

# Mind-Body Mastery

*Guided  
Imagery*

*Meditation*

*Real  
Relaxation*



**Julie Lusk, M.Ed., R/CYT**



Julie T. Lusk, M.Ed., R/CYT

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## Julie T. Lusk, M.Ed., R/CYT

Julie Lusk, M.Ed., is president of Wholesome Resources. She is an internationally published author, and inspiring speaker. Julie has over 30 years of expertise in stress management, wellness, yoga, and guided imagery. Professionally, Julie has worked in health care management, higher education and community organizing. Thousands have benefited from her volunteer work.

Julie is available as a keynote and business speaker. She expertly offers stress management, wellness strategies, yoga, and meditation to groups and individuals.

Julie Lusk is pleased to offer a line of mind-body books, CDs, and other materials that are inspiring and practical. Each one provides solid support for you and your journey to being happy and wholesome in body, mind and spirit. Her relaxation, imagery and affirmation CDs are being used on an ongoing basis at Good Samaritan Hospital, American Heart Association, Hospice of Cincinnati, St. Elizabeth's Medical Center, American and Jamaican Cancer Societies, VA Tech and other organizations nationwide.



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## Mind-Body Mastery



What is it and why it is so important



**T**ry this. Line up the creases at your wrists and place your palms together. Look at your fingertips. Notice if the fingers on one hand are longer than the other. Yes? That's good. It's normal. However, if both hands are the same length, simply choose one hand or the other. Don't worry. You're normal too. Now, lower your hands beside you. Silently and steadily, tell the shorter hand "longer, longer, longer" for a minute or so. Come on, do it. Once again, line up the creases in your wrists and place your hands together. What do you see? Voila! The fingers measure up, don't they? How can this be? It's an example of the mind-body connection at work.

So what difference does this make? Tons. The mind-body connection influences your health and well-being in remarkable ways, both positively and negatively. You'll find out more about this in a few minutes.

Let me share a story with you about my Mom. Several years back, she was diagnosed with metastatic cancer. Even though she underwent every diagnostic test recommended, the primary cancer site was never detected. This meant that her physicians were unable to recommend a course of chemotherapy nor could they provide radiation because they would not know where to direct it. She quickly went from being an on-the-go woman to someone who was so weak she became bedridden. Before too long, she was strong enough to get around in a wheelchair. Next, she graduated to a walker and in another month, she was back to walking and getting around again. I went to every doctor's appointment and follow-up test with her. The results were in. Without chemo or radiation, all her cancer markers had returned to normal! We were so grateful and relieved. When I asked her what happened, she tapped her finger to her temple and said, "Honey, it's all in how you think."

As you can imagine, I was really stressed out during the time of her illness. I used the techniques in this book to help me sleep better, cut down on worry, and give me the clarity of mind and focus needed to help make decisions. I don't know what I would have done otherwise. In addition, I have used these techniques to rid myself of allergies, to increase my stamina, and to give me wise guidance with my questions; large and small.

The truth is that the mind and body are intimately and ultimately linked as one. There is absolutely no separation. What is thought or felt always resonates throughout the body moment by moment through an instantaneous bio-chemical reaction. This reaction is either life and health enhancing, or defeating.

Study after rigorous study report the benefits of the mind-body connection through meditation, controlled breathing, deep relaxation and directed, guided imagery for everything from hypertension, quicker healing, pain reduction, diabetes, arthritis, insomnia and many other conditions. Better concentration, problem-solving and emotional stability are other common outcomes. These practices can help you with the effects of stress from daily living and help you cope with emotions and stabilize mood swings.

**The positive aspects of the mind-body connection consist of and contribute to:**

- The ability to recognize one's life purpose and accomplish life dreams and goals
- Feelings of contentment
- Living in balance
- Physical, emotional, and mental well-being
- Awakening the spirit
- Finding peace and happiness

## **The mind-body connection, when ignored, can also**

- Undermine one's health physically, mentally and emotionally
- Create negativity
- Block the flow of creative and healing energy
- Contribute to illness, injuries and disease
- Cause unhappiness and dissatisfaction

## **Transformational tools that activate and assist this process include:**

- Focused breathing practices
- Guided relaxation
- Guided imagery and creative visualization
- Affirmations
- Meditation
- Mind/body fitness modalities like yoga and tai chi
- Honest expression and congruence of thoughts, feelings and actions

**H**ere are the mind/body practices that you are about to learn.

**Real relaxation** happens through techniques that purposefully and constructively release tension and relax the body, mind, emotions and spirit.

**Guided imagery** is intentional and useful daydreaming that is multi-sensory and practiced while in a relaxed state. It is based in the mind and emotions and is used for relaxation, healing, increasing insight and intuition, making personal changes and self-understanding.

**Meditation** involves focusing the mind and emotions. Meditation occurs when the mind settles into stillness and allows us to experience the spirit directly. It's awareness without words. Meditation techniques are used for this to occur.



## Guided Relaxation for Rejuvenation



Take a 2-Hour Nap in 10 Minutes



## **Relaxing regularly and deeply is the perfect remedy to conquer stress.**

The World Health Organization predicts that stress-related disorders and psychological disorders will be the second leading cause of disabilities in the world by 2020.

The good news is that we can each take action to prevent and/or cope with stress. It's time to take stress seriously and learn to do things that really release stress and result in reducing muscular tension, regulating blood pressure and even relieving pain.

## **Is rest and relaxation a waste of time? Hardly!**



**Isaac Newton** made his breakthrough discovery on gravity while he was relaxing and watching apples fall from trees.

**Archimedes** had his "eureka" moment in the bath tub.

**Albert Einstein** was asked how he discovered the atom. He said, "I didn't discover it. I meditated and it revealed itself." Einstein also said,

"Play is the best research."

"Imagination is more important than knowledge."

**Guided Relaxation is another tool for your stress relief toolbox.** The secret to gaining relaxed energy is to clear away the mental ruckus and emotional debris to make room for clear thinking. One of the easiest ways of doing this is through relaxing the muscular tension held in the body by tensing and releasing muscle groups throughout your body using a reliable technique known as progressive muscular relaxation. Doing so not only releases physical tension, it also teaches you the felt difference between

tension and relaxation. By knowing this, you can catch physical tension early on and before it causes painful headaches, back problems and digestive trouble. A calming effect for the body, mind, emotions and spirit is awakened as well.

Progressive muscle relaxation, conscious breathing, creative visualization and guided imagery techniques are often incorporated into guided relaxation exercises.

Furthermore, since you remain conscious and alert during guided relaxation, the problem of waking up groggy is eliminated.

## **Summary of Benefits**

Guided relaxation will:

- ✓ Improve immunity
- ✓ Lower Stress
- ✓ Feel more refreshed; especially when you need it most
- ✓ Cellular rejuvenation and repair
- ✓ Better sleep
- ✓ More energy
- ✓ Greater mental clarity while reducing worry
- ✓ Increase creativity
- ✓ Enhance problem-solving and intuition
- ✓ Extra stamina and endurance
- ✓ More productivity
- ✓ Relieve pain
- ✓ Improve your outlook
- ✓ Better overall health
- ✓ And more!

## How to Prepare Yourself

Practice the following exercises on a regular basis. It will do you a world of good. Not only will you benefit from getting some rest, you will learn and experience the difference between muscular tension and relaxation. Doing so will give you a solution for releasing muscular tension before it gets worse by becoming a headache or worse. It's like "taking a two hour nap in ten minutes." Don't be mistaken however, there's no substitute for a good night's sleep. We still need 8-9 hours for sleeping daily.

