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# Guided Imagery Scripts

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The Guided Meditation Handbook  
Peaceful Piggy Meditation  
The Healing Waterfall  
Guided Imagery  
Invisible Heroes  
Imagine Meditation Cards for Kids  
Yoga Nidra Scripts: 22 Meditations for Effortless Relaxation, Rejuvenation and Reconnection  
The Handbook of Behavior Change  
Dancing With Life  
Refuge Recovery  
Staying Well With Guided Imagery  
Practicing Mindfulness  
33 Guided Visualization Scripts to Create the Life of Your Dreams  
Mindfulness and Meditation in Trauma Treatment  
The Guided Meditation Handbook  
Mindfulness  
30 Scripts for Relaxation, Imagery & Inner Healing  
G.E.M. Counseling Treasures  
Yoga Nidra for Complete Relaxation and Stress Relief  
Guided Imagery  
Waking Up  
Guided Imagery for Healing Children  
A Guide for Writing and Recording Guided Imagery Meditations  
The Magic Ice Cream Palace  
Buddha's Book of Sleep  
Magical Inner Journeys  
Thirty Scripts for Relaxation, Imagery and Inner Healing  
Guided Imagery for Self-Healing  
Real Love  
Mindfulness in Positive Psychology  
Trauma-Sensitive Mindfulness: Practices for Safe and Transformative Healing  
Magical Inner Journeys  
Meditation for Relaxation  
Guided Meditation Scripts  
F\*ck That  
Guided Imagery for Groups  
Art Therapy for Groups  
The Guided Imagery Handbook  
Radical Acceptance  
Imaginations 2

*Guided  
Imagery  
Scripts*

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## **KIDD NELSON**

The Guided Meditation Handbook Whole Person Associates

Anne Marie weaves a gentle wondrous journey in these scripts. I love her imagery, and what a powerful set up for SoulCollage(R). I will use these again and again! - Jennifer Louden, Author, JenniferLouden.com  
Wonderfully imaginative! Anne Marie's Magical Inner Journeys invite deep experiences and unearth truly magical wisdom. - Jill Badonsky, author Step inside any one of these guided imagery scripts, and you will find yourself transported, through your imagination, to inner landscapes that have long been waiting your exploration. Use these on your own, or share with any group you lead that is open to spiritual and personal growth. Included are many resources and suggestions for personal use, suggestions for Facilitator use, as well as tips for how to guide a Magical Inner Journey effectively- before, during, and after the reading of the script. These Magical Inner Journeys were designed with

SoulCollagers in mind, however they can be adapted and used in many different settings and for a wide variety of purposes. Topics include: Inner Voices, Archetypes, Spirituality, Animal Companions, Inner Treasures, Be Here Now, and more.

**Peaceful Piggy Meditation** SAGE  
Bestselling guided imagery author Max Highstein offers 100 of his best scripts for counselors, healers, clergy, teachers, psychology students and others. Choose from 100 evocative guided inner journeys that soothe, inspire, and delight. Topics include: - Finding Peace and Calm- Healing and the Mind-Body Connection- Improving Sleep- Emotional Wellbeing and Happiness- Visualization for Success- Learning to Meditate- Higher Guidance and Insight- Connecting with Spiritual Figures- Kids and Family- 12-Step Programs *The Healing Waterfall* Simon and Schuster WINNER OF THE SAN DIEGO BOOK AWARD The second book in the Imaginations series, *Imaginations 2: Relaxation Stories and Guided Imagery for Kids* is an essential resource for

every parent and teacher who wants to help children learn to calm their bodies and relax their minds. The benefits of relaxation for kids include: \*Reduced stress \*Better concentration and focus \*Enhanced ability to learn \*Improved behavior and sleep \*Increased self-esteem Learning to relax is important for people of all ages, and children who can relax are more prepared to handle big changes in their lives. Relaxation stories and guided imagery can also help ease symptoms associated with ADD, ADHD, autism, depression, and sleep disorders. Wildly imaginative and beautiful illustrations accompany the whimsical stories of *Imaginations 2*, which teaches children a fun way to relax that makes their minds calm and their bodies feel good. Guided meditations include: Tight and Soft A Fall Day Wintertime Springtime Summertime Rainbow Flower Garden The Thunder Drum The End of the Rainbow Nighttime Animal Adventure Lavender Fields Rainbow Bubbles Butterflies Mandalas Sunset Dinosaur Friend In the Desert Making Chocolate More Loving Kindness

