

## Philosophy of Therapeutic Imagery

It has well been said that health is inner peace. Therapeutic imagery uses the medicine of mental imagery combined with hypnotic suggestions to restore inner peace and create a context where emotional, spiritual and physical healing can take place.

It is now widely accepted that the psychological stress of negative emotions has a toxic effect on the immune system. The venom of toxic emotions not only poisons our relationships it compromises the way the body functions. The body itself is a communication tool automatically reflecting all images dwelled upon in the mind. When toxic emotions are dwelled upon the body reflects these negative images by preparing to “fight or flee,” the real or imagined enemy.

Research has demonstrated that when the mind holds the body in the “fight or flight” mode chronically almost every system in the body is negatively affected. Negative emotions produce everything from infertility to muscle tension, heart disease to insomnia, migraine headaches to cancer. The toll that these negative emotions take on the body is heavy indeed.

One very effective intervention for the psychological stress produced by toxic emotions is to take the mind to another realm of thinking by giving it the mental imagery of faith, hope, love and forgiveness on which to focus. It has well been said that healing is the application of love to the hurt. When the conscious mind dwells upon images of love and forgiveness it directs the unconscious mind to *heal the hurt*...along the way it also restores the proper functioning of the immune system.

Giving your mind healing images to dwell upon offers you a way of actively participating in your mental *and* physical well-being. I am not suggesting that it is a *substitute* for other types of therapeutic or medical intervention. What I *am* suggesting is that it can be used as an additional approach to improve your health and over all well being.

In my practice therapeutic images and hypnotic suggestions are communicated to you while you are in a “twilight” or altered state of mind. The sounds, rhythms, and language patterns used are scientifically and psychologically designed to easily induce this state in you.

This altered state resonates to your unconscious mind. Instead of doubting, judging, analyzing and breaking things apart as your conscious mind does, your unconscious mind harmonizes, synthesizes and pulls things together. In this regard the unconscious mind is the wellspring of all healing. It is also the mediator to your higher mind. Your higher mind is your spirit. It is the part of you that is connected to the divine and the wellspring of love and compassion within you. When you are connected to your higher mind you are plugged in to Love and to your true self. Your higher mind sees all of life through the eyes of faith instead of the eyes of fear. When you are connected to your higher mind your attraction to judgment and your investment in being "right" no longer hold sway over you. You are led instead by the intelligence of your heart. You forgive others and yourself without condemning or condoning. In the process, you release the negative emotions that have been upsetting your immune system and blocking the flow of love in your life.

As you concentrate on the therapeutic imagery and listen to the hypnotic sounds and suggestions you will be affirming your intention, expressing your faith and declaring your willingness to let go and allow your higher mind to release you from the bondage of your symptoms and allow the miracle of inner peace to flow through your life.