If possible, put a "Do Not Disturb" sign on your door and forward your phone calls and turn off your other technical tools. Otherwise, find someplace else where you won't be bothered. Being interrupted or startled is unpleasant and counterproductive.

Dim the lights and play some quiet, soothing music. Uncross your arms and legs and let them rest comfortably. If you can, remove your shoes, necktie, and glasses and find a way to support your neck.

### **How to get the full benefit from these experiences**

1. Have someone slowly and softly read the instructions to you.
2. Follow the directions as you read through the instructions.
3. Familiarize yourself with the instructions and then proceed on your own.
4. Make an audio recording to play back or [buy a relaxing recording](#) to listen to.
5. Take your time and pause each time you see this mark . . .

**The most important thing of all is to do it!**



## Take Ten

### Take a 2-Hour Nap in 10-Minutes

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This short relaxation exercise can be done either sitting in a chair or lying down. It is a good way to rest and relax when time is limited. Your energy will restore.



[Listen to Take Ten. Simply click. \(.dmv\)](#)

Begin by closing your eyes . . . and let the air in your lungs release . . . Take in a full, deep breath through your nose, allowing your lungs to fill up completely, letting the air go all the way in, and then sigh it out through an open mouth. Let all tiredness, tension, and negativity be released when exhaling your breath.

Take in another big deep breath . . . and sigh it out. Now, continue breathing slowly and deeply for five complete breaths . . . taking time to breathe all the way in and all the way out through your nose. Take your time . . . breathing in . . . and out . . .

**D**raw your attention to your thoughts now . . . Notice what's on your mind right now, what thoughts are going through . . . Let them come and go without dwelling on them . . . There's no need to cling to thoughts or to try and make them go away . . . Notice how your mind and thoughts gradually slow down . . . undistracted and becoming still so you can begin centering in and being focused . . . Each time your mind begins to wander, gently bring your attention back to your breath and to this very moment.

**N**ow, notice how your emotional self is feeling right now. What kind of mood are you in . . . Try not to judge your mood, just notice and accept what you are naturally experiencing at this moment . . . Remember to let feelings come and go.

Notice that you feel more and more settled each time you exhale ... notice a feeling sense of harmony and balance occurring within your body, mind, mood, and spirit. Feel the sense of balance within your body . . . mind . . . and emotions.

Take in another big deep breath . . . and sigh it out. Take your time . . . breathing in . . . and out . . . Now, continue breathing slowly and deeply for five complete breaths . . . taking time to breathe all the way in and all the way out.

**N**ext, you will slowly begin tensing the muscles throughout your whole body at the same time; your arms and legs, your torso and back, your shoulders and face.

By the count of five, your body will feel half the way to being tense all over. By the count of ten, you will feel tension and tightness throughout your entire body. Then you will count backwards from ten to one. As you do, you will slowly release the muscular tension in your body. By the count of five, you will be half the way to feeling totally relaxed. At the count of one, your body will be relaxed completely. Finally, you will take in a nice, big breath and then sigh it out. Let's do it.

As you sit or lie there, get a solid sense of your body as it presses firmly against the floor or chair . . . with awareness, mentally explore how your body is feeling right now. Scan your legs . . . back . . . arms . . . and head. You are becoming acutely aware of how you are feeling in your physical body right now. Simply become aware . . .

Let's begin. One, hold just a little tension . . . two . . . add some more . . . three . . . four . . . five, you are half way there, six . . . seven . . . eight . . . nine . . . and ten, you are all the way there now. Feel the contractions . . . know it and experience it completely, so that you will be able to recognize muscular tension and tightness later on.

Nine, release a little bit . . . eight . . . let a little bit more go . . . seven . . . six . . . five . . . you are half way there . . . four . . . three . . . two . . . one. Let all of the muscular tension and tiredness dissolve and be released. Let go totally. Experience fully the feeling of being completely relaxed and calm . . . Let it soak in . . . and learn to recognize the feeling of relaxation . . .

If you still feel some muscular tension, you'll notice that you can relax even more if you mentally give your body permission to relax further. Pay a mental visit to those areas where you hold your tension... Let those places relax now by mentally giving yourself permission to do so . . . It's beneficial to relax . . .

Take a nice big, deep breath and sigh it out, letting the air rush out through an open mouth. Let the air stay out of your body as long as comfortable and then receive another big, deep breath and sigh it out completely. Notice that you can relax more and more, each time you exhale . . . Let your breath return to normal.

**N**otice how you feel . . . let yourself safely go ... sinking down into the floor or chair.... Let the floor or chair support and hold you, feeling safe and secure. Your body feels as if it's being supported completely and entirely. Every time you breathe out, you can feel more and more relaxed, calm and serene.

**W**henever you are ready, you can begin stretching and moving, feeling refreshed and relaxed.

**S**mile.



Releasing



Expanding

This two to four minute power nap is best done lying on your back. If this is impossible, it can also be done from your chair. This relaxation exercise a fantastic and very effective way to relieve stress and revive your energy in a few moments.

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Close your eyes and begin settling down into the floor or chair . . . let yourself sink down into the surface as you become more and more aware of your physical body.

All at once, expand by reaching out and tensing your arms and legs, open your eyes up wide and stretch out your tongue. Tighten up your chest and stomach and hold it for several moments.

Relax all at once by letting your whole body go loose and soft. Take a few moments to feel the relief of letting the tightness and tension leave.

Now, contract and pull in. Pull your feet and legs in. Bend your elbows and make two fists. Compress your abdomen. Squint your eyes, purse your lips, and scrunch up your nose. Hold, hold, hold . . . and let go.

**T**ake in a few full, complete breaths by filling up the lowest part of your lungs so that your abdomen rises up. Open your mouth and let the air rush out.

Take another full, deep breath in . . . This time, fill up the low, mid and upper portion of your lungs, feeling your lungs expanding . . . Open your mouth and let the air rush out.

Let your breathing return to normal, breathing through your nose . . . and each time you breathe out, let yourself relax more and more.

**M**entally scan your body, giving yourself permission to relax and let go of muscular tension even further.

Allow your toes and feet to soften and relax . . . feel the softening spread throughout your calves as they become relaxed . . . your knees are now relaxed . . . and let it spread to your thighs . . . let your hips rest.

Now your lower back is relaxing . . . mid-back . . . upper back and shoulders are all letting go of muscular tension. Allow your upper arms to relax . . . your elbows . . . your forearms . . . your hands and your fingers. Everything's relaxing, more and more.

Allow your torso and vital organs in your abdomen to be at ease . . . And now your ribs, front ... back... and sides relax.

Feel your neck and throat relax . . . all the muscles in your face are relaxing too. Your mouth . . . cheeks . . . your nose . . . eyes and forehead are very relaxed.

The feeling of relaxation spreads from the top of your head to the back of your head and all the way back down to your toes. Feel yourself become more and more relaxed.

**W**hen you're ready, begin to stretch and move gently. Open your eyes and you'll feel calm, relaxed and rested.

**S**mile.



## Easy Does It

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Try this five-minute technique if you are especially tired or if you have physical conditions such as arthritis, fibromyalgia or any other problem with tensing your muscles. It doesn't require you to tense your muscles prior to relaxing them.

Let yourself sink comfortably into your chair. If possible, kick your shoes off and put your feet up and uncross your legs and arms.

Begin taking a few deep and full breaths to prepare for a relaxing experience . . .

Slowly, breathe all the way in . . . and all the way out . . . Each time you breathe out, begin releasing any tightness or tenseness you may have. . . Tightness may be in the form of physical tension . . . mental confusion . . . or emotional distress . . . Just let it clear away, each time you exhale. . . like disappearing clouds.

