

Health Journeys' written transcripts of podcast audio files are provided for deaf and hard of hearing users of the Kaiser Permanente website in compliance with the American Disabilities Act. The transcripts and the podcasts are copyrighted material which cannot be reproduced, recorded nor published without direct permission from Health Journeys, www.healthjourneys.com 800.800.8661

Anger & Forgiveness

Welcome to this Healthy Living To Go podcast from Kaiser Permanente, designed to fit the way you live and the way you learn. Listen, live well, and thrive.

Hello. I'm Belleruth Naparstek, and this is a guided imagery tape designed to help you relax, feel stronger and help you work with your radiation therapy.

I'm Belleruth Naparstek, and this is guided imagery designed to help you with anger and forgiveness.

Guided imagery is gentle but powerful, and it can reach places inside of you that conscious thinking sometimes can't. It's been shown to help reduce anxiety, depression, pain and fatigue; improve self esteem and energy; increase self mastery and motivation; and help with healing and relaxation.

For all these reasons, it's a wonderful tool for managing anger, healing resentment and setting the stage for forgiveness.

Try to listen to this once or twice a day for several weeks. You'll find that over time it will have a stronger and stronger effect. Different parts of this will probably capture your attention at different times. Always feel free to ignore or change whatever doesn't suit you. Your unconscious mind will probably do that for you anyway.

You don't need to pay perfect attention for this to work. In fact, your mind will probably drift in and out naturally. You may even fall asleep while listening, and it will still have an effect, especially with repeated listening. If you notice your mind wandering, you can gently guide it back.

And because this imagery is designed to create a relaxed state, it's best not to play it while driving. But you can listen to the affirmations any time. And don't worry if this brings forth some unexpected emotion. That just means it's working for you in a deep way

If you position your hands the same way each time you listen, this will become a kind of conditioning cue. Later, you'll be able to use it to move very quickly into a place of calm self-mastery.

So for now, see if you can take this next while, to commit yourself to this process of engaging the power of your imagination to help you heal... by gently immersing yourself in this safe and easy process... all you have to do is settle in, relax and let yourself listen...

Please begin by making yourself comfortable, shifting your weight so you're feeling well supported... (pause)... and gently allowing your eyes to close...

Letting your hands rest comfortably somewhere on your body - on your chest or midriff or abdomen - so you can feel the rise of your body when you breathe in... and the way it settles back down when you breathe out.... and you're becoming more and more attuned to your breath, as it moves in and out of

your body...

Inhaling deeply and slowly, all the way down into your belly if you can.... (pause).... and breathing out, fully and completely... feeling the expansion of your abdomen with each in-breath... and the way it subsides with each out-breath....

And again, breathing in... and this time, imagining that you're sending the warm energy of your breath to any part of your body that's sore or tense or tight... (pause)... and releasing the tension with the exhale... so you can feel your breath going to all the tight, tense places... warming and loosening and softening them... and then, gathering up all the tension... and breathing it out...

So that more and more, you can feel safe and comfortable, relaxed and easy... noticing the cleansing action of your breath... with friendly but detached awareness...

And any unwelcome thoughts that come to mind, those too can be sent out with the breath... released with the exhale... so that for just a moment, the mind is empty... for just a split second, it is free and clear space... and you are blessed with stillness...

And any emotions that you are feeling... those too can be noted and acknowledged and sent out with the breath... so that your emotional self can be still and quiet... like a lake with no ripples...

And now if you would.... see if you can imagine a place... where you feel safe and peaceful and easy... a place you used to go to... or go to now... or somewhere you've always wanted to be... it could be by the ocean... or in the woods... in the mountains or desert... and it doesn't matter which place you choose... just so it's a place that feels good and safe and peaceful to you...

And allowing the place to become real to you... in all its dimensions... looking around you.. enjoying the colors... the scenery... looking over to your left... and over to your right...

And feeling whatever you're sitting against or lying upon... whether it's a carpet of fragrant, velvety grass... or a nice, warm rock in the sun.... you might be walking in the woods, on a pungent carpet of spicy pine needles...or you could be at the shore with cool, wet sand oozing between your toes, and gentle waves lapping at your ankles...