**Guided Imagery** Guilford Publications

Discover how the ancient art of meditation can improve your quality of life. Meditation techniques can relieve stress and help you find calm when you need it most. Through empowering daily exercises, *Meditation for Relaxation* will teach you to overcome negative thoughts, achieve a sense of peace, and sleep better. What sets *Meditation for Relaxation* apart from other self-help books: Meditation fundamentals—Enhance your meditation by understanding the foundation, history, and benefits of this age-old practice. Practical insights—Get the most out of meditation with important tips, such as: accept frustration, be patient if the exercises take time to take effect, and always remember the basic tenets of the practice. Focused exercises—Sessions in this book range from 5 to 25 minutes, giving you options to fit in time to relax and seek consciousness, even on your busiest days. Explore the life-changing power of quieting your mind through *Meditation for Relaxation*.

*Invisible Heroes* New

## Harbinger Publications

If you or someone you love has suffered a traumatic event, you know the devastating impact it can have on your life and your spirit. Life-threatening accidents, illnesses, assaults, abusive relationships—or a tragedy like 9/11—all can leave deep emotional wounds that persist long after physical scars have healed. Survivors become “invisible heroes,” courageously struggling to lead normal lives in spite of symptoms so baffling and disturbing that they sometimes doubt their own sanity. Now there is new hope for the millions affected by posttraumatic stress disorder (PTSD). Drawing on more than thirty years’ experience as a therapist and on the most recent cutting-edge research, Belleruth Naparstek presents a clinically proven program for recovery using the potent tool of guided imagery. She reveals how guided imagery goes straight to the right side of the brain, where it impacts the nonverbal wiring of the nervous system itself, the key to alleviating suffering. Filled with the voices of real trauma survivors and therapists

whose lives and work have been changed by this approach, *Invisible Heroes* offers: • New understanding of the physical, cognitive, emotional, and behavioral effects of PTSD, who is most susceptible, and why symptoms can get worse rather than better with time • Important insights into how the brain and body respond to trauma, why conventional talk therapy can actually impede recovery, and why the nonverbal, image-based right brain is crucial to healing • A step-by-step program with more than twenty scripts for guided-imagery exercises tailored to the three stages of recovery, from immediate relief of anxiety attacks, flashbacks, nightmares, and insomnia, to freedom from depression and isolation, to renewed engagement with life • A helpful guide to the best of the new imagery-based therapies, and how to incorporate them into an overall recovery plan. Belleruth Naparstek concludes with the inspiring words of survivors who have found their way back to peace, purpose, and a deep joy in living. Her compassionate, groundbreaking book can lead you and those in

your care to the same renewal and healing. [Imagine Meditation Cards for Kids](#) Harper Collins Their own naturally rich imaginations are one of the best resources for healing children or helping them through difficult times. [Guided Imagery for Healing Children and Teens](#) shows parents, caregivers, and wellness practitioners how to tap into this powerful source of healing to help children overcome the pain and discomfort of anything from a minor fever to cancer. This easy-to-use manual includes an explanation of mind-body medicine and imagery, real-life case studies from the author's experience, and many rich, scripted imageries for both the younger child and teenager. Equipped with these valuable tools, children can connect with their self-healing abilities, strengthen their self-esteem, and enjoy their own imaginations! *Yoga Nidra Scripts: 22 Meditations for Effortless Relaxation, Rejuvenation and Reconnection* H J Kramer Guided imagery can be the key to behavior change. Every trainer knows that teaching is more than simply dispensing information –