Now, imagine that you are breathing in through your feet . . . and feel them soften and relax as you breathe out... slowly and easily.

Breathe in and let your awareness fill your legs . . . and slowly breathe out. Noticing your calves . . . your knees . . . and your thighs. Every time you breathe out . . . release and let go.

Breathe in and wrap your awareness around your hips, feeling them soften as you breathe out . . . sinking and settling down. Slowly and easily.

Breathe in as your attention floats to your back . . . Feel the tension in your back dissolve, letting go more and more, each time you breathe out.

Breathe in and surround your shoulders with your awareness and feel them soften as you breathe out . . . Releasing the tightness, the soreness, and the tension . . . soothing your shoulders with your slow and easy breath.

Breathe in and unclench your teeth . . . let your lips part slightly. As you continue breathing gently and softly, let your nose and cheeks smooth out . . . and allowing your eyes and forehead to soften.

Let this relaxed feeling begin flowing down around your shoulders and surround your arms and hands with peace and quiet.

Let your pores open up and breathe, feeling yourself releasing and expanding.

**A**s you relax deeper and deeper, the peacefulness reminds you of a quiet, personal sanctuary . . . an extremely comfortable and safe place where you feel surrounded with exactly what you need.

This is a special place where you can safely explore your very own inner thoughts and feelings . . . a place to feel protected and safe and understood . . . where you can spend some time getting to know the real you . . . the person you were meant to be . .

. and fully capable of finding answers to your questions . . . and feeling safe to be who you really are. Treat yourself to some time to explore this special feeling and space.

After a while, allow your attention to come back to your breath . . . feeling more wholesome and real.

**A**nd, whenever you are ready, begin to stretch your body, wiggle your fingers and toes . . . and open your eyes . . . feeling refreshed and renewed.



## Breathing for Calmness and Clarity

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Clear your mind and freshen your spirit with this simple breathing technique. While it may be difficult to stay focused at first, it gets easier and more effective with regular practice. Feel free to spend one to ten minutes (or more) on the experience. For variety, feel free to substitute a different, positive saying that may have more appeal or meaning to you. For example, you may want to substitute “I am . . . healthy and happy,” or “I am . . . strong and whole.”

Sit comfortably and begin clearing your mind by focusing on the present moment. Simply settle into your chair . . . listen to the sounds around you . . . feel the air on your skin . . . notice what mood you’re in. Don’t even bother naming your mood. Instead, notice how it feels to you. Again and again, allow yourself to forget about the past and let go of the future to stay focused upon each and every present moment.

Each time you notice your attention being pulled to either the past or future; kindly focus your attention on the present moment and come back to your senses . . .

Breathe in and silently say to yourself, "I am."

Breathe out and silently say, "Calm. My mind is clear."

Breathe in and silently say, "I am."



Breathe out and silently say, "Calm. My mind is clear."

Continue on for as long as you wish. It is common if your mind wanders far and wide. As soon as you notice that you've become distracted, simply let the distracting thought go and gently bring your attention back to your breath and your saying. The more you practice, the longer you will be able to stay focused. A bonus is that your ability to concentrate in general will improve in all sorts of situations and circumstances.



## Seated Progressive Muscular Relaxation

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This longer progressive muscular relaxation experience is perfect for sitting in a chair. Allow fifteen to twenty minutes for this delightful experience. It's worth it.

Close your eyes and begin feeling the sensation of relaxation . . . Take in a nice big breath, bringing your shoulders up towards your ears. Now, drop your shoulders down while releasing your breath . . . Let's repeat, bring fresh air into your lungs squeezing your shoulders up towards your ears and hold . . . Now let your shoulders drop down and relax as you release your breath . . .

Hold your right arm straight out in front of you and make a tight fist with your thumb on the outside. Hold, more and more. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Drop your hand to your lap and relax.

This time, hold out your left arm, making a tight fist with your thumb on the outside. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Now, relax, letting your arm relax completely, and resting on your lap.

Take time to hold both arms out and make a fist with your thumbs out, notice the tension in your wrist and at the back of your hands. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

This time, hold your right arm straight out, bending your hand backward so your fingers point toward the ceiling. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax, allowing your arm to fall to your lap . . .

Now hold your left arm straight out with your fingers pointing toward the ceiling. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . . Notice the warm feeling in your arms . . .

This time, hold out both arms tensing your arms in the same manner. Feel the tension in the upper portion of your forearms. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

**N**otice the feeling of relaxation in your arms. Warm and tingly . . .

Now it's time to tense and relax your biceps. Bring the fingers of your right hand to your right shoulder and tense your biceps. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax, letting your arm fall to your lap . . .

Next, bring the fingers of your left hand to your left shoulder and hold. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

Bring both hands to your shoulders and tense the biceps. Squeeze 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

Be aware of the feeling of relaxation in your arms, feeling warm, heavy, and comfortable . . .

**A**llow your attention to focus on your legs . . .

Draw your attention to the lower part of your thighs. Press your knees together so that the area of your legs above the knees touches. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

Hold your right leg straight out with your toes pointing forward. Tense your leg 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax, letting your foot fall to the floor . . .

Now, hold your left leg straight out with your toes pointing forward and tense. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

This time, hold both legs straight out with your toes pointing forward. Notice the tension in your calf muscles. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

Now shift your attention to below the kneecap. Hold your right leg straight out and point your toes back toward your head. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

This time, hold your left leg straight out and point your toes toward your head. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

Hold both legs out in this way, noticing the area below the kneecap. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . . Notice how you are feeling more and more at ease . . .

Notice that your legs and arms feel heavy . . . warm . . . and relaxed. Resolve to allow them remain still and relaxed.

**W**e are now going to relax the entire abdominal region. Draw in your abdominal muscles as much as you comfortably can. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax, feeling all of the knots inside letting go . . .

Next, push your abdominal muscles outward as much as you can. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax. You're feeling more and more relaxed . . .

Shift your attention to the chest area. Take in a deep breath and hold. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Let all of the air rush out and relax . . .

**N**ow we are going to focus on relaxing your neck. It's important to learn to relax this area since tension tends to accumulate there.

Tip your head directly to the right side, moving your right ear toward your right shoulder. Be careful not to strain 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Let your head come back up to center. Let your head wobble until it comes to a comfortable resting position . . .

Now let your left ear lower down towards your left shoulder. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Let your head return to center and let it wobble until comfortable . . .

To relax the muscles in the front of your neck, bend your head forward and bring your chin toward your chest. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax and let your head wobble . . .

Press your lips tightly together and hold 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax, letting your lips part slightly to relax your mouth. . . .

This time, bring your tongue upward and press it against the roof of your mouth. 1 . . .  
2 . . . 3 . . . 4 . . . 5 . . . Relax, letting the corners of your mouth relax... and your lips  
part slightly . . .

To loosen up your jaw, open your mouth and move your jaw up and down and back  
and forth, working out all tension . . . Relax. Let your lips part slightly . . . Moisten your  
lips if you wish.

Wrinkle up your nose to tense your nose and cheeks 1 . . . 2 . . . 3 . . . 4 . . . 5 . . .  
Relax . . .

Even though your eyes are closed, close your eyes tightly and feel the tension in your  
eyes and forehead. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

Bring your attention to your forehead, frown and lower your eyebrows downward. 1 . . .  
2 . . . 3 . . . 4 . . . 5 . . . Let go of all the tension and relax.

This time, draw your eyebrows upward. 1 . . . 2 . . . 3 . . . 4 . . . 5 . . . Relax . . .

