

**Week 10: Wise Guide Imagery**  
*Developed by The Center for Mind-Body Medicine*

**I. Wise Guide Imagery**

Imagery is the dominant language of the unconscious mind. Imagery includes words and thoughts that represent all the senses...hearing, touch, smell, sight and taste.

**Receptive imagery is the use of a relaxed meditative state to access information from what we sometimes call “the unconscious” or our “intuition.”** One receptive imagery technique that we can use is the “**inner guide technique.**” The guide is a representation of our inner knowing or our intuition. This is the wisdom that can come to us when we are deeply relaxed and paying careful attention. It represents the quiet sureness which exists in each of us. Most of the major philosophical, religious and psychological traditions acknowledge the value of this “knowing” and concern themselves with inner guidance in one form or another.

In this exercise we will be working to help you learn from your inner guide. This process can help you understand yourself better and learn how to take better care of yourself. The inner guide often serves to remind us of insights and understandings forgotten, or of what’s really important. The inner guide may also help us decide when faced with two equally valuable or confusing courses of action.

**We seldom look inside for the answers we need though we all have untapped resources within us. We are so accustomed to using our rational, linear minds to solve problems that we rarely look to our inner knowing or intuition for guidance. This exercise offers a way to explore your unconscious mind and to access your own deep inner intuitive wisdom. It can help you understand and reduce physical symptoms, make decisions and solve problems.**

**II. Experiential Exercise: Wise Guide Imagery**

You are going to take an imaginary journey in nature. Then, I’m going to suggest that you will see a wise guide that is there to answer your questions and help you discover what you want and need to learn about. This guide may be an imaginary or real person, an animal or a person out of mythology. Your inner guide can show up in any form - as a wise old man, a wise old woman, it could be someone you know living or dead, it may be an animal, plant or a tree, a religious figure, a light or just a feeling, an “essence “ or just a “knowing.”

**REMEMBER:** Because guided imagery helps people gain access to unconscious processes, the experience can be challenging for some. Also, in the wise guide imagery, you may be confronting big issues and may be afraid of what your inner wisdom tells you. Therefore, you always have the option of opening their eyes and stopping any exercise that feels too difficult for them.

### **III. Questions for reflective writing and group discussion**

- *What was the experience like for you?*
- *Were there difficulties along the way?*
- *Did fear come up at any point?*
- *What did you most enjoy?*
- *What did you see, hear, smell and feel?*
- *What was your guide like?*
- *What was your first response in becoming aware of your Guide?*
- *Did you have a question? If so, was the question answered? You may want to write down your questions and the answers that came.*
- *What lessons did you learn?*
- *What surprised you?*

### **IV. Suggestions for Homework**

Practice the Wise guide imagery at least twice in the next week. You may have additional questions about your current issue/experience, or want to explore a new one.

Enjoy each step of the journey and appreciate whatever comes, because whatever comes is coming from deep within yourself, from that place where we actually do know what we need to do and how we need to act.

