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Secret Garden, As Vividly As Possible. As You Approach Your Garden, Notice If There Is A Fence Or Wall Around It. Visualize The Structure And Imagine How It Is Constructed. It May Be Made Of Wood, Brick, Concrete, Or Carefully Clipped Hedges, Making A Boundary Between The Surrounding Area And Your Garden. Also Imagine The Entrance To Your Garden. Mar 1th, 2024

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All Alone At This Beach Or There Could Be Strangers,  
Friends Or Even Animals Who Have Joined You. Jan 6th,  
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Guided Imagery Forest Script Close Your Eyes And  
Imagine That You Are Standing At The Edge Of A Field.  
You See A Tree Line Where A Forest Begins Only A Few  
Yards Away. Just On The Other Side Of The Tree Line,  
You See A Trail, So You Walk Ou Apr 3th, 2024

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This Workbook Is Not Intended For The Use Of Trauma  
Processing, As It Focuses On Creating ... Therefore I  
Deserve To Heal, I Have The Courage It Will Take To  
Heal, And Through This Experience Of ... Sound Of  
Birds Chirping, The Feeling Of The Wind Touching Your  
Body As You Move Forward, And The Smell Of New  
Growth In The Air. As You Proceed On ... May 4th, 2024

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Finally, You Reach The Water's Edge And You Gladly  
Invite The Waves To Flow Over Your Toes And Ankles.  
You Watch The Waves Glide Smoothly Towards You,  
Gently Sweeping Around Your Feet, And The Trails Of  
Sea Water That Flow Slowly Back Out Again. The Cool  
Water Feels Soft And Comforting As You Enjoy A Few  
Moments Allowing Yourself To Gaze Out On The May

3th, 2024

### **PE2264 Mountain Cabin Scene Guided Imagery**

Minutes Pass. You Stop And Take Off Your Glove. You Push Your Hand Into A Snow Bank, Grabbing Some Snow In Your Fist And Compressing It Into A Ball Of Ice In The Palm Of Your Hand. A Numb Sensation Begins In The Palm Of Your Right Hand. At First, It Is May 2th, 2024

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A Practice That Can Allow You To Tap Into Your Inner Strength. You Can Take An Active Role In Your Healing ... Challenging Life Situations. ... In This Way, You Can Learn To Heal Your Body Using Your Own Inner Strength. At Times, This Might Help You Avoid Medication Or Other Treatments. Jan 2th, 2024

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Free Guided Meditations From Kelly Howell, The Brain Behind Brain Sync - A Leader In Brainwave Therapy, Brainwave Entertainment And Binaural Beat Technology. Guided Relaxation Is Full Of Guided Imagery, A Sacred Garden Sanctuary And Meditation Guides. As You Visualize, Your Brain Waves Slow Down Into The Alpha Range. Feb 6th, 2024

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There Are A Growing Number Of Guided Imagery Resources (refer To Our Resource Pages For Suggestions). 15-20 Minute Meditations. 2x Unguided Singing Bowl Meditations (10 & 20 Minutes) For When You Want To Press Pause Without Any Verbal Guidance From Me. 20 Minute Guided Meditation For Stres Apr 3th, 2024

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