**I**t's now time to mentally scan your entire body. If you notice any remaining tension,  
give permission to those areas to relax and safely let go . . .

You are now very, very relaxed . . . Take time to enjoy this delicious feeling . . .  
Allowing this feeling to sink in all over . . .

When you feel finished, start to picture or sense the room you're in.

When you're able to picture or sense the room, open your eyes and stretch.

Smile.

## Variations

For the first few times, it's best to practice the entire exercise as a whole. After you've become accustomed the experience, or if time doesn't permit you to do all the above, it's okay to tense and relax each side separately without tensing both sides together. Another alternative is to tense both sides at the same time. A different option is to relax a few areas at a time. You may stop counting to 5 after becoming accustomed to the length of time needed to feel the tension and the relaxation, and when you're comfortable with doing the exercise.

*Oak Creek Energy* was adapted from *30 Scripts for Relaxation, Imagery and Inner Healing, Volume 1* by Julie Lusk. Tom Tapin co-wrote Oak Creek with his sister Julie while enjoying a vacation together. (Publisher: Whole Person Associates)

See [Resources](#) to order your copy.





## Guided Imagery





**Guided imagery**, also referred to as creative visualization, is intentional daydreaming that is designed to magnify the positive aspects of the mind-body connection. It produces genuine relaxation which awakens and activates the natural ability for self-healing to occur. Guided imagery helps you discover inner truth and direction and stimulates intuition. Guided imagery can be a tremendous help in changing behaviors and habits. With regular practice, your skill and efficiency will improve and your results will increase.

Guided imagery is done in a relaxed state that is entered through breathing that is focused, full, easy, and slow. This relaxed state can also be brought forth through progressive muscular relaxation techniques like the ones described in the chapter on Guided Relaxation. Focused breathing and progressive muscular relaxation prepares the body for guided imagery and creative visualization.

Once relaxed, the mind will go through a process similar to daydreaming. The difference is that in daydreaming the mind is allowed to go wherever it pleases. With guided imagery, the mind is directed in a specific and special manner. For example, a guided imagery exercise might ask you to focus on a setting or environment that feels safe and comfortable. This can be experienced and accomplished by mentally seeing the setting, feeling or sensing the environment, or utilization of the senses of sound or smell. As Belleruth Naparstek says, "there are many right ways to experience guided imagery."

Don't be surprised if your experience changes each time you repeat a script. It is common for one's own imagination to change and embellish the suggestions. This is a sign that your inborn imagination is guiding you. Allowing this will enable your experience to be more potent.

Having an emotional response to guided imagery is common. It's also a good sign that it is working in a deep and genuine way. So, notice when this happens.

Best results happen when guided imagery is practiced with regularity.



## Woodland Walk

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This is an imaginary walk in the woods that will renew your energy and vitality.

Time: 15 minutes

**B**egin by treating yourself to an enjoyable and satisfying stretch. Go ahead, it's time to loosen up and stretch so you can reclaim your energy. That's right. Stretch all over.

And now, please allow your entire body to settle and relax comfortably . . . if your legs or arms are crossed, please uncross them and settle yourself into whatever you are sitting or lying on.

Take in a nice big breath ...fill your lungs full...and breathe out to let go from deep inside... And now, simply follow your breath in...and out...allowing each breath to refresh you on many levels.

With your eyes closed or barely open, begin to shift your attention away from the world around you to your inner world of sensations and into your imagination. It will do you good.

Take a big breath in . . . And sigh it all the way out.



**L**et your imagination take you out into the woods for an adventure that will help you feel refreshed and so you can feel like yourself again...these woods are quite special

and a place where you can escape and feel safe...it's your own private hideaway. Pretend as if you're there now.

It's the perfect kind of day to be outside...it's gorgeous and the temperature feels great... Overhead, the sky is a brilliant color... the sunlight surrounds you with healing light and warms you, through and through ... the clouds form into all sorts of shapes and drift on by, and as the clouds come and go, your worries evaporate ... your mind clears, like the depth and expanse of the infinite sky...The trees are magnificent and the woods are brimming with life... it smells delightful.

(Longer pause)

**I**magine yourself walking along a path...take a little time to yourself and notice what it's like...how wide is it...what is it made of...how does it feel to be walking on it.

And with each step you take, notice how you feel more and more alive with a bounce in your step...and it's hard not to grin. Walking feels effortless and invigorating ...like you're gliding upon a magic carpet. Walking along, your tiredness melts away, and more and more you notice feeling renewed and revived with boundless energy. There's a spring in your step and it feels great to be here.

Looking around, notice your surroundings...there are many types of trees...all different shapes and sizes, each one is inspiring in its own special way...and perhaps there's a rainbow of smiling wildflowers dancing in the light ...and the smell of the woods comes alive.

Notice the sounds that come and go...perhaps you hear the sound of a gentle breeze rustling through the leaves...the songs of the birds...or an occasional bark of a dog, off in the distance...what other sounds can you notice?

The sunlight streams through beaming a golden light that dapples through the branches above... casting shadows here and there ... and the air tingles and the woods sparkle with life...it feels radiant and the fresh air renews your energy with each and every breath you take. Take a few moments to continue down your path, walking along at a comfortable pace, following your curiosity and losing yourself in the sounds, the smells, and the colors all around.

(Longer pause)

**O**ff in the distance, you start to pick up on the sound of tumbling water and it sparks your curiosity as to where it's coming from, it might even be a waterfall ... so you take off in a new direction, not sure what you'll find ... and lo and behold, you discover a beautiful creek that is gurgling and chuckling by...the water cascades constantly over the rocks like a dance...and the water's surface glimmers and glows...being aware of the

water as it streams on by... If you wish, you dip into the refreshing stream of water and it feels exhilarating ...and you feel invigorated with energy...Relishing each and every moment...and you are reminded that this very creek gradually flows into the river that eventually joins the oceans of the earth.

(Longer pause)

**B**ack on your path again, notice how the canopy of trees is protective and comforting and how the leaves whisper in the soft breeze.... And the sunlight sparkles through, bringing its warmth and wonder to everything it shines upon, and you drink in its beauty...soaking it's magic into your heart of hearts.

And now you become aware that there's a clearing up ahead and as you enter there is a hushed silence that is felt...the clearing is carpeted in softness...and it feels magical, and enchanted.

Take some time to explore this special place...how large is it...what do you notice in the horizon...what is the air like...what sort of plant and animal life are present?

(Longer pause)

And now your attention is captured with watching the squirrels and rabbits darting about ... noticing the birds flying and hopping from place to place, singing their songs ... and noticing all the other wildlife at work and at play.

(Longer pause)

Notice how boundless energy begins surging through you so you feel like joining in all the activity ... feeling the urge to enjoy yourself and play, just like the animals. So, imagine enjoying yourself and having fun, exploring and discovering and playing... perhaps you'd like to fly like a bird or climb a tree like a raccoon, and be carefree.

And off in the distance, you notice a special place that has a hammock...and a park bench...and a swing and you seem to glide on over and settle into one or the other for a while...enjoying yourself completely and allowing yourself to daydream.

(Longer pause)

And now, you notice that an animal is trying to get your attention ...what is it... what's the animal like...and now it's coming closer ... and you're getting excited... and sure enough, you can tell that it has a gift or perhaps a message just for you ... and that's what happens, you are given a personal gift or a message from this special animal.

(Longer pause)

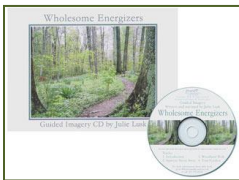
And now, you'd like to give something back in return.

