

Health Journeys Guided Imagery

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Our Guided Imagery and Meditation audios offer simple but powerful ways to alleviate distress, reduce anxiety, promote restful sleep, and provide a sense of mastery and confidence. They help your body fight disease, prepare for medical procedures, and reduce side effects from treatment. They reinforce motivation for healthy behavior change, and catalyze peak performance.

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Guided imagery (sometimes called guided meditation, visualization, mental rehearsal, and guided self-hypnosis) is a gentle but powerful technique that focuses the imagination in proactive, positive ways. It can be as simple as an athlete's 5-second pause, just before leaping off the diving board, imagining how a perfect dive feels when slicing through the water.

~~What is Guided Imagery? | Health Journeys~~

Guided imagery is a gentle, safe, but powerful tool to activate the mind-body connection for healing. Tap into that research-proven power any time, anywhere with the Health Journeys app. Our app lets you stream and download any or all of our 250+ guided meditations – soothing, hypnotic audios that focus on specific health issues such as:

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Health Journeys and Belleruth Naparstek's guided meditation for wellness promotes feelings of peace and optimism, and helps boost mood, productivity and focus. Try one of our Health Journeys' guided imagery relaxation tools, in MP3 or CD format, to reduce anxiety and lower inner tension, and experience greater resilience in your life.

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Health Journeys Guided Imagery & Meditation. Listening to guided imagery and meditation yields a wide variety of benefits. Research shows it helps with stress, sleep, pain, confidence, focus, emotional resilience and inner peace. That's why we've brought together some of the best streaming meditations we could find, by some of the foremost masters in the mind-body field – Andy Weil, Jon Kabat-Zinn, Belleruth Naparstek, Bodhipaksa, Emmett Miller and Sharon Salzberg.

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The result is the first-ever project for Health Journeys – a guided imagery meditation audio in Spanish “Relajación y Bienestar” for anyone

who might benefit from strengthening their resilient selves or looking for a respite from the stress seeping into our everyday. Health Journeys SPECIAL FOR INTEGRATIVE NURSE COACHES!

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Health Journeys is a multimedia publishing company, established in 1991 by social worker Belleruth Naparstek and businessman George Klein, which specializes in self-help audio recordings of guided experiences, such as meditation, imagery, hypnosis, relaxation, acupressure and yoga.

~~Mission and Purpose | Health Journeys - Guided Imagery~~

You may already know that guided imagery and meditation can help you reduce stress and anxiety and sleep better. But it can also help you fight disease.

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