And listening to the sounds of the place... the rustling sound of soft wind through the leaves... or the steady rhythm of ocean waves... or the gentle play of a bubbling brook... Just so you're letting your ears become attuned to the beautiful sounds of this place... that is so safe and peaceful to you...

And smelling its rich fragrance... whether it's the sharp, bracing scent of salt sea air... the sweet, heavy fullness of flowers and meadow grass ... the pungent, dark green smell of peat moss in the forest...

And noticing the feel of the air on your skin as it caresses your face and neck... and it might be crisp and dry... or balmy and wet... so you're just letting your skin enjoy the wonderful presence of this place... that is so safe and peaceful to you... And letting its healing presence soak into your skin... infusing muscle and tissue and bone... all the way down into each and every cell...

So with every in-breath, you're inhaling the nourishing beauty and peacefulness of this place... and releasing discomfort with every out-breath...

And as you become more and more attuned to the safety and beauty of this place... feeling thankful and happy to be there... you begin to feel a kind of tingling... a pleasant, energizing something in the air all around you... a sense that something wonderful is just about to happen... and you may even smile to yourself, because maybe you haven't had that feeling in a while... but now you know with some certainty that there is magic in this place... and something wonderful is just about to happen...

You become aware of a soft presence beside you... very warm and comforting... and maybe this someone or something is familiar... or maybe not... but clearly is radiating love and trust and support ... and you somehow know that this visitor knows you in a deep and true way... accepts you as you are... Understands where you've been... sees where you need to go... and carries great comfort and care...

And with a look of great tenderness, your guide encourages you to focus your attention on your heart... And so you notice how it feels, all around and through your heart... and maybe you're aware of some tightness around your heart.... or a heavy, dull aching sensation... it might feel hard around your heart... or maybe you sense deep pockets of sorrow tucked away inside... but whatever you notice, you're continuing to breathe deeply and easily... seeing what's there with the neutral eye of a camera... no praise, no blame...

And with a nod, your guide gently touches the center your chest.... And you can feel the warmth of it... pulsing into your chest... soft waves of comfort moving into the layers of protection that wind around your heart... warming and loosening and softening the ropery chords of anger and resentment.... wound so tightly ... that they cramp and constrict the lush power of the heart... and wall it off from the nourishment and solace it needs ... layers and layers of wrapping, placed around the core wound ... a kernel of hurt embedded so deeply... and walled off so skillfully... that inside it remains fresh and new... as sharp and as cruel... as the moment it first tore into your heart...

And so more and more you can breathe in the warmth of this gentle, healing energy... pulsing its rhythm to match the beat of your heart... and you can take in more and more with each breath... letting it softly soak, layer by layer, into your chest... permeating all around and through the tangled knots and tightened chords... loosening... softening... opening... wending its way toward that seed of still-fresh grief...

... and you might feel some space opening up.... As you breathe deeper... as the warm energy reaches deeper and deeper.... And you might even notice some of the loosened chords falling discarded, in lazy loops at your feet... released from the work of holding your heart so tightly...

Understanding that you can allow this to take as long as you need... because you know... that this process must be done with the greatest respect for your own readiness... and only when the time is right... when you expose the grief that lies beneath... the pain of lost connections and broken ties...

And maybe those times will come and go... when you can allow yourself to feel the pain... breathing into it... and letting it reclaim the opened spaces of your heart... giving it the room it needs... and knowing that this is the price of freedom... this is the road back to the richness of connection....

And you know... that the person you are now can do this... you can breathe into your vulnerable, broken heart... giving your grief its due... knowing you are strong enough to just let the pain be, an uncontested presence... until it is ready to release... when the time is right... no sooner, no later...

And so it visits you... as many times as necessary... each time leaving your heart more open and strong, more filled with the power of its own vast energy...

And so, more and more, you feel the newly opened spaces... as you continue to breathe, deeply and fully... feeling the expansion in your chest.... As warmth and power energize and nourish your heart... as you welcome your wounded self back into your own heart...

