

# Guided Imagery Tips for SoulCollage® Facilitators

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SoulCollage® Facilitators often incorporate Guided Imagery Journeys as a part of their workshops.

This pdf will share with you some of what I have learned these past 20 years in my practice as a clinical hypnotherapist and SoulCollage® Facilitator.



## The Power of a Skillful Induction

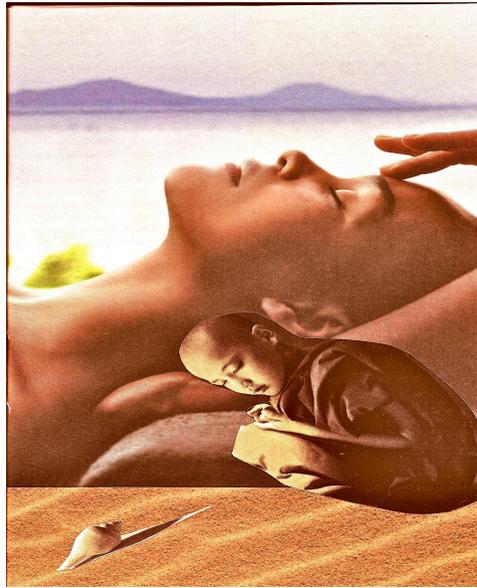
The script introduction should include a relaxation process or “induction” that gives the listener enough time and prompts to relax their whole body and really settle in. This settling in process usually takes at least 5-10 minutes so your languaging can gently guide the listener, knowing that without an adequate induction, the listener may have great difficulty focusing on the journey you are guiding them on.

## Subtle Suggestions, Gentle Storytelling

Prompts and suggestions should be worded as guiding invitations/suggestions rather than commands. For example rather than saying---now do this or that, it is best to say, I invite you now to settle into the place where you are sitting or lying down....and allow your mind and body to begin to settle in.” Suggestions encourage receptivity, commands create resistance. It may feel more natural when speaking to a group to use your “presentation voice”. However, the listener will be more receptive if she feels like you are a comforting guide speaking “with” instead of a lecturer speaking “to”.

The Tone of your voice  
is very powerful.

Speak slowly, more like  
“whispering” a  
suggestion into one’s  
ear. Allow adequate  
pauses for the listener to  
absorb and process your  
suggestions.



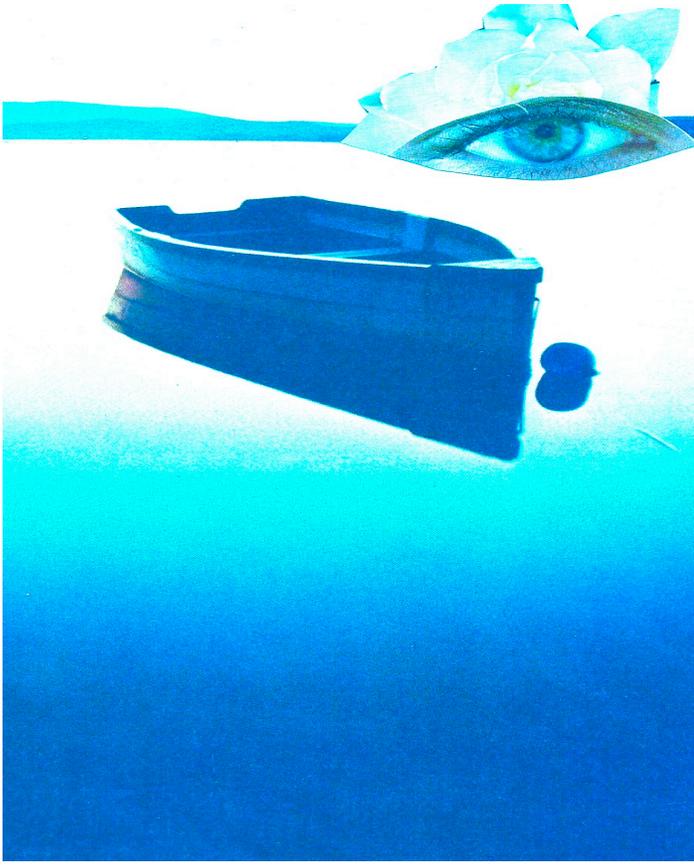
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## Ambient Background Music

I like using background ambient music when I offer guided meditations. There are many choices. When I am recording, I purchase royalty free pieces. When I am working with an individual or group I use pieces like:

“All Things End” David Helpling  
“Any other Name” by Thomas Newman  
“Benediction” by Jami Sieber  
“Blissful Stillness” by Dan Gibson  
“Daybreak Appears” by David and Steve Gordon  
“Liquid Silk” by Marina Raye  
“Shamanic Dream” by Anugama,  
“Second Awakening” & “Angel’s Redemption” by Matti Paalanen,  
“Stratos” by John Serrie

## Engaging all of Our Senses



Only 55% of us are visual in our imagery.

The rest of us are primarily, auditory, kinesthetic or olfactory in how we visualize.

Guided Imagery is most effective when we are accessing all or most of our senses: visual, auditory, olfactory, kinesthetic. Since we are all unique, we will resonate with these senses in a different manner. When guiding a group, we can include suggestions that cover all of the senses and therefore each person will be able to connect with at least some of these senses.