good teaching requires helping people to change. Guided imagery is an excellent tool for helping people focus on an issue, clarify their thinking, and tap into the power of their inner thoughts for meaningful and lasting change. *30 Scripts Vol. 1* contains 30 professionally tested, ready-to-use scripts in a variety of lengths. Relaxation and visualization can heal the body, mind, and spirit. Julie Lusk has gathered these exercises from physicians, psychologists, therapists, and educators – leaders in the field of guided imagery – who have developed and fine-tuned each script. People just beginning to use imagery and visualization will find here the help they need to get started – a wide variety of scripts on a broad range of themes, plus helpful information on how to use guided imagery. Experienced leaders will find new ideas that will expand their repertoire and renew their creativity. Both of these volumes [*30 Scripts Vol. 1 & 2*] contain a collection of superior guided imagery scripts, carefully chosen and sensitively organized; thoughtful instructions for the novice; clear editorial comments for the

experienced clinician; beautifully done. Belleruth Naparstek *Healthy Journeys*. [The Handbook of Behavior Change](#) Flatiron Books G.E.M. Counseling Treasures includes original guided imagery scripts and expressive art prompts. Guided imagery scripts can be a counseling tool to promote relaxation, empowerment, positive thinking, mindfulness, and the use of grounding techniques using the five senses. Expressive art prompts is another fun way to take your counseling journey to the next level. It allows the use of our right side of the brain, inspires creativity, and gives the opportunity for hands-on experiences with our clients. The guided imagery scripts and expressive art prompts included can be used with clients of all age groups. As a bonus, the author has included a Counselor's Crisis Kit informational flyer to help school counselors and other mental health professionals prepare for the after care of a school wide crisis. Enjoy! [Dancing With Life](#) Hay House, Inc "This complete therapist guide presents an evidence-based program

developed over two decades to support resilience and recovery in people who have experienced trauma. Grounded in cognitive-behavioral conceptualizations of trauma, Inner Resources for Stress (IR) weaves mindfulness, mantra repetition, and other meditative practices into nine group sessions. In a convenient large-size format, the book includes assessment guidelines, session agendas, scripts for meditation practices, and a reproducible session-by-session Participant Guide for clients, which purchasers can download and print from the companion website. The website also features audio tracks of the guided practices"--

Refuge Recovery  
Cambridge University Press

Using methods he has taught to thousands of patients and health-care professionals since 1972, Dr. Rossman teaches a step-by-step method of harnessing the power of the mind to further one's own physical healing. Versatile and easy-to-learn, mental imagery as explained by Dr. Rossman, can be used to:

Achieve deep physiological relaxation

Stimulate healing responses in the body

Create an inner dialogue and gain a better understanding of one's health

Improve health and general well-being. The idea of guided imagery as an aid to the healing process is a recognized key component in the health care equation of mind/body healing. Starting with a discussion of the nature of imagery and how it works, Dr. Rossman presents specific scripts that can be used directly. Scripts include: Exploring Your Imagery Abilities, Basic Relaxation Skills, Deepening Techniques, Your Healing Imagery, Meeting Your Inner Advisor, Symptoms are Symbols, Grounding Your Insight, Learning From Your Resistance, and Your Image of Wellness. A practical and helpful book not only for those facing specific health problems but for all who wish to use the imagination for a wide range of individual purposes unlimited to health situations.

Staying Well With Guided Imagery

Singing Dragon

Anne Marie weaves a gentle wondrous journey in these scripts. I love her imagery, and what a powerful set up for SoulCollage®. I will use

these again and again! — Jennifer Loudon, Author, JenniferLouden.com

Wonderfully imaginative! Anne Marie's Magical Inner Journeys invite deep experiences and unearth truly magical wisdom. — Jill Badonsky, author Step inside any one of these guided imagery scripts, and you will find yourself transported, through your imagination, to inner landscapes that have long been waiting your exploration. Use these with your own inner work, or share with any group you lead that is open to spiritual and personal growth. Guided imagery is a powerful tool for self-growth, activating our imagination and intuition to allow us to see ourselves in new ways, and to mine our inner worlds for treasure. Included are many resources and suggestions for personal use, suggestions for Facilitator use, as well as tips for how to guide a Magical Inner Journey effectively- before, during, and after the reading of the guided imagery script. Guided imagery topics include: Inner Voices, Archetypes, Spirituality, Animal Companions, Inner Treasures, Be Here Now, and more.

