

Guided Imagery Audio Recordings Information

When thoughts about the future keep you awake

We have all experienced it – sleepless nights or disturbed sleep due to a spinning mind. This guided imagery combines deep relaxation of the body with soothing images to calm the mind and allow the body to do what it already knows how to do – fall asleep. Simply get comfortable in bed, listen, and when you feel yourself drifting off, just go with it. Use it to help you fall asleep, or to put yourself back to sleep if you wake up in the middle of the night. Sweet dreams!

Soothing the side effects of chemo

This guided imagery meditation is based upon the Japanese relaxation technique called “Reiki”. Reiki is a hands-on energy healing approach that clears and balances the energy field that surrounds and penetrates the body. Many hospitals across the country have programs that offer Reiki for their patients, because it increases relaxation, promotes sleep, and helps relieve pain and discomfort. No prior experience with Reiki is necessary. Just lay down, get comfortable, and listen. At one point in the recording you will be asked to gently place your hands on your own stomach and abdomen. Give it a try.

Calming the mind while at the doctor, waiting for test results, or experiencing everyday stresses

Keeping up with life, family, work, and our own health care can often cause stress to build up. Taking a short meditation break can help you feel more centered, calm, and refreshed. This guided meditation teaches you how to quickly shift the focus of your awareness away from the stories in your mind to the deeply grounding, soothing, and natural rhythm of your own breath. It works even better if you use it when you first realize your stress is increasing. Just stop, get comfortable, and listen. Relaxation is just a breath away.

When you wonder if you will ever feel good again

Going through treatment for cancer and experiencing the side effects can sometimes feel like you are running a marathon. You wonder: What happened to my body? Will I ever feel good again? This guided meditation invites you to imagine a new relationship with your body – a relationship rooted in gratitude, self-compassion, hope, and encouragement. Just pause, sit or lay down, and listen. Peace to you, my friend.

Living a life bigger than cancer

Receiving a cancer diagnosis can shake up your life. You can feel overwhelmed and disconnected – as if you and the life you live are shrinking. This guided imagery invites you to put cancer in its place by remembering who you are, what is important to you, who you love, and what you enjoy. It is a reminder to choose small ways to live just a little larger: choose a different attitude; walk in the yard for a few steps; smell that flower; call a friend; or hug your loved one. Just pause, get comfortable, and listen with a mind and heart open to possibilities. Remember, YOU are so much more than cancer.

Cultivating peace and clarity in the midst of cancer diagnosis and treatment

Sometimes you just want a break from it all – from the treatments, the appointments, the tests, the thinking – all of it. The good news is: even if your body can’t take a break from reality, your imagination can. In this guided imagery, I take you to a place of beauty, peace, and calm where you can shed all that is weighing you down and be filled with all that you need. Just pause, sit or lay down, and unleash your imagination. Experience the power of changing the channel of your mind.