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This starry sky relaxation is a guided imagery script that will describe relaxing at dusk and watching the stars appear in the night sky. Start by finding a comfortable position. As you settle in, direct your attention to your body. Notice how your body feels in this moment.

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Working with guided imagery is powerful and it is up to you to use the book responsibly and ethically. Leaders with little or no training in guided imagery may use these scripts with emotionally healthy people. Be careful, however, when presenting themes and techniques that are unfamiliar to you.

for Relaxation Imagery - Whole Person

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