**Practicing Mindfulness**

Albert Whitman & Company  
Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, The Handbook of Behavior Change provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on

how to develop effective interventions to change behavior.

### **33 Guided Visualization Scripts to Create the Life of Your Dreams**

Rodale Books  
Spirituality. The search for happiness --Religion, East and West --Mindfulness --The truth of suffering --Enlightenment --The mystery of consciousness. The mind divided --Structure and function --Are our minds already split? --Conscious and unconscious processing in the brain --Consciousness is what matters --The riddle of the self. What are we calling "I"? --Consciousness without self --Lost in thought --The challenge of studying the self --Penetrating the illusion --Meditation. Gradual versus sudden realization --Dzogchen: taking the goal as the path --Having no head --The paradox of acceptance --Gurus, death, drugs, and other puzzles. Mind on the brink of death --The spiritual uses of pharmacology. Mindfulness and Meditation in Trauma Treatment Sourcebooks, Inc.  
THE SUBCONSCIOUS MIND SPEAKS THROUGH SYMBOLS LEARN WHAT IT IS TELLING YOU! Symbols are the language of the

subconscious mind. The Guided Imagery Handbook assists you to uncover the deeper meaning of symbols visualized within the 52 imageries. And because symbols bypass the conscious mind, they circumvent judgment and denial, making them a wonderful therapeutic tool. The corresponding questions asked after each imagery assist in understanding the personal meaning. A supplemental symbol dictionary is provided at the back of the book, which lists the universal qualities of symbols. Each imagery script, with prepared, corresponding questions, is designed to enlighten and empower individuals or groups within a one-hour period. The imageries focus on: Acceptance, Addiction, Childhood/Inner Child Issues, Clarity, Confidence, Faith/Spirituality, Forgiveness, Grief, Health, Inspiration, Mindfulness, Motivation, Relationships, and Release. The Guided Imagery Handbook is a rich source of therapeutic material for therapists, clergy, trainers and self-healers. The imagery scripts and questions asked not only bring insight and awareness

within a short span of time, they promote discussion and direction toward deeper exploration.

**The Guided Meditation Handbook** W. W. Norton & Company

Volume 2 of 30 Scripts for Relaxation, Imagery & Inner Healing offers a wide variety of guided meditations to help people relax deeply, lose weight, quit smoking, connect with nature, manage physical pain, and converse with their inner, personal guide. The scripts were developed by experts in the field of guided imagery. Editor, Julie Lusk, provides clear instructions for group leaders and therapists. Mindfulness CreateSpace Using the techniques of imagery, total body wellness can be achieved without prescriptive medicine. With this comprehensive, user-friendly primer, readers will learn just what guided sensory imagery is and how to create powerful images in the mind that direct the body to heal—both emotionally and physically.

30 Scripts for Relaxation, Imagery & Inner Healing Bantam

I would recommend reading this enjoyable book in which the authors

convey practical, creative and compassionate authenticity throughout. I think it will appeal to experienced counsellors, psychotherapists and arts therapists. It will also be a valuable resource to students' - Therapy Today  
 Hall et al bring many years of practice and academic experience to their material. The book is accessible in its style and makes extensive use of interesting case histories' - Eisteach (Journal for the Irish Association of Counselling and Psychotherapy)  
 fascinating scenarios.... a useful book to have - I have really enjoyed reading it' - International Arts Therapies Journal  
 (Online) Guided Imagery is a unique, practical guide to using imagery in one-to-one therapeutic work with clients. Through numerous examples drawn from their own experience, the authors show how the techniques involved can be integrated into everyday practice. The authors describe the different processes of using guided imagery and working from a script and show how drawing can be used to augment imagery work. In addition to planned strategies for using imagery, they also show

how images which arise spontaneously during sessions can be harnessed and used to enhance the therapeutic process. The practical strategies and techniques outlined in the book are examined in the context of a variety of theoretical frameworks (the person-centred approach, gestalt, existentialism and psychosynthesis) and research findings. Potential pitfalls and ethical considerations are also explored, making Guided Imagery a useful resource for practitioners and an ideal text for use on counselling and psychotherapy training courses.