(Longer pause)

**A**nd from this extraordinary space, you begin feeling lighter and more free and easy, feeling the surge of life pulsing through you ... replenishing your energy ... and each time you breathe, you can tell you are being completely restored from deep inside, from an unending and powerful source of energy and vitality ...and you feel your energy and enthusiasm pouring back to you, to continue on with courage, and a willingness to trust, knowing you can more than handle what's up ahead with a knowing confidence.

Having come full circle now, it's time to come back from your woodland walk... noticing how your energy and resourcefulness has grown and expanded ...and knowing you can come back, again and again...and each time you do, your experience will deepen and grow...

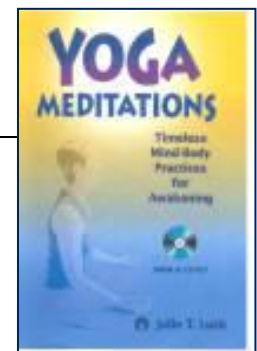
**W**henver you're ready, you can begin to stretch and move... feeling full of life, alert and ready for whatever comes next.



**Woodland Walk** is recorded on the **Wholesome Energizers CD** by Julie Lusk with music from Tom Laskey.

It is also one of 60 guided relaxation, imagery and meditations available in **Yoga Meditations: Timeless Mind-Body Practices** by Julie Lusk.  
(Publisher: Whole Person Associates)

See [Resources](#) to order your copy.





## Oak Creek Energy

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Experience and feel a personal connection with the energy and the healing power of the earth and sky.

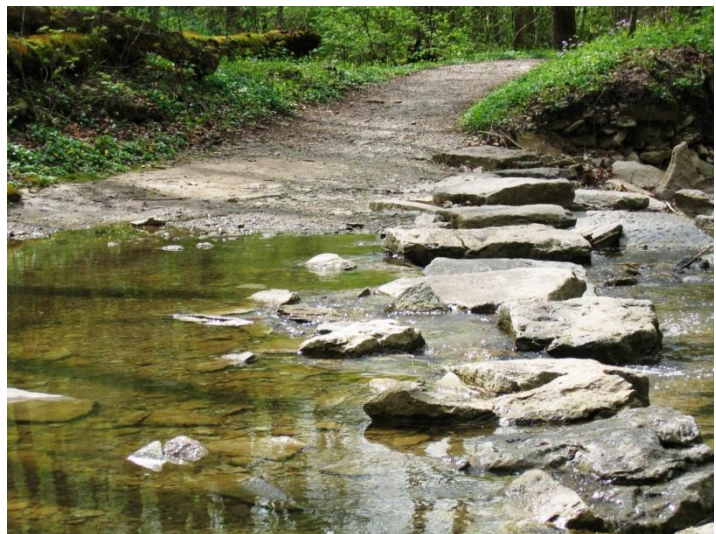
**C**lose your eyes and stretch. Enjoy breathing in a slow, deep way for a few minutes. Breathing like this is calming to your nerves and it clears out mental ruckus.

Imagine walking through a meadow... a beautiful meadow ... it's a meadow with a multitude of color. While walking along and enjoying the surroundings, you notice the path underfoot... feeling what it's like... hearing the sounds as you take each step, one by one... and looking around, you notice a field to one side... and a wide creek on the other.

As you continue walking, you become more and more aware of the sun shining down on you... feel its radiance... its warmth... the heat is gentle and soothing ... it feels welcoming... and you're feeling more and more comforted ...

Looking to one side, you begin paying attention to the water in the creek... hearing the sounds the water makes as it goes on by... Watching how the water is flowing by... and now feeling your self walking over toward it, step by step ... and notice the ground beneath your feet.

Standing beside the creek, you kick off your shoes and step into the water and feel its coolness against your skin... The water surrounds your feet... and feeling your feet and toes sinking into the sandy creek bottom.



Feel the water's wetness and its coolness... feeling your connection to the earth through your feet. Wiggle your toes... Feel the earth's power... and energy. Now feel the water line around your ankles... feeling the water line... and the energy and power beneath your feet.

**N**ow let the feeling of the earth's energy come up from your feet to your calves... and again from the earth to your feet, to your calves and on up to your knees... from your feet through your legs and up to your hips and torso... and from your torso and to your heart and all the way up to your shoulders... Now it moves down your arms to your fingertips... and back up your arms to your shoulders...neck... face... and head.

Feel the energy going all the way back down your body slowly and easily... and back to the water and into the earth... and back up and down again... feeling the energy flowing.

Once again, let the energy come from the earth and up through your body... like a fountain... and sprinkling the energy up and through the top of your head.

Looking at the water again... seeing the sparkles... the reflections ... watching the water as it passes on by... feeling and watching the movement... and listening to the sounds.

And now, gazing up the creek and noticing how the water flows past you... realizing where the water has come from and where it's going as it circles the entire earth... joining all the waters of the earth.

**L**ooking up, you notice the trees and the leaves blowing in the breeze. Now, pick out one of the trees and gaze upon it... noticing the size of the tree... and its age. Simply watching the branches and the leaves in all their glory.

Looking up higher, the sky comes into view... and noticing its magnificent color... and all the beautiful clouds floating by. And now, feeling the energy from the sky traveling down from the heavens, through the top of your head and down through your neck and to your heart ... and down through your spine and all the way down to your feet... across the earth and up to your tree... It's now coming back from your tree... across the earth... through your feet... legs... torso... heart ... head and back up to the sky... and feeling the flowing streams of energy. Feeling your connection with the heavens and the earth and taking it all in... and soaking it up...simply breathing it all in.

**I**t's time to draw your attention back to standing in the creek... step by step, walk out of the water... and letting your feet air dry in the warmth of the sunlight... putting your shoes on... and now walking back down the path... and through the meadow. Notice how refreshed and grounded you are feeling.

Take a full deep breath... all the way in, slowly and easily... and all the way out... Each time you breathe, you're feeling more and more alive ... and more and more alert.

**W**hen you're ready... begin to stretch and move... and open your eyes.

**S**mile.

*Oak Creek Energy* was adapted from *30 Scripts for Relaxation, Imagery and Inner Healing, Volume 1* by Julie Lusk. Tom Tapin co-wrote Oak Creek with his sister Julie while enjoying a vacation together. (Publisher: Whole Person Associates)

See [Resources](#) to order your copy.





## Cruise Meditation

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Spark your intuition with this guided imagery experience. It entails taking an imaginary cruise to a beautiful island to explore. You'll also receive a special message from your own personal intuitive guide.

**P**lease close your outer eyes and open your inner eyes. Begin to notice your breath... Are you breathing through your nose or mouth? Is it shallow or deep? ... Is it fast or slow...? If you're able, breathe through your nose... Gradually begin breathing out much more than usual... and feel the incoming breath filling up your lungs so that your belly raises... your ribs expand... and your heart lifts as your upper lungs receive oxygen. Once again, breathe out slowly, smoothly and completely. Continue doing this for several minutes... When you notice your mind wandering, bring your attention back to breathing.

As you relax more and more, you find yourself aboard a boat ... Notice the boat's size... shape... and color. What else can you notice?

As you're safely floating along in your boat, you begin to notice the gorgeous, sparkling color of the water as it reflects sunlight.

**I**n the distance, you get a glimpse of an island and start moving towards it... Your boat now comes to rest on the shore and you feel or see yourself stepping out onto the island, climbing out with a sense of wonder and adventure.

As you begin exploring the island, you notice that it's covered with colorful flowers. Notice the brilliant and diverse colors, shapes, and sizes of the flowers... Taking a refreshing breath in, the luscious fragrance renews you...and their beauty is stunning.

