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DAYDREAM AWAY

Imagery is woven into the fabric of our everyday life. “We are visualizing every moment of our conscious day, even when we are fast asleep and dreaming,” says Dr. Georgianna Donadio, founder and director of the National Institute of Whole Health in New England. Whenever you find yourself daydreaming and feel a sense of comfort envelop your body, go with it, and allow yourself to relax for 10 to 15 minutes.

Most of us believe that we need to find a remote place, uninterrupted by the din of modern life, to slip into daydreaming. Not true. As Susan Gayle, behaviour modification specialist, states, “Focus, or inner concentration, is the key, and we can implement that anywhere—although it is not recommended during driving or operating machinery.”

BE SPECIFIC

Even when we are not consciously visualizing, our thoughts work like a tape recording playing over and over in our mind, conditioning our bodies to respond by producing the outcome that our persistent thoughts create.

Take charge of your thought patterns to produce positive, self-loving, healthy thoughts that will invite your immune system to stay healthy and strong. “Specific thoughts create specific neurotransmitters, which in turn create specific manifestations in our health—or disease,” says Dr. Donadio.

“The way to maximize visualization is to understand that what we are thinking about or imagining every minute of every day is what creates health or wellness.”

SEEING IS BELIEVING

The beauty of visualization is that your body has no way of discerning thoughts from actual experiences. The various neurohormones and chemicals that flood the bloodstream during comfort-inducing moments are reactivated when we consciously recall and visualize them.

Perhaps you can recall a time when you lay in the woods on a cool autumn day, listening to the murmur of the river, the crackling of the leaves, and the melodic sounds of birds. Remembering this can help you to feel a sensation of calmness and relaxation all over again.

Embrace the ritual of producing this serene state in your daily life, and it can have a powerful effect on your health. Rather than letting your surroundings determine how you feel, guided imagery gives you the power to control stress and enhance your life. **a**

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CANADA'S NATURAL HEALTH
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CANADIAN TENORS
TAKE ON THE WORLD

**NATURAL
BATHING
ESSENTIALS**

RETIREMENT
freedom to dream

POST HOTEL

- salmon tartar
- spinach salad with goat cheese
- lemon tarte with raspberry sorbet

**HEALTHY
AGING**

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Silver and foxy
Elder care

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TO PUMP UP
YOUR HEALTH**

JOINT REPAIR TRIO
*Chondroitin, MSM,
Glucosamine*