**G.E.M. Counseling**

**Treasures** Routledge  
 The Coalition of Visionary Resources Children's Book of the Year Winner What can you do when you're mad, sad, or anxious? Find a quiet spot, sit, and breathe. When you meditate every day, your mind stays happy, and even bad days are a little easier. Sometimes life seems like it's all about hurrying—so many places to go! And sometimes it's hard when things don't go your way—it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They

meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their breath going in and out. They slow down and calm down. Now it's easier to deal with whatever comes their way, and they have time to notice all the magical things in life, too!

### **Yoga Nidra for Complete Relaxation and Stress Relief**

Bambino Yoga Bestselling guided imagery author Max Highstein shares indispensable tips and techniques for crafting guided meditations that inspire, uplift, and heal. For counselors, teachers, healers, yoga instructors, clergy—anyone who wants to bring excellence to their work. Brimming with clear instruction on everything from conception to publishing, this book also includes 12 complete guided meditation scripts with notes and analysis. Chapters include: Writing Your Script Inductions, Transitions, Main Body, Affirmations, & Endings Script Study 12 Script Examples With Extensive Notes &

Analysis Recording Your Program Hiring a Studio, or Setting Up Your Studio At Home Voicing Your Program Important Tips Doing A Professional Job Meditation Music & Background Sounds What To Look For, Where To Look Publishing Your Program Distribution Channels & Opportunities Conducting Live Guided Meditation Working With Groups & Individuals FREE DOWNLOAD INSIDE: A link to 1 Hour of Guided Meditation Background Music! A must-have resource for guided meditation leaders, and the perfect companion to Max Highstein's book, The Healing Waterfall, 100 Guided Imagery Scripts for Counselors, Healers, & Clergy.

Guided Imagery Bookbaby Mindfulness in Positive Psychology brings together the latest thinking in these two important disciplines. Positive psychology, the science of wellbeing and strengths, is the fastest growing branch of psychology, offering an optimal home for the research and application of mindfulness. As we contemplate mindfulness in the context of positive psychology, meaningful

insights are being revealed in relation to our mental and physical health. The book features chapters from leading figures from mindfulness and positive psychology, offering an exciting combination of topics. Mindfulness is explored in relation to flow, meaning, parenthood, performance, sports, obesity, depression, pregnancy, spirituality, happiness, mortality, and many other ground-breaking topics. This is an invitation to rethink about mindfulness in ways that truly expands our understanding of wellbeing. Mindfulness in Positive Psychology will appeal to a readership of students and practitioners, as well as those interested in mindfulness, positive psychology, or other relevant areas such as education, healthcare, clinical psychology, counselling psychology, occupational psychology, and coaching. The book explores cutting edge theories, research, and practical exercises, which will be relevant to all people interested in this area, and particularly those who wish to enhance their wellbeing via mindfulness.

Best Sellers - Books :

- [Feel-good Productivity: How To Do More Of What Matters To You By Ali Abdaal](#)
- [Killers Of The Flower Moon: The Osage Murders And The Birth Of The Fbi By David Grann](#)
- [Young Forever: The Secrets To Living Your Longest, Healthiest Life \(the Dr. Hyman Library, 11\)](#)
- [Why A Daughter Needs A Dad: Celebrate Your Father Daughter Bond This Father's Day With This Special Picture Book! \(always In My Heart\) By Gregory E. Lang](#)
- [I Will Teach You To Be Rich: No Guilt. No Excuses. Just A 6-week Program That Works \(second Edition\)](#)
- [Daisy Jones & The Six: A Novel](#)
- [The 48 Laws Of Power By Robert Greene](#)
- [Think And Grow Rich: The Landmark Bestseller Now Revised And Updated For The 21st Century \(think And Grow Rich Series\) By Napoleon Hill](#)
- [Twisted Hate \(twisted, 3\)](#)
- [Saved: A War Reporter's Mission To Make It Home](#)