upon

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: This is a free

13-minute video that

walks you through

calming exercises.

Guided Imagery — Ann's Place

Guided imagery is a

type of focused

relaxation or

meditation. Focused

relaxation involves

concentrating on a

specific object, sound,

or experience in order

to calm your mind.

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Guided Imagery: How To and Benefits for Sleep, Anxiety, More

Browse our Guided Imagery Audio Library. Guided imagery is a gentle but powerful technique that focuses and directs the imagination. It can be just as simple as an athlete's 10-second reverie, just before leaping off the diving board, imagining how a

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slicing through the
water.

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