

# What Is Guided Imagery?

Guided imagery is a type of meditation in which a person creates a mental image of a specific object or experience and uses the body's five senses to calm their mind. It can be used to manage stress, depression, anxiety, and physical pain.

It can also be used to improve one's relationships and self-confidence.



# Exercises Guided Imagery Examples

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well-known opera that made television history on Christmas Eve, 1951. Table of Contents: ... Amahl And The Night Visitors - Vocal Score This vocal score is a new and revised edition of the well-known opera that made television history on Christmas Eve, 1951. Song List:..