



Imagine Healing

Guided Imagery
to Help You Heal

by Debra Basham and Joel P. Bowman

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Meet Jane Foster. In 1999, Jane's surgeon told her that he could do nothing for her. She shares how "Imagine Healing" worked for her, and how it can work for you, too.

You will hear Jane share in her own words how Imagine Healing can make a difference for you. This video interview was recorded in 2011:

<https://www.youtube.com/watch?v=tCYaRZiH58o>

For more information, visit <http://www.imaginehealing.info>

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PREFACE

Woven into the fabric of your illness or health crisis, are the emotional, mental, and spiritual dynamics of both “dis-ease” and well-being. That simply means what is in the way, is the way. The use of your imagination can help you heal now.

By activating your imagination, you will not only be healing the physical ailment, you will be healing on all levels—body, mind, and spirit. Why settle for healing that is just skin deep, when you can **activate your innate healing capacities**. Although we cannot “unhappen” history, you are able to experience relief from painful memories, beliefs, attitudes, behaviors, even as you physically heal.

Current research suggests that the *speed* of this natural recovery could be impeded or hastened by the state of the patient's mind. If the patient is under emotional stress, believes that recovery is unlikely, or is otherwise in the grip of negative emotions, healing can be delayed or blocked. In contrast, if the patient enjoys a calm and positive mental state, natural recovery might take place more quickly. [*Relaxation REVOLUTION: Enhancing Your Personal Health Through the Science and Genetics of Mind Body Healing*, by Herbert Benson, M.D., and William Proctor, J.D., p. 33]

The need for surgery or experiencing a health problem or an injury is often a turning point in life. You will reduce presurgical jitters, lessen both physical and emotional pain and suffering, unlock hidden healing potential, gain valuable insight, and heal more quickly by taking your healing back into your own hands, and assuming an active role in the process of your healing.

Emotions play a major role in your recovery. Mind body techniques can reduce both pre- and postoperative pain (emotional, mental, and physical). The steps to emotionally and mentally prepare are easy for you to take. *Imagine Healing* allows you to turn what might have been seen as a life-threatening event into an opportunity for personal growth and an enhanced sense of well-being.

It isn't just a matter of your lessening presurgical jitters, doing better during surgery, experiencing less post-operative pain. You can save money, time, and by doing so, you are also making a positive contribution to health care itself. Imagine a world where every doctor has patients who have been able to imagine healing.

It's about doing better for the rest of your life because now you can imagine healing.

INTRODUCTION

WHY IMAGINE HEALING?

Imagine Healing: Using Guided Imagery to Help You Heal is designed to help you help yourself heal more quickly and more deeply at any time you are facing surgery, recovering from an illness, or healing from an injury. The process works for emotional, mental, and relational healing, as well, but the examples are focused on physical healing. Of course, once you know how to do this, you will also be able to help others help themselves.

If medicine, meaning drugs and surgery, were the cause and healing was the effect, then think for a moment about why it works some times and not others, and become aware now of why some people heal even without drugs, or surgery. Think about something really *physical* such as a hip replacement, and notice how everything the surgeon does—everything the nurses do— “assists” rather than “causes” healing.

Healing is the most natural of processes and you know how to heal. Since the moment you were born, you have been healing from within. Remember a time when you cut a finger or skinned a knee. Something inside you allowed healing to occur. That *something* inside you is your innate healing capacity. Your greatest resource is your discovering or remembering the attitudes, beliefs, and which behaviors turn on your innate healing capacity to its maximum.

Dr. Dean Ornish reminds readers that even when drugs and surgery are necessary, they are just the beginning. The physical body—the heart, is more than just a mechanical pump. Ornish says you also have an emotional heart, a psychological heart, and a spiritual heart.

“Curing is when the physical disease gets measurably better. Healing is a process of becoming whole. Even the words *heal* and *whole* and *holy* come from the same root. Returning healing to medicine is like returning justice to law.”

[*Love & Survival: 8 Pathways to Intimacy and Healing* p. 15]

When a person experiences a health crisis, often what has been forgotten is the truth that ***your body knows how to heal***. Having forgotten the truth that healing is the most natural state in the world, frightened, and searching for a “cure,” the focus is often outside. Yet, just as the moon is always there, even when hidden from view, ***wholeness is always within***.