As you wander through this garden paradise, you see a path and feel an irresistible urge to follow it... You choose to walk down the path.

Walking along, you're fully aware of the brilliant colors... the clear and crisp air... and the peace and solitude of your environment.

**Y**ou come to a clearing and you realize it's an entrance to a quiet shrine... You enter the shrine and immediately feel an overwhelming sense of peace and calm... and a feeling of belonging. It's heavenly.

Sitting down, you notice someone off in the distance. Something deep inside lets you know that it's a personal and wise guide for you... perhaps it's someone you already know, maybe it's someone you used to know, or perhaps a new friend.

Instantly, you feel as if you know this person very well... You feel perfectly comfortable and in harmony with your surroundings and with this long-lost guide.

Your friend comes closer and asks if you would be open to receiving an important message, perhaps an answer to a question you may have... perhaps some wise advice that will benefit you. If you agree, you nod your head.

A message for you is being revealed. It may come in the form of images, words, sounds or perhaps a feeling ... Just be open and receptive.

*Pause.*

**N**ow it's time to say goodbye to this special guide in whatever way you choose.

Gathering yourself together, you stand up and walk back along the path toward the boat, feeling happy, harmonious, and blessed.

**I**t's time to close this experience for now... So draw your attention back to this room. On the count of five, you'll open your eyes and stretch, feeling energized, refreshed, and happy. 1...2...3...4...5. Open your eyes and stretch.

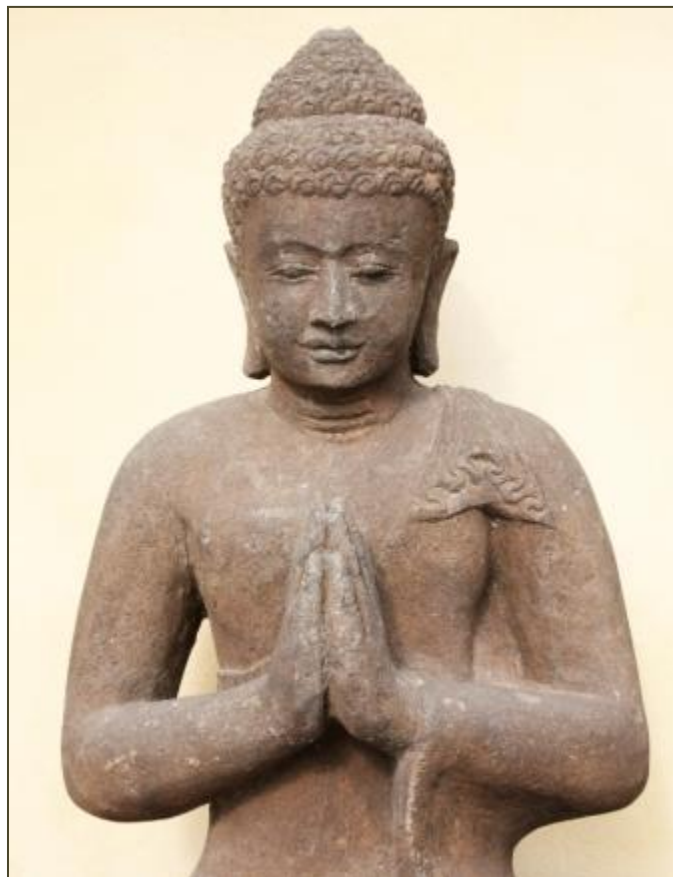
*The Cruise Meditation* was adapted from *30 Scripts for Relaxation, Imagery and Inner Healing, Volume 2* by Julie Lusk (Publisher: Whole Person Associates)

See [Resources](#) to order your copy.





In a Minute . . .



Make that a Mindful Meditation Minute



**M**indfulness meditation deepens awareness of the present moment, develops skills of focused attention and cultivates positive qualities such as compassion, understanding, and inner peace.

It is highly recommended to relieve the stress and pain of chronic disease. It is a practice designed to focus one's attention on the moment. Care is taken to notice thoughts and feelings as they occur and without judgment. Practicing this brings about that ability to recover quickly and wisely from life's ups and downs and gain a satisfying appreciation for living. Researchers are backing up the claims that have been made by ancient sages with scientific studies. For instance:

**Meditation improves mental functioning.** According to a study conducted at the University of Kentucky, subjects who took a late-afternoon test after meditating for 40 minutes had significantly better scores than those who fell asleep for the same period.

**Lasting positive changes in both the brain and the function of the immune system resulted from a short program in "mindfulness meditation."** Findings by a University of Wisconsin-Madison research team, suggest that meditation, long promoted as a technique to reduce anxiety and stress, produces important biological effects that improve a person's resiliency.

Scientific researchers are starting to show that 40 minutes of daily meditation (two 20-minute sessions) has a direct affect on the function and structure of the brain. The brain changes that were measured with the aid of advanced brain scanning technology showed a thickening in the parts of the brain's cerebral cortex that are responsible for decision making, increased attention and improved memory. According to the findings, the meditation group also showed an increase of activation in the left part of the frontal

region. This activity is associated with lower anxiety and a more positive emotional state.

### **How meditation helps me personally**

Time after time, meditation, and the fruits of practicing meditation have been an immense blessing to me. Meditating gives me time to pause and shift my attention from external day-to-day events to an internal, safe place that provides me understanding, a fresh perspective and renews my energy.

Like a loyal and reliable friend, meditation helps me clear out emotional static and mental debris. Think about it, our body is designed to keep what is nutritious from the food we eat and it automatically eliminates the rest on a daily basis. Our minds are continuously inundated with information that is either important or useless. When do we ever take time to harvest the good and weed out the rest? Taking time for regular meditation is the answer. Without it, it is hard to concentrate, make decisions and come up with productive ideas, especially when the wise guidance of intuition is constantly being covered up.

Meditation has magnified my awareness enabling me to gain the mental clarity needed for solving problems as well as to react and respond to people and situations with more sensitivity. It settles my restless mind down so that insights can come as naturally as a bud becomes a flower.

Meditation, along with yoga and a healthy lifestyle, have kept me remarkably well; physically, mentally and emotionally. I often wonder how I would have gotten through the inevitable challenges that life brings, had it not been for mindfulness and the benefits that are the natural outcome of practicing yoga and meditation.

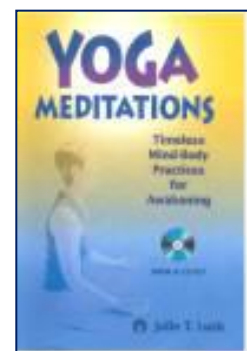
My meditation CD's are being given out by the American Heart Association. The American and Jamaican Cancer Societies, Cancer Family Care, and the Wellness Community give them to help people dealing with cancer. Numerous hospitals give my CD's to people undergoing surgery to help with pain management and to enhance healing. In fact, a few years back, when my husband was at the hospital preparing for surgery, his nurse assured him that he would be given appropriate drugs to control pain. In addition, she said that guided relaxation, imagery and meditation were extremely valuable strategies for pain management. Much to my delight, she reached into her drawer and gave him a copy of my Wholesome Relaxation CD!



Power of Presence CD  
by Julie Lusk

Don't take my word, or even the word of the researchers. Find out the benefits of meditation for yourself through regular practice.

**Here are several meditation techniques to get you started.** Additional methods can easily be found in my book called *Yoga Meditations: Timeless Mind-Body Practices for Awakening* (Whole Person Associates, Duluth, MN).