## An example of using imagery that access all of our senses

“Imagine now that you are resting in a healing place that is special to you. Here in this healing place, allow yourself to connect with the sounds that are soothing to you. Now, perhaps you can bring to your awareness, the fragrances that you would be smelling in this healing place. And now connecting with the sensations in your body as you settle in now .”

As you invite the person to access their inner healer. you could also include reference to the senses--Asking what do you see when you access your inner healer?, what images, sounds, sensations, smells come to mind when you connect with your inner healer?

## Direct Suggestion vs. Open-ended Guiding

There is an important balance in how much direct suggestion to offer the listener and how much open ended guiding to offer so that the listener can truly make this experience their own.

-An example of this consideration would be the difference between:

- A. Picture and imagine now entering a clearing. There sitting in the clearing is a wise old woman. Imagine that as you approach her, it becomes evident that she is your inner healer. Allow yourself to step forward into her presence and sit down next to her. Allow yourself to formulate a question. Then when you are ready, ask your question of this inner healer.



B. Picture and imagine now stepping across a threshold. It may be a bridge, or a special path, looking down at your feet you see yourself now stepping forward. Imagine now looking up and out---what do you see on the horizon ? As you move forward allow this horizon to invite you closer and as you move forward you see a beautiful space created just for you---and it becomes clear that here in this space, you are becoming aware of your inner healer----perhaps an image comes to mind---or maybe it is a sensing in your body. Just taking some time to allow your inner healer to make herself known---settling into this presence as you go deeper and deeper.....**A: Suggests the images for the listener. B: Offers the listener an opportunity to create their own images.**



When you guide the person back from their journey be sure to allow the listener adequate time to reorient herself.

-And, if the next activity you have planned is journaling or creating cards, it is nice to transition to these reflective activities in silence so the listener can continue in a light trance as they move through their inner process.

It helps to make sure all of the logistical sharing occurs before the imagery journey so that this silent process can easily unfold.

Having things prepared ahead of time really makes the difference.

## Checklist for supplies and other resources

1. Water to keep your voice hydrated
2. Your Guided Journey Script
3. Good audio speakers. I use Bose. Give your self plenty of time to determine the best location for you and your speakers.
4. A microphone is nice with a larger group---that way you don't have to speak loudly while you are trying to bring a calming presence to the guided journey process.
5. An extension cord for plugging in your computer or speakers.
6. Ambient Background Music
7. I downloaded a free software called **Linein** which mixes the microphone voice with the music from my MacBook Air. Install ahead of time and practice.
8. Most importantly, an open heart and a desire to enter into the journey with your listeners!

These are some of my Guided meditations that may be especially relevant for SoulCollage® facilitation:

## General Meditation and Relaxation

Finding Your Healing Place  
Your Peaceful Interlude  
River of Relaxation  
3 Minute Mindful Meditation  
Wash Away: Affirmations for Letting Go

## Preparing

Creating an Intention  
Envisioning  
Beginning Again

## Companion Suit

Connecting with Your Animal Companion  
Journey Through the Chakras

## Council Suit

Connecting with Your Guardian Angel  
Connecting with Your Wise Woman

## Community Suit

Connecting with Your Circle of Support

## Committee Suit

Imagery to Meet Your Magical Child

## Other Topics:

Death and Dying: Peaceful Transition  
Opening to Your Creativity  
Guided Imagery for Your Third Act

**In addition to these pre-made recordings, I love creating customized audios. Please let me know how I can be a resource to you!**

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This is the full list of Guided Journeys in the

[Haven of Relaxation.com](http://HavenofRelaxation.com)

You can stream or download all recordings for \$29 during my Holiday Sale Nov15 - Jan15

Affirmations for Well-Being  
Beginning Again  
Circle of Support  
Connecting with Your Animal Companion  
Connecting with Your Guardian Angel  
Connecting with Your Wise Woman  
Creating an Intention  
Creativity  
Divine Embrace  
Envisioning  
Finding Your Healing Place  
Freedom from Emotional Eating  
Gratitude Meditation  
Guardian Meditation  
Guided Imagery for Letting Go  
Guided Imagery for Your Third Act  
Healing Imagery for Lyme Disease  
Healing Surgery  
Imagery to Meet Your Magical Child  
Intro to Relaxation  
Journey Through the Chakras  
Mid-Life Journey  
Ocean Mindfulness  
Peaceful Transition Meditations for Death & Dying

Progressive Relaxation  
River of Relaxation  
Sleep Into Dreamtime for Adults and Children  
Journey Through the Chakras  
Mid-Life Journey  
Ocean Mindfulness  
Peaceful Transition Meditations for Death & Dying  
Preparing for Pregnancy and Childbirth  
Progressive Relaxation  
River of Relaxation

Stories for Children and Your Inner Child:  
The Mermaid, The Velveteen Rabbit,  
The Golden Key The Ugly Duckling

Transforming Challenges  
Transforming Pain& Discomfort  
Visualizing a full Recovery from Illness  
Your Peaceful Interlude  
Your Healing Journey  
Wash Away: Affirmations for Letting Go