

Rainbow Guided Meditation

By Kelsey Torgerson Dunn, MSW, LCSW
Compassionate Counseling St. Louis

Walkthrough:

Start off lying flat on your back. Gently close your eyes.

Take three deep breaths, in through your nose... and out through your mouth. Two more, in... and out. Last one, slowly in... and out.

I want you to imagine in your head that you're floating on a cloud. Imagine how nice, warm, and fluffy the cloud feels supporting your body.

Imagine that cloud taking you up, up, up in the sky until you find a rainbow. You feel safe and warm on that cloud. Imagine that rainbow slowly floating around you, and as each color travels over your body, your muscles feel nice and warm and relaxed.

Red

First, imagine that red color floating in front of you, and then traveling over your head, your neck, your shoulders, and down your arms, letting all of those muscles feel warm and relaxed.

That red travels into your heart, warming it up, and then down to your belly, the fronts of your legs, the backs of your legs, all the way down to your toes. Take a big breath in... and a big breath out. Feel that nice, warm red relaxing all of your muscles.

Orange

Next, imagine that orange color, traveling over your head, your neck, your shoulders, and down your arms. That orange travels into your heart, and your belly, your legs, all the way down to your toes, making your whole body feel relaxed. Take a big breath in... and a big breath out. Feel that nice, warm orange relaxing all of your muscles.

Printable Guided Imagery

Wendela Whitcomb Marsh



Printable Guided Imagery:

30 Scripts for Relaxation, Imagery & Inner Healing Julie T. Lusk, 1992 Volume 2 of 30 Scripts for Relaxation Imagery Inner Healing offers a wide variety of guided meditations to help people relax deeply lose weight quite smoking connect with nature manage physical pain and converse with their inner personal guide The scripts were developed by experts in the field of guided imagery Editor Julie Lusk provides clear instructions for group leaders and therapists *Homework Assignments and Handouts for LGBTQ+ Clients* Joy S. Whitman, Cyndy J. Boyd, 2021-02-01 Featuring over seventy affirming interventions in the form of homework assignments handouts and activities this comprehensive volume helps novice and experienced counselors support LGBTQ community members and their allies Each chapter includes an objective indications and contraindications a case study suggestions for follow up professional resources and references The book s social justice perspective encourages counselors to hone their skills in creating change in their communities while helping their clients learn effective coping strategies in the face of stress bullying microaggressions and other life challenges The volume also contains a large section on training groups of allies and promoting greater cohesion within LGBTQ communities Counseling and mental health services for LGBTQ clients require between session activities that are clinically focused evidence based and specifically designed for one or more LGBTQ sub populations This handbook gathers together the best of such LGBTQ clinically focused material As such the book appeals both to students learning affirmative LGBTQ psychotherapy counseling and to experienced practitioners The Handbook features homework assignments handouts and activities that Emphasize working with clients from different backgrounds Stress the importance of ethical guidelines and culturally competent care Demonstrate how to engage clients in conversations about coming out across the lifespan Help clients manage oppression and build resilience through self care advocacy and validation Identify the facets of relationships that are unique to LGBTQ individuals Offer interventions to enhance familial support and work through family dynamics Assist clients to more deeply appreciate their genders and sexual identities Aid therapists in their work with clients who have substance use and abuse issues Address concerns about career choices employment options and college pursuits Create safety in a range of social and clinical spaces including college campuses Offering practical tools used by clinicians worldwide the volume is particularly useful for courses in clinical and community counseling social work and psychology Those new to working with LGBTQ clients will appreciate the book s accessible foundation to guide interventions The Relaxation and Stress Reduction Workbook for Kids Lawrence E. Shapiro, Robin K. Sprague, 2009 55 activities to help your family reduce stress fear worry become more confident relaxed resilient manage difficult emotions **Practical Ideas for Teaching Writing as a Process** Carol B. Olson, 1996-02 Contains a collection of specific classroom strategies suggestions for teaching writing to elementary school students according to an eight stage process Specific techniques for teaching each stage of the writing process descriptions of proven approaches for using these techniques are also included A wonderful resource a labor of love from a

large talented group of educators Had its beginnings in the California Writing Project at the Univ of California Irvine Best Seller Illustrated House Visualization Technique Heidi Eversole MA LPC TF-CBT,2023-01-20 Heidi Eversole s House Visualization Technique is a powerful resource for people touched by trauma and is a must read for mental health professionals and survivors alike As a therapist who specializes in trauma I consider this work to be groundbreaking and much needed Dr Michelle Flaum professor at Xavier University and author of Managing the Psychological Impact of Medical Trauma A Guide for Mental Health and Health Care Professionals Heidi brings the House Visualization Technique from a personal and passionate level which is ultimately beneficial to the reader I appreciate the depth of preparation in understanding the entire process through education and identification of emotions understanding how different brains function and uses of the technique This solid yet flexible approach will help many for years to come Rebekah Miles Mental Health Advocate and Speaker I m fine save me viral tattoo movement I ve started dozens of workbooks that address similar topics and was never able to complete any of them This simple yet inspiring visualization technique pulled me in from the start and gently guided me through to the end But that s the thing here it doesn t just end it s perhaps a beginning It s the beginning of a pathway to healing Richard Crocker CRNA Afghanistan war veteran HVT is a new and unique way for me to be introspective and it felt like a place of comfort and where I find safety and solace in my life As a therapist I can see value in doing this with the parents of my pediatric clients or when doing work with my adolescent clients who may not be in a space to have the words to express themselves fully I love finding new ways to reach clients and this definitely is a valuable tool Hailee Carter LPCC S Children and Family Therapist **Relaxation with guided imagery** Marilee I. Donovan,1980