## Stop – Look – Listen

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Here's a mini-meditation that can be done anytime and anywhere. Your awareness will increase and it will settle your mind down and clear your head.

1. **Stop** – Notice your posture . . .  
breath . . . energy level . . . mood . . .  
mental activity.
2. **Look** – Blink your eyes several times.  
Look at something far away and discover  
the details in what you see. Blink again.  
Look at something close up. Discover  
the details.
3. **Listen** – Listen to sounds come and go.  
Simply observe without judging. No  
resistance. No clinging.
4. **Smile.**





## B...R...E...A...T...H...E for Mindfulness

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This meditation gives you seven steps for practicing mindfulness. The word 'breathe' will help you remember each step. Take your time to fully experience each of the steps before going on to the next.

**B**reathe fully, slowly.

**R**elease muscular tension.

**E**ngage and Expand your awareness.

**A**lert to sounds, sights, and smells. Awareness without naming.

**T**hink positive thoughts.

**H**ere and now.

**E**njoy the moment



## Take 5 to Thrive

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Practice every instruction for 1 minute each.

Each time your mind wanders off, return your attention to the moment.

1. Sit up straight. Roll your shoulders back and down. Uncross your legs. Place your feet flat on floor. Be still.
  2. Close your eyes. Notice sounds and smells. Let each come and go.
  3. Enjoy breathing slowly, smoothly, and deeply.
  4. Stretch your arms, legs, back and everything else.
  5. Open your eyes. Feel refreshed, renewed and ready. Smile.
- PS. Each time your mind wanders off, return your attention to the moment.



## Take a Breather

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This breathing meditation is done using the rhythm of your inhalation and exhalation. Be sure to slow the rate of your breathing down to get the maximum benefit. For instance, breathe in through your nose to the count of four, and breathe out for six or eight. Lengthening your exhalation has an extremely positive benefit because it activates the relaxation response and soothes your nervous system. It's also good for your heart.

Breathe in **B**alance

Breathe out **R**elief

Breathe in **E**nergy

Breathe out **A**ppreciation

Breathe in **T**rust

Breathe out **H**ope and Happiness

Breathe in **E**asily

Breathe out and **R**elax. Repeat from the start.



## Breathing Affirmations

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This exercise uses the word 'grateful' as the key phrase to focus upon.  
Feel free to create a positive phrase of your own. Repeat each phrase 3-5 times.

Breathe in and silently say "I am." Breathe out and silently say "**G**rateful."

Breathe in and silently say "I am." Breathe out and silently say "**R**elaxed"

Breathe in and silently say "I am." Breathe out and silently say "**A**lert"

Breathe in and silently say "I am." Breathe out and silently say "**T**rusting"

Breathe in and silently say "I am." Breathe out and silently say "**E**nergized"

Breathe in and silently say "I am." Breathe out and silently say "**F**riendly."

Breathe in and silently say "I am." Breathe out and silently say "**U**nderstanding."

Breathe in and silently say "I am." Breathe out and silently say "**L**ight-Hearted. "



## Breathing with Your Name

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Choose a positive quality that begins with each letter in your name.  
Here's an example for someone named Chris.

Breathe in and silently say "I am." Breathe out and say "**C**ourageous."

Breathe in and silently say "I am." Breathe out and say "**H**umorous."

Breathe in and silently say "I am." Breathe out and say "**R**elaxed."

Breathe in and silently say "I am." Breathe out and "**I**ntelligent."

Breathe in and silently say "I am." Breathe out and "**S**trong



## **I**n conclusion ...

Taking time for guided relaxation and meditation is well worth the time and effort. You now have three powerful techniques to stay refreshed, feel energized and to focus your mind. By now, I hope you have experienced this for yourself first hand.

What's important now is that you find ways to include these techniques into each and every day. Remember, they only work if you do them regularly! Here's how:

**Step One:** Choose a time and place to practice on a consistent and steady basis. Also, take quick breaks during the day for things like replacing physical tension with muscular relaxation, breathing more slowly and deeply, and being mindful of the present moment.

**Step Two:** Decide on a technique to do. Select one that is easy for you and compliments your temperament and needs. Stick with one so you can reap all its benefits. Practice it three to five times a week. This can be increased as you go along. You may add on other techniques to lengthen your practice and to keep it interesting and fresh.

**Step Three:** Watch out for improvements in your life.



## About the Author



**Julie Lusk, M.Ed.** is a leading authority in stress relief, wellness and holistic health. She is a master educator of yoga, meditation and guided imagery. Julie is director of stress management, yoga and meditation for Self Help Magazine.

Julie has a Masters in Education from Virginia Tech. She is a National Certified Counselor and Registered/Certified Yoga Teacher. Julie was a Licensed Professional Counselor in Virginia for 20 years.

Her clients have included Procter & Gamble, Fidelity Investments, University of Cincinnati, General Electric, City of Staunton, Ethicon/J&J, Xpedx, Convergys, Cincinnati Bell, Lewis-Gale Medical Center, Allstate Insurance and more.

Julie has developed stress management materials and wellness programs for such organizations as the City of Staunton, Roanoke College, Medco Health and many others.

Her relaxation, imagery and affirmation CDs are being used on an ongoing basis at Good Samaritan Hospital, American Heart Association, Hospice of Cincinnati, St. Elizabeth's Medical Center, American and Jamaican Cancer Societies, VA Tech and other organizations nationwide.

She has appeared as a guest on numerous radio and television shows for CBS, ABC, FOX, ESPN and NBC affiliates, as well as South China Morning Post and Hong Kong Metro News Radio.

Yoga Journal, New Woman Magazine, Cincinnati Enquirer, Business Courier, Vegetarian Times, Body & Soul Journal for Holistic Living, Cincinnati Woman, IDEA Today, Roanoker, Wellness Management, among other publications, have featured Julie's work in articles.

She is a regular presenter at the Psychology of Health Immunity and Disease Conference (9 years), National Wellness Conference (14 years), Kripalu Yoga Center (7 years), Speaking of Women's Health (4 years).

Her previous career includes Regional Director, Mercy Holistic Health and Wellness Centers (Cincinnati, OH) and Assistant Dean of Students of Roanoke College (Salem, VA) and Director of Health Management, Lewis-Gale Clinic (Salem, VA) Julie's volunteer efforts in community health promotion earned recognition from the US Surgeon General and the Governor of Virginia.

Julie has taught yoga since 1977 and is certified to teach styles ranging from gentle to vigorous. Yoga Alliance awarded her the highest credential available. She teaches locally, nationally and as a teacher trainer.

### **Julie's Professional Awards and Commendations include:**

Award for Excellence in Health Promotion - Wellness Councils of America  
Outstanding Community Service Award - Council of Community Services, Roanoke, Virginia  
Business Associate of the Year- American Business Women's Association  
Who's Who Among Human Service Professionals  
Who's Who in the South and Southwest  
Who's Who of Professional and Business Women  
Who's Who of Emerging Leaders of America  
International Who's Who of Professionals  
Who's Who of Professionals

**Book Julie as a professional and business speaker for your next event.  
Client list, references and fees are available**



## **Benefit even more from Wholesome Resources:**

1. [Subscribe to my FREE newsletter.](#) It's absolutely free and easy to cancel anytime. Your contact information will not be shared with anyone – ever.
2. Get personal [coaching and mentoring](#) from Julie Lusk
3. If ever you're in Cincinnati, Ohio you may want to [attend one of my ongoing classes.](#) Here's a [free coupon](#) to attend your first class.
4. Check out my schedule for [upcoming speaking engagements, national conferences, workshops and talks.](#)
5. [Become an affiliate and earn money easily.](#) Promote my books. Use the technical services I recommend for newsletters, eBook generation, etc.
6. [Book Julie as a professional and business speaker for your next event.](#)
7. [Shop for books and CD's from Julie.](#) (see below)

**Contact Julie Lusk**

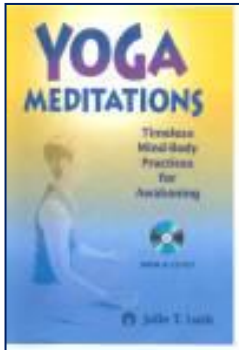
[WholesomeResources.com](http://WholesomeResources.com)

[Email Julie](#)



# Resources: Books, CD's and More

## Books in Print



### [Yoga Meditations: Timeless Mind-Body Practices](#)

Whole Person Associates, Duluth MN

Over 60 mind-body practices for awakening joy, peace and inspiration.

