

A Valuable Collectible

Written in 1991, this first edition of *Guided Meditation* was discovered by Chatgris Press, a publisher known for unique and rare titles. Recognized as a classic, this text was published for its collection of 9 exercises and 23 visualizations, which are more useful than ever in our high-stress world.

Guided Meditation is a precursor to many informative and groundbreaking works on polarity and Reiki Therapy, aura and chakra balancers, and the powers of crystals. Included are timeless and valuable techniques for balancing the mind and body.

An excellent non-medical book for using guided imagery and meditative visualizations for daily living, *Guided Meditation* offers helpful tips for getting the most out of alternative techniques for generating energy and managing stress. A

Contents

1 Meditation and Visualization

Defines meditation and creative visualization, and provides historical and contemporary applications. Also discusses your ability to “will” good health, and to balance your mind, body, and spirit.

2 Loving Ourselves

Teaches how to take inventory of your positive and negative qualities to evaluate yourself for progressing toward a path to self-acceptance. Encourages examination and love of your physical body as well as learning how to realistically affirm your value.

3 Meditative Techniques

Instructs how to enter a full-body, deep meditative state—or “trance.” Once this state is reached, a number of visualizations are presented.

4 Dealing With Pain

Presents visualizations, exercises, and meditations for using imagery to address pain and discomfort. “Moaning” is discussed for modulating breathing.

5 Healing With Energy

Explains crystal and tree meditations as well as how to use Taoist practices and other visualizations for generating energy.

6 Balancing Energy

Examines the body as a closed system, and encourages exercises such as yoga and chakra/light balancing to control the flow of energy into the body.

7 Guilt, Anger, and Fear

Offers visualization meditations for eliminating guilt, deferring anger, and addressing hostility, fear, and resentment.

8 The Immune System and Healing Images

Instructs how to use guided imagery to direct energy and balance certain areas of the immune system to encourage strengthening of body defenses.

9 Helping Medicine Work

Guides the reader in visualization meditations for helping food and medicines work effectively and to assist with the healing process.

10 Acknowledging an Illness and Establishing the Rules

Provides visualization imagery to help in coming to terms with an illness and to take control of your responses to it.

11 Final Notes on Creating Reality

Addresses the physics of resonance and the individual’s responsibility for personal well being by using the energy of the mind and by recognizing reality levels of illness.

Suggested Reading lists all references mentioned in the text by the author as well as additions from the editor.



About the Author – Robert Edward Fussell grew up in the serene farmlands of a cattle ranch in rural Alabama. He cultivated an interest in meditation at an early age, and subsequently studied metaphysics for over 20 years. Mastering some therapies, he was able to use them effectively on himself and others. A student of polarity therapy, yoga, The Silva Method, and aura and chakra balancing, he also earned certification as a Reiki therapist.

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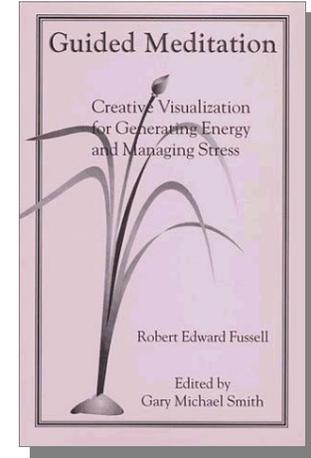
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Guided Meditation

**Creative Visualization for
Generating Energy and
Managing Stress**



Guided Meditation provides valuable information on using proven creative visualization and guided imagery techniques to generate energy and manage stress. This title from Chatgris Press is designed for effective day-to-day living and to assist in coping with illness.

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