

# **During Treatments**

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### **SURGERY PREPARATION**

Surgery preparation requires talking to the whole body and mind. Knowing that every cell is filled with intelligence and by using the quantum physics language, talking to the smallest parts of you: your cells, messenger molecules, subatomic particles, tissues and to the exact surgical site itself. Feeling in control and focused on your body's extraordinary ability to maintain blood pressure and other vital signs will help you prepare for even the most complicated surgeries.

### **AFTER SURGERY**

Reconnecting to every aspect of your biological cells intelligence for healing and stimulating the immune system. Talking to your bodies pharmacy releasing your natural Morphine. Your body remembers wellness.

### **CHEMO OR RADIATION RELIEF**

Using Guided Imagery and/or hypnosis, you can support your Chemo and Radiation efforts, while encouraging the healthy cells to reproduce, loving every healthy cell.

### **IMAGERY DURING PHYSICAL THERAPY**

Imagery and Clinical Hypnosis used to relax the body and fully engage the mind/body awareness, supporting and enhancing the immune system, sending blood flow and nutrition to the tissue for healing.

### **IMAGERY DURING ACUPUNCTURE**

Imagery connects the points of light (Chi) with the river of light (energy) inside the body for profound healing.

## **IMAGERY DURING MASSAGE**

Imagery offers deeper relaxation, releasing stress and creating divine bliss

## **FATIGUE VERSUS ENERGY**

Imagery is “Sports Medicine” for the mind, Example: A Basketball player is sitting on the bench during the game because of an injury. However in his mind he is playing the game and the same Neurons fire. With imagery, you are off the bench and back in the game. Energy follows thought – by building strength with intentions and feelings.

## **INSOMNIA**

Imagery is like a peaceful bedtime story that helps our body relax, putting stress on the shelf, releasing Melatonin, our own natural sleeping chemical and allowing a deep wonderful peaceful sleep.

## **STRESS AND DEPRESSION**

Imagery creates a safe place for your mind to rest. Supporting you and simply finding peace within. Reframing the way we look or feel about the cancer challenge, and celebrate that we are not the cancer cells, we are bigger and more powerful. Our “Imagination is more important than knowledge” according to Einstein, and Napoleon said “Imagination rules the world”.

## **FEAR INTO COURAGE**

The body reflects every emotional feeling and reacts the same whether the fear is from a real event or an imagined event. How we deal with fear is important because it affects us on a cellular level and influences the way our body heals. Using the power of your mind, we release the thought form called “fear” and step into courage.