



# Institute for Creativity and Development

## AUDIO TAPE LISTING FOR GUIDED IMAGERY

by Jerry Rothman, PhD.

### CREATIVITY (3 tapes)

- \_\_\_\_\_ Four Step Process -- Four sequential elements/steps to defining creativity.
- \_\_\_\_\_ Flow -- Unblocking our creativity so that we can feel the flow.
- \_\_\_\_\_ Newness -- Playfully understanding the birth of a new idea, twist, or perception.

### HEALTH & HEALING/PAIN MANAGEMENT (4 Tapes)

- \_\_\_\_\_ Direct Repair -- Working directly with pain or body dysfunction.
- \_\_\_\_\_ Metaphorical Repair -- Using a metaphor to understand and heal the body.
- \_\_\_\_\_ Inner Physician -- Using your Inner Physician to get deeper body knowledge.
- \_\_\_\_\_ Targeted System/Organic -- Body system/organ teaches us the meaning of symptoms.

### RELAXATION/STRESS MANAGEMENT (4 Tapes)

- \_\_\_\_\_ The Ancient Tree -- Grounding through identification with the ancient tree.
- \_\_\_\_\_ Earth Energy -- Grounding with sending and receiving earth energy.
- \_\_\_\_\_ Running with the Wolves -- Meeting La Loba and following her to the wolf pack.
- \_\_\_\_\_ Taking in the Sun's Light -- Filling the body with the sun's light and warmth.

### SELF-AWARENESS/PERSONAL GROWTH (8 Tapes)

- \_\_\_\_\_ The Ally -- Interacting with your higher self: meeting a wise and lovely ally.
- \_\_\_\_\_ Brain Focusing -- A technique for quieting the mind quickly and easily.
- \_\_\_\_\_ Brain Focusing -- Yin and Yang: understanding the basic nature of life's duality.
- \_\_\_\_\_ Conquering Fear and Doubt -- Freeing ourselves of the paralysis caused by fear and doubt.
- \_\_\_\_\_ Counting to Safety -- For those who are panicked, anxious or traumatized.
- \_\_\_\_\_ Liberation -- Shattering the barrier between self and full awareness of life.
- \_\_\_\_\_ Major Strength, Weakness & Life Purpose -- Defining these for yourself.
- \_\_\_\_\_ Self-Protection -- Techniques to protect your mind from negative or hostile persons.

### SPIRITUALITY (8 Tapes)

- \_\_\_\_\_ Boundless Meditation -- Happiness is created by rose colored light from the heart center.
- \_\_\_\_\_ The Chakras -- Identifying the 7 Chakras in the body & understanding them.
- \_\_\_\_\_ Ego & Cosmic consciousness--Synthesis of Unique Identity & the Cosmos.
- \_\_\_\_\_ Great Luminescent Body -- The physical body fills with light and expands beyond problems.
- \_\_\_\_\_ Green Tara Meditation -- The Tibetan Goddess purifies the body with light.
- \_\_\_\_\_ Inner Goddess -- Goddess teaches you about Creativity, Wisdom, Fierceness, Compassion.
- \_\_\_\_\_ Inner Goddess -- Meditations using light to enter a deeper state of consciousness and to heal.
- \_\_\_\_\_ Inner Goddess -- Visiting the Temple of Universal Energies to experience earth & sky energy.

\_\_\_\_\_ TOTAL NUMBER OF TAPES ORDERED (x \$10.00 per tape)      TOTAL COST: \_\_\_\_\_

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