

Inner Work Guidebook
ACTIVITY: GUIDED MEDITATION/DEEP IMAGERY
Description and Detail of Activity

What is it?

Guided Meditation/Deep imagery is a practice of directed thoughts and images that guide the imagination toward a relaxed, focused state. Some people use an instructor, tapes/CD's, or scripts to assist in the process.

Why do it?

The purpose of guided meditation is to encounter God through the intellect, imagination and/or affections and will. God works with all components of our humanity to draw us closer to Himself.

How to do it.

We refer you to the following books as a starting point:

Meditations for a New Earth; Kim Eng & Eckhart Tolle Eyes on Jesus, The Jesus Meditations;
Michael Kennedy The Contemplative Heart; James Finley Praying Body & Soul; Gabriel Galache

Suggested Resources for this Activity

www.mindfulworship.com

www.thechristianmeditation.com www.beliefnet.com