

## ***Guided Imagery Facilitated By Marianne Zaugg, DCH***

*Interview By Tara Shore*

Guided imagery is a relaxation tool that eases stress as well as promotes a sense of peace and tranquility during difficult times in a person's life. Today, numerous research studies have concluded that the mind can influence the function of the body and the practice of guided imagery is beneficial for reducing feelings of fear and depression.

Ron, a guest who enjoys guided imagery calls it “a way to turn down the noise and static and get some real perspective.”

“As a guided imagery therapist, I ask the guests to surrender, to calm the mind by letting go of all judgment and criticism. I help our guests create a safe place, a sanctuary. Whether it is a redwood cove, a meadow, or an old childhood hideaway, they can access this image both during my group and on their own in order to induce total relaxations whenever they need it. By assisting individuals on a mythic journey, the process of guided imagery facilitates a powerful sense of wellness.”

Numerous approaches are used to focus this relaxation such as: mindful meditation harmonized with music, inner guide meditation involving archetypes, neuro-biofeedback, hypnosis and positive affirmation.

Harry, a frequent participant at guided imagery sessions, says, “My doctor recommended guided imagery to help stop my negative thinking and to boost my immunity. During my cancer treatment, my friends told ‘Just stay positive.’ Basically, I am an upbeat person but I couldn’t stay ‘up’ all the time, especially once my treatment ended. While I waited for the results of my scans, guided imagery gave my positive affirmations and suggestions to confront my fears and anxiety. Whenever I finish a session with Marianne, I feel calm, invigorated and totally positive about my situation. It’s not the façade of ‘stay positive,’ it’s that real incredible sense of well-being. Thank

you weSPARK for all that you do. Guided Imagery with Marianne has been an incredible experience.”

And Dr. Marianne herself has the sentiment. “It is so personally rewarding for my to share an actual set of tools that people can depend on in their personal lives. People are always looking for ways to facilitate change in their thoughts processes and behaviors, and making this possible for weSPARK guests is a wonderful avenue, knowing that I assist guests in combating fear, depression anxiety and panic teaching them to replace those feelings with a state of relaxation is a gift.”

©Spring 2007. *The weSPARK Beam*. All rights reserved.