Getting a glimpse of the liberation... that comes with kicking off the covers of resentment.... and dismissing the diversion of blame... able to love yourself, vulnerable and naked now... cleansed by grief... rinsed by sorrow... holding steady... knowing that this is the price of admission back into the hugeness of your own heart... into the fullness of your own life...

Your companion smiles... and with a gesture, calls forth a gentle procession of guardians and allies... sweet spirits... magical beings... animal helpers... ...guardian angels... teachers and guides... powerful ancestors... old and dear friends... some familiar, some not... but all smiling and nodding...gently approaching, one by one...

Come to show their admiration and respect... nod their acknowledgement... affirm your courage... offer a touch on the hand or shoulder.... or bring a gift.... set before you with gentle hands and smiling eyes.... and you understand... that these are your witnesses... and they are welcoming you back to your own heart... and the sweetness of connection... laying at your feet the bounty of forgiveness....

And you can feel the velvety petals of your heart open like a flower ... expanding from its center and filling your chest with its vast warmth and beautyaware of all the peaceful power that resides there... and knowing that your heart is your home... the seat of your strength... understanding that the whole world pulses there... in the divine nexus of your heart... where all the delicate, luminous strands converge... glistening and glowing... in the unseen web that connects us all, one to the other...

And suddenly you are certain... you know with your whole being... that you are healing... that you will continue to heal... that your heart has always been whole... that whatever you thought was lost... still abides there... whatever seemed unforgiven... is redeemed there... that whatever appeared to be shattered by grief... is made whole there... that there is nothing in this world that can't be healed.... in the vast, nourishing spaces of your own open heart ...

And so breathing in the power of this awareness... and breathing out the richness of your gratitude... you can once again become aware of your special place... although perhaps the colors around you are brighter... the sounds more more vivid... the air more intense...

And knowing it is yours to call forth whenever you wish... you can once again feel yourself breathing in and out of your belly... aware of your hands and feet... the support beneath you... and very gently.. with soft eyes.. allowing yourself to come back into the room... knowing in a deep place that you are better for this...

And so you are...

Affirmations

Affirmations are positive statements designed for repeated listening, a sort of reprogramming of your unconscious mind to combat negative thinking. Over time, they can have a profound, cumulative effect. Some people find them easier to work with than guided imagery.

See if you can listen to each statement in a state of open, relaxed attention, breathing in deeply as you hear each one, and breathing out as you repeat it to yourself, either aloud or in your mind.

I know there are times I become frightened, discouraged, angry or sad, and I accept what I feel as my inner truth of the moment

I know that the more I can acknowledge and accept what I feel, the more I encourage my body to heal.

More and more, I can soften around my feelings and release them... breathing in to soften them, and breathing out to release them.

When I remember to feel my breath moving in and out of my body, slow and steady, I return to my own inner peace and calm.

More and more, I can allow myself to let go of worrying about things I cannot control, and focus on my own inner peacefulness.

More and more, I see that when I can accept myself, without criticism or blame, the more I encourage my body to heal.

I know that when I let go of harsh expectations and unrealistic demands, the more I allow my body to heal.

I am no longer willing to push myself beyond my strength, or take on the feelings of other, or shoulder burdens that are not mine to bear.

I am better able to acknowledge, with kindness and respect toward myself, that it has not been easy, but that it can and will get better.

I call upon my intention to heal myself, and be well.

I salute my willingness to do what it takes to heal myself and be well.

I welcome the heightened energy, focus and strength that my new commitment to myself is bringing me.

I thank my body for all it has done for me in the past and all it will do for me in the future. I

am learning to trust my body and to make good use of the information it gives me.

I affirm my intention to support and care for this body of mine, my faithful ally, in spite of its alleged imperfections

More and more, I am learning to be gentle and considerate toward myself.

More and more, I am learning to save my energy for what truly matters.

I know that when I pull back from over-committing my time and energy, I allow my body to heal.

I know that when I replace being perfect for being good enough, I allow my body to heal.

More and more I am learning to pace myself.

I welcome my ability to cushion myself from jarring events, modulating my responses from my new seat of settled, balanced calm.

