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These practices form an interesting link with contemporary use of guided imagery in that the person provoking a dream to seek guidance for an important decision or healing of an illness tried to establish contact with a "god" or archetypal healing image that could provide this help. In much the same way, modern mental imagery

GUIDED IMAGERY: A Psychosynthesis Approach

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Guided Imagery is a relaxation technique aimed at easing stress and promoting a sense of peace and tranquility at a stressful or difficult time in a person's life. It can be used by young children all the way up through the elderly.

What is Guided Imagery? - sereneview.com

Welcome to the second volume of 30 Scripts for Relaxation, Imagery & Inner Healing. This volume, like the first, contains relaxation and imagery scripts that focus on relaxing the body and mind, connecting with nature, discovering and learning from wise inner guides, healing physical and emotional injuries, and discovering more about yourself.

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