

## Guided Imagery Resources

**Some excellent short guided imagery scripts:**

<http://www.eupsychia.com/perspectives/imagery.html#aboutgi>

**BelleRuth Naparstek's Health Journeys (great resource for guided imagery audio cd's):**

[http://www.healthjourneys.com/product\\_catalog.asp](http://www.healthjourneys.com/product_catalog.asp)

**The Voice of Jeanie Marshall (more wonderful guided imagery cd's)-**

<http://jmvoice.com/index.html>

**Using Imagination as a Spiritual Practice:**

<http://www.spiritualityandpractice.com/practices/practices.php?id=14&g=5>

Look on the left side of the screen after you get to this page. There are many more options under the heading *More Resources About This Practice*. For example, you can see books, prayers, films, discussion questions, journal exercises and more involving imagination as a spiritual practice. Excellent resource!

**Helpful books on the process of Guided Imagery, most include some scripts to use:**

Click on each title to read a synopsis.

[Guided Imagery for Self-Healing](#), by Martin L. Rossman, M.D.

[The Joy of Visualization: 75 Creative Ways to Enhance Your Life](#), by Valerie Wells

[Visualization for Change: Using the Creative Power of Your Imagination](#) for Self-Improvement, Therapy, Healing and Pleasure, by Patrick Fanning

[Guided Imagery for Groups: Fifty Visualizations](#) that promote Relaxation, Problem-Solving, Creativity, and Well-Being, by Andrew E. Schwartz