

Daily Intention

Hello, I'm Claire Casselman of the Complementary Therapies Program of the University of Michigan's Comprehensive Cancer Center. Welcome to this podcast of guided imagery designed to assist you with managing the often stressful aspects of cancer diagnosis, treatment or life after treatment.

Whether you are a person with cancer, formerly with cancer, or a friend or loved one of someone with cancer – you are aware that this time requires constant attention to the details of appointments, schedules, healthy eating, and maintaining family and work routines. More and more, research has shown the benefits of practices such as guided imagery to support a person's ability to cope, manage and heal. The good news is that you may choose when and where to use this very simple yet powerful, non-invasive strategy.

For more information about the benefits of guided imagery, how it works and tips for optimal use, please see the webpage.....

The following guided imagery is designed to help prepare you for the day – to use your inner resources to ensure well-being and freedom throughout the day. As you'll hear, the experience is set at the beginning of the day, but the imagery can be useful and powerful at any time of the day, so don't worry about needing to listen first-thing in the morning.

And so we begin.....this is a time to release and receive.....

See if you can find a comfortable position. This may be seated in a chair, lying on your back on the floor, or in a bed. See if you can align your head, neck and shoulders in a way that feels supported.

Begin to become aware of your breathing.....the rise and fall of your breath. No need to change anything or work at it, just inhale easily and exhale fully..... Inhale nourishing, refreshing breath and exhale any tension or discomfort. In with calm.....out with any worry.....the steady rise and fall of your breath....

If thoughts should arise and compete for your attention, there is no need to engage or interpret. Likewise, if feelings or emotions surface, simply let them pass through and be gone. Thoughts or feelings can be like bubbles in a glass, rising to the surface and released.....simply focus your awareness on your breathing and the increasing sense of peace and softness within yourself.....

See if you can inch your breath lower and lower into your body....your muscles soften, your joints soften.....creating easy comfortable space within yourself.

As you continue to watch the rise and fall of your breath, take note of any place within yourself where you might be holding pain or discomfort.....if so, simply send your next breath to that spot. Watch as your breath arrives, surrounds, comforts and gently loosens any pain or tension, releasing it to be carried away as you exhale. You may note that two or three breaths are beneficial. Watch as your breath arrives, surrounds, gently loosens and allows the release of discomfort, sending it away as you exhale.....

And now that you're feeling soft and comfortable, picture yourself in the early morning hours.....you're lying on your bed or that which supports you while you sleep.....perhaps you are just becoming aware of the distant light of the dawning....the light in the room beginning to change.....you are aware of your body's softness following sleep.....the first stirrings deep within yourself as you slowly awaken.....

Perhaps you're aware of early morning songs and calls of the birds...maybe somewhere in your home others are waking and moving about.....As the light slowly becomes more present in the room.... you're aware that within or around yourself is a light or gentle vibrancy, gradually growing in intensity, in small intervals...you're aware this light, this vitality is here for you....to serve you.....This light brings replenishment for your own inner light....It can support and surround you for the day.....perhaps you even see it as a cape or cloak, that comforts or offers protection for you....maybe a shield of sorts.....offering the freedom to move through this day with no worries.....Notice the color....the light and vibrancy that surround you....you're aware that this cape, this shield is permeable from only one direction.....you may send through it any sentiment or energy....yet nothing can pass through it toward you without your permission or desire.....you control the movement through this layer of care....you're aware that you are safe from negativity and protected from any hurt or harm....see the light, the fabric of care that surrounds you.....infuse it with the vibrancy, the vitality that energizes you.....

And as this day dawns, perhaps you're aware of an intention....a desire for this day....maybe an attitude you'll wear for the day....maybe a state of being for the day...maybe a sense of purpose that will guide you for the day.....If so, simply allow a word or phrase to surface....maybe it will present in the form of a symbol or color.....no need to interpret or engage in the meaning of the intention, simply take note. It will be your companion throughout the day and come to you when or need or want it.

For now, sense the soft strength of yourself.....safe and protected.....caring and cared-for.....ready for this day.....cloaked or shielded by your vital strength...and focused with positive intention..... Each time you allow yourself to have this experience you become more centered, more connected with your internal strength... your wholeness.....the presence of peace...calm.....and so it is.....