



Imagery International

A Professional Association of Guided Imagery Practitioners



Inviting New Members

We welcome all professionals interested in the practical application of guided imagery for healing and personal growth, including, but not limited to nurses, doctors, psychotherapists, social workers, hypnotherapists, and somatic workers.

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Five Quotations To Inspire Gratitude

Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.

—Marcel Proust

When eating bamboo sprouts, remember the man who planted them.

—Chinese Proverb

To give thanks in solitude is enough. Thanksgiving has wings and goes where it must go. Your prayer knows much more about it than you do.

—Victor Hugo

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I do not think of all the misery, but of the glory that remains. Go outside into the fields, nature and the sun, go out and seek happiness in yourself and in God. Think of the beauty that again and again discharges itself within and without you and be happy.

—Anne Frank

We can only be said to be alive in those moments when our hearts are conscious of our treasures.

—Thornton Wilder

Five Affirmations To Inspire Gratitude

I am grateful for those with whom I can be myself.

I am grateful for the books that have expanded my mind and teachers that have inspired my confidence.

I am grateful for the time to engage in activities that bring me joy.

I am grateful for my inner strength and resources.

I am grateful for my imagination and all the ways it serves me.

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