Best Holistic Life Magazine July 2024 Jana Short,2024-07-03 Summer Fuel Energize Your Body with Holistic Nutrition in the July 2024 Issue of Best Holistic Life Magazine This summer elevate your health and spirit with the July 2024 issue of Best Holistic Life Magazine featuring Jolene Goring the esteemed recipient of this year s Female Influencer of the Year award As a pioneering expert in Quantum Healing Jolene offers transformative insights in an exclusive interview that will inspire and enlighten our readers What s Inside Rich Relationships Forge deeper connections and enhance your interpersonal dynamics Empowered Wellness Adopt comprehensive wellness practices that nourish both body and soul Mental Resilience Strengthen your mental fortitude with strategies that help you thrive in adversity Nutritious Recipes Enjoy a selection of delicious recipes that are as healthful as they are flavorful Powerful Mindsets Develop a mindset geared towards growth and positivity Holistic Well being Explore the integrative approaches to achieving and maintaining peak health Financial Acumen Discover savvy financial strategies for a secure and prosperous future Peak Nutritional Wisdom Uncover the secrets to optimizing your diet for maximum health benefits Each feature and article in our magazine is designed to be a stepping stone towards a life of balance and harmony With Best Holistic Life Magazine as your guide you re not just reading about a holistic lifestyle you re living it Join over 1.5 million subscribers who are already thriving with the

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Homeschooling, Autism Style Wendela Whitcomb Marsh,2020-11-10 Parents all over the world are suddenly homeschooling Are you one of them If you have children on the autism spectrum the prospect may seem even more daunting Homeschooling Autism Style Reset for Success will give you what you need to step up You ll plan out the best way for your kids to learn at home according to their own strengths and rhythms find varied and fun activities to create teachable moments and integrate learning into everyday life You ll also meet three fictional characters you may recognize from your own family Distractible Dory Hyper focused Hermione and Creative Calvin Learn how personalizing a homeschooling experience works for each of them Homeschooling Autism Style Reset for Success is written by a mother daughter team Wendela is an autism consultant author and speaker Siobhan also a writer grew up in an autism majority family and successfully homeschooled herself for several years Siobhan s Strategies appear throughout the book Although the book was written primarily for homeschooling families with children on the autism spectrum the tips and tools are equally effective for your kids with ADHD OCD sensory integration or processing problems learning difficulties and even for typically developing children Whoever you are and wherever you are on your homeschooling journey you ll find something here for your family

Real-Life Rules Mariah Bruehl,2018-09-04 Raise happy confident and resilient children engaging activities that explore the life lessons that make for a well rounded upbringing As our children journey into adolescence their social worlds begin to expand While we can t protect them from what other people say or do or paint them a picture of a perfect world we can teach them how to handle themselves and difficult situations from the inside out Teens and tweens crave more autonomy but they need guidance more than ever By equipping children with a variety of methods for dealing with different scenarios we can give them the tools they need to navigate through life This book offers insights practical advice and concrete activities that will serve children well as they begin to find their way independently in the world while at the same time helping parents to provide them with scaffolding to be safe happy and successful With chapters that focus on cultivating positive qualities such as gratitude courage integrity and generosity understanding health and nutrition mastering simple etiquette connecting with others resolving conflict and empathy exploring fiscal responsibility best practices for social media and navigating the digital world and more Through hands on projects vivid graphic printables and interactive activities Real Life Rules brings the whole family to the table offering opportunities to explore discuss and experience both the concrete and abstract concepts that are critical for living a meaningful thoughtful life

Imagery, Ritual, and Birth Anna M. Hennessey,2018-12-11 Every human being is born and has gone through a process of birth Yet the topic of birth remains deeply underrepresented in the humanities overshadowed by a scholarly focus on death This book explores how imagery is used ritualistically in religious secular and nonreligious ways during birth through analysis of a wide variety of art iconography poetry and material culture

Objects central to the book's study include religious figurines, paintings about birth, and other items representative of pregnancy, crowning, or giving birth that have an historical or original meaning connected to religion. Contemporary artists are also creating new art in which they represent birth and mothering as nonreligious events that are sacred or divine. Framed through the concept of social ontology, which examines the nature of the social world and studies how people create meaning out of the various objects, images, and processes that make up human social life, the book theorizes a social ontology of birth, focusing on how the meaning of imagery undergoes metamorphosis between the spheres of religion, secularity, nonreligion, and the sacred when used during birth as a rite of passage. Included in the study are more than thirty images of birth, some of which have never been written about before.

Printable Guided Imagery: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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