

## **Imagery that Empowers**

Toni Gilbert, RN, MA, HNC

“My pain is completely gone” my husband, Lewis, exclaimed as he climbed down from the meditation loft. An hour before, he had asked me to do healing energy and guided imagery with him. He was feeling total body tenseness and a gripping headache; he needed relief. I told him I was busy and suggested he meditate and do the healing work himself.

Lewis’s body tends to express the stress of daily living in a multitude of ways including the above-mentioned symptoms. I have practiced guided imagery and energy work for ten years and for ten years Lewis has reaped the benefits. Since I am not always available (or in the mood) I have taught him to do his own imagery and energy work.

After his meditation, Lewis told me of his experience. He said he sat in meditation for about fifteen minutes before he felt relaxed enough to enter the receptive level of consciousness necessary for imagery. Using his breath to guide his awareness he imaged and energized each of the seven major chakras. He followed up with a total body clearing and again used breath to move his energy so that it flowed unimpeded.

This done, Lewis turned his intention toward receiving an inner healer. In his imagination he found himself sitting on a log in the forest. He could see tall trees and smell a fresh pine scent in the warm summer afternoon. By and by, four gentle and beautiful wolves gathered around him and began lovingly stroking his cheeks with their tongues. He said he normally wouldn’t like this but this time it gave him comfort and felt like a healing ritual. As he sank into blissful communion with his imaginary companions, what was left of his headache pain and body tension melted away. A feeling of physical and emotional well-being returned.

Lewis had reached into his inner sanctum to receive a gift from beyond ordinary consciousness. He was rewarded two-fold---once for the healing and once again because he had accomplished it on his own. ....I liked it too.

*Toni Gilbert, RN, MA, HNC is a certified holistic nurse and member of the American Holistic Nurses Association. She has a private practice in wellness counseling at her center in Jefferson where she facilitates inner growth groups. She may be contacted by e-mail at [toni@tonigilbert.com](mailto:toni@tonigilbert.com)*