I salute my own courage, strength, endurance and fortitude.

I welcome the return of my sense of my own worth and value.

I welcome my ability to listen to the wisdom of my body, telling me to rest, respect my needs, pace my energy and take gentle good care of myself.

More and more I can appreciate the inborn power of my body's beauty, intelligence, and ability to heal.

More and more I'm able to savor the gifts of the present.

I welcome my ability to appreciate the beauty of my own being.

More and more, I can take the time to touch a leaf, smell the morning air, and receive the caress of a soft breeze on my face.

I am remembering to enjoy the pleasant feel of my body as it moves, stretches, breathes, rests and settles in for sleep.

More and more, I can take pleasure in the simple joys of living.

I know that when I am fully engaged in the present, I'm allowing my body to heal.

I know that when I feel the joy of doing what comes from my heart, I allow my body to heal.

I welcome my new awareness of the peaceful power in my heart, the seat of my strength, and the home of my spirit.

I know that I am better and better able to listen to my body and sense what it needs.

I know that I'm more and more able to sense when I'm tired and give myself room to rest.

I'm better and better able to seek out environments that are nourishing to me, and avoid those that aren't.

More and more, I can understand that my body is my ally, my oldest friend and my steadiest companion. I

know that when I appreciate my body, respect it and take good care of it, I allow my body to heal. More and more, I can be true to myself, judge by my own standards, and listen to the voice of my heart. I welcome the return of my strength and vitality.

I am aware that with each breath in, I am sending precious oxygen and rich nutrients to the places that need them.

I am aware that with each breath out, I am releasing toxins and flushing out waste from my cells. I salute the healing action of my own breath.

I can see and feel radiant sunlight, entering and warming my body, sending peaceful joy and sweet healing deep into my body.

I can see and feel a powerful blue-green wave of healing, washing through me from head to toe, clearing away any unwanted debris and taking it out with the tide

I can see and feel a soft, warm, pulsing blanket of comfort surrounding me, enveloping me with healing, and softly soaking its energy into me.

I can feel the powerful healing that is going on inside deep my body, reaching into every corner, every cell.

I know I am tapping into new strength as the healing goes deeper and deeper into my body.

I can see and feel toughened fibers in my muscle melting back to their original pliable flexibility and softness.

I can sense the circulation increasing inside and around my muscle and connective tissue.

I can see and feel the increased circulation, flowing through softened muscle tissue, flushing out toxins, cleansing and clearing.

I can see and feel healing hands sending warm, gentle waves of pulsing, healing energy into my liver, spleen and kidneys.

I can feel my vitality and energy return, filling the opening spaces of my healing body with strength and joy.

I can see and feel a peaceful, balanced calm settle into my immune system.

More and more, I get stronger, build muscle, gather energy & power, a clear mind and a joyful heart.

I can see myself more and more willing and able to move and stretch, more and more enjoying the feel of my body in smooth and easy motion.

The blueprint that I hold in my mind's eye is the picture of myself, vital, strong and healthy, doing what I love to do, without a thought.

I thank all the sure, capable, healing hands, seen and unseen, that are helping my body get strong and well.

I thank all the prayers and good wishes that have been sent my way, enveloping me in gentle protection and support.

I invite assistance from my friends and loved ones, past, present and future, to lend me their help and strength.

I see myself surrounded by their love and caring, and I feel it all over my body like a warm wave.

I sense the presence of allies all around me, offering encouragement and support, healing and guidance.

I know that I am nourished and sustained by all the love and beauty that has ever come into my life.

I can feel the love and care of friends and loved ones all around me, supporting my courage and lifting my spirits.

I know that I am surrounded and supported by invisible forces, blessing my dreams and reminding me of my strength.

I am grateful for my own resilient courage and stubborn strength. I salute the fortitude I have shown and will continue to show.

I know that I am healing and that I will continue to heal.

More and more, I can feel my mind getting clearer, my body stronger, my heart fuller and my energy freer.

I know I have things to do, purposes to accomplish, gifts to give, and I require a strong and healthy body for this.

More and more, I know that I am perfectly, utterly safe.