

Enhance your Healing Response Through Guided Meditation and Imagery

Guided Meditation and Imagery is a meditation technique that uses the mind to focus on positive images and thoughts, changing thinking patterns in order to promote well-being and relaxation.

These guided imagery meditations offer simple but powerful ways to alleviate distress, reduce anxiety and stress, promote restful sleep, and reduce pain.

These Healthy Journey audios are available 24/7, for you and your family, courtesy of Halton Healthcare's Department of Surgery and Louisa Nedkov of KAILO, the Wellbeing Program devoted to supporting staff, physicians and volunteers.

They can be streamed or down-loaded to your personal device (such as a phone or tablet), are user-friendly and are evidence-based meditations of the highest quality. They provide a pleasant experience that's built on a sophisticated combination of art and science.

Press play and let the words, music, and pacing take you where you want to go. Listen repeatedly, once or twice a day for a few weeks and notice the difference. Whether you fall asleep or stay awake, these audio programs will infuse your mind, body and spirit, setting the stage for the positive change you seek.

Guided imagery is not a substitute for medical treatment. Do not use while driving or operating machinery. A high speed connection is recommended for downloading large audio files.

Enhanced Recovery After Surgery

We recommend the use of this guided imagery meditation before, during and after your surgery because research has shown that the best approach to prepare for successful surgery is to actively participate in your healing process.

Meditations to Promote Successful Surgery, by Belleruth Naparstek, as described in the audio guide, is to help you recover from your surgery more rapidly and with less pain. This powerful technique can help you approach your surgical experience with a calm sense of safety and optimism.

Ease Pain by Belleruth Naparstek

This guided meditation for chronic or acute pain uses two research-proven methods for pain management: it provides pleasant diversion for the mind with positive, healing guided imagery (good for chronic pain); and it offers guidance for facing and softening acute pain, such as muscle spasm, injury or post-surgical pain.

Healthful Sleep by Belleruth Naparstek

The hypnotic guided imagery for sleep is ideal for anyone who wants to have a better quality or quantity of sleep--those who have trouble falling asleep or staying asleep; for women who have sleep disruption due to menopause; and even for people with sleep difficulties such as nightmares, restless leg syndrome, or even sleepwalking.

Relieve Stress by Belleruth Naparstek

This popular meditation for stress relief consists of four different exercises, each designed to produce a centered, balanced state of mind, uplift mood and restore a sense of focused calm. Each stress relief meditation exercise shows you how to meditate in a different way, providing benefits for everyone.

Please give us your feedback by taking our survey at: <http://ms.otmh.ca>

Take 5 to Relax, Focus & Energize

Okay, so who doesn't have 5 minutes?

Take 5 to train mind, body and spirit to achieve centered, relaxed, energized, focused confidence....right before a meeting, an appointment, or any high-stakes situation.

These practices only get better and stronger with use. So TAKE FIVE, and reap the rewards.

CALM & CENTERED

Calming Breath by Bodhipaksa

Cleansing Clearing Breath by Belleruth Naparstek

Peaceful Place by Belleruth Naparstek

Centering Breath by Andrew Weil

Yoga Smiling Breath for Balance & Calm by Amy Weintraub

Calming Body Scan by Francoise Ada

Spreading Peace by Francoise Ada

Once you begin playing a track, additional tracks will stream consecutively until you reach the end of a title. Streaming will continue even if your device goes to sleep.

Questions about Listening

Q: How often should I practice my imagery?

Everyone's needs are different, but you might want to start out a couple of times a day for about 15 minutes each time for 3 or 4 weeks. First thing in the morning and just before falling asleep at night are usually convenient and particularly potent times for imagery, but any time is a good time, and some time is always better than no time, so listen whenever you can. The more you do it, the less time it will take for it to have an impact.

Q: Do I have to listen to the whole audio every time?

You absolutely do not have to listen to the whole thing in order to benefit. If all you have is 10 minutes, take the 10. Over time, with repeated listening, it all sinks in, and the positive impact sneaks up on you; most people notice changes in attitude and behavior just sort of happening organically.

Q: Can I listen to more than one audio at once?

You should focus intensively on only one audio program at a time, maybe picking the topic you're most motivated to target for the first – and listening repeatedly until you're tired of it (or experience a "saturation effect", as some would say), and then move on to a different one, focus intensively on that one, then alternate that imagery with the first one and move on to the next. Eventually you can mix all of them, in any order you wish, knowing that you've done a baseline of intensive work with each one, and so your receptivity to each is ensured.

Q: What are some really good conditions for making my imagery as effective as possible?

Being relaxed; listening at a time you know you won't be interrupted; shutting off the phone and other devices; using the half-awake, trance-y times when just waking up or falling asleep; listening even if you only have 5 minutes, rather than waiting for a time with the full 20 minutes; using all of your senses, especially your kinesthetic or feeling sense; continued practice; going to the same place with the same music or props each time; using touch as a conditioning cue (such as putting your hands over your belly each time, and breathing deeply); not trying too hard or being too exacting about how you do this. Practicing with a group of people also helps.

Q: If I fall asleep while listening to guided imagery, are the messages still getting in?

Yes, in fact there's a good argument that those hypnotic messages may go in even better, deeper and faster when the listener is asleep. Sleep is the ultimate altered state. Brain waves are slowest in the Delta state and most capable of absorbing those messages. (Babies sleep in Delta). Theta is not as slow, but very slow as well, (that very trance-y state, also during sleep, dreaming, or just before falling asleep or waking up, or when we're in a deep daydream, or immersed in a creative fantasy). A lot goes in during these slow, absorptive brain wave states. The messages do indeed seep in, and pretty quickly, too.