Free Wholesome Energizers CD with each book.

**Guest Contributors include:** Liliás Folan, Nischala Joy Devi, Sudhir Jonathan Foust, Christopher Baxter, Sally Kempton, Charles MacInerney, Lynne Greene and Don Tubesing

Yoga Meditations offers a wonderful and generous assortment of simple but powerful, eminently practical practices to guide and empower its readers, from beginner to sophisticate.

~ Belleruth Naparstek Creator - Health Journeys ~

Julie's book shines. It will soothe your soul and soften your heart.

~ Liliás Folan ~

Truly an encyclopedia on the subject of yoga meditations.

~ J. Frederick Agel, MD ~

Transformational, skillful, and highly experiential...

~ Christopher Baxter ~

## 30 Scripts for Relaxation, Imagery and Inner Healing – Two Volumes !

Whole Person Press, Duluth, MN



Volume 1



Volume 2

★★★★★ **I use this book all the time.**

This is one of my favorite books because it is such a helpful resource to help me relax in incredible and powerful ways. I use it all the time with my stress management, yoga and meditation clients. This book doesn't get old. ~ Amazon

★★★★★ **Hurrah!** I am extremely pleased and am now the proud owner of both volumes of this book. It is one of those books that I use all the time, which says a lot. It helps me personally and is a terrific resource when I teach stress management sessions. ~ Amazon reviews

# Relaxation Recordings



## Power of Presence CD

CardplusCD publishers

Sinking into Sensation  
Energy Breathing  
Cultivate the Positive

Listen to the **Power of Presence** to swiftly gain the benefits of meditation with comfort and ease. You will soon solve workplace stress and easily handle personal challenges and health issues. This CD has 3 exercises from Julie Lusk's new book, [Yoga Meditations](#)

**Your Power of Presence is a very fine CD! Congrats!! Thumbs up, 5 stars!!!**

~~~ Belleruth Naparstek, Health Journeys

## Wholesome Energizers CD



[Wholesome Energizers](#) combines the soothing and relaxing instrumental music of Tom Laskey with guided imagery by Julie Lusk M.Ed. The four tracks on this CD take you through the guided imagery process and leave you feeling rested, rejuvenated, and ready for the rest of the day. Listen often to release stress, refresh your outlook, and feel calm and balanced.

**Tracks:** Squeeze Stress Away  
Woodland Walk Guided Imagery  
Garden of Imagery & Affirmations

## [Wholesome Relaxation CD](#)

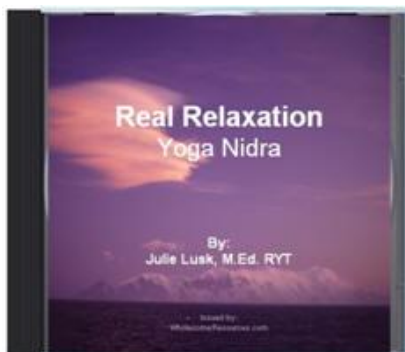


Listen to [Wholesome Relaxation](#) to experience deep relaxation, inspiring imagery and affirmations to enhance your personal health, increase strength, and improve your overall well-being. It will help you reduce worry, help you sleep soundly, relieve stress, improve your outlook and more.

**Tracks**

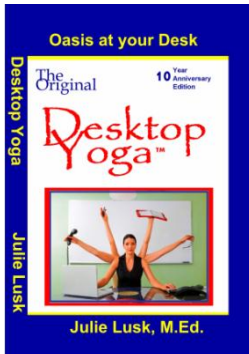
- Wholesome Breathing for Relaxation
- Magical Sea Guided Imagery
- Affirmations for Inner Strength

Listening to [Real Relaxation: Yoga Nidra](#) equals 4-hours of sleep. Plus, it boosts energy, immunity, and more.



# E-Books to Download

## The Original Desktop Yoga - Coming Soon!

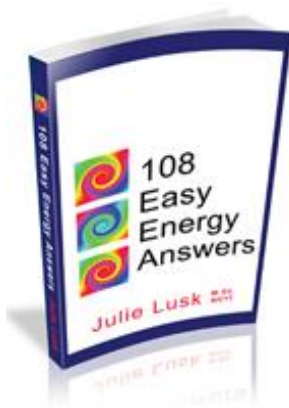


**Desktop Yoga contains** over 100 chair exercises to relieve your stiff neck, backache, sore shoulders and more. It's an oasis at your desk.

Power napping and guided relaxation techniques are featured so you'll feel rested and energized.

"Desktop Yoga is a God-send. This is a wonderful resource that helps me get through every day at work. My headaches are better since I started using the yoga stretches and breathing techniques. I know how to powernap to revive me from feeling exhausted, and it's given me lots of tips on how to

cope with change, handle stress, and enjoy life more. A lot of helpful information is packed into the useful book. Thanks." ~ Amazon review



**108 Easy Energy Answers** is the smart remedy for conquering fatigue and frustration.

It will get you back on track with proven answers to bring satisfaction and meaning back into your relationships and lifestyle.

The format is easy to follow, motivating and will improve your outlook and health.



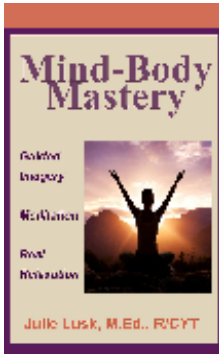
### **Stress Solutions Now**

Get genuine relief from stress. Julie Lusk gives you practical resources from her 30 years of experience. In no time at all, you will have:

6 strategies for worthwhile living

A quick and easy way to assess your stress levels and identify ways to get relief

8 Solutions to handle stress and improve your health, outlook and energy



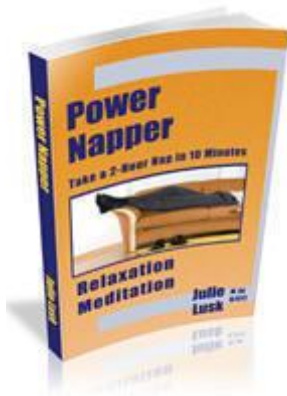
### **Mind-Body Mastery - Guided Imagery, Meditation & Relaxation**

Use your mind positively and productively through

Guided imagery for taking mini-vacations any time you want

Meditation for mindfulness, peace and happiness

Real relaxation to reclaim your health and energy

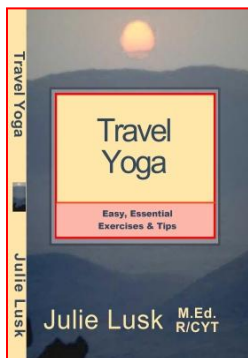


### **Power Napper – Guided Relaxation and Mini-Meditations**

Need more rest? Want more energy? Have trouble concentrating?

Take a 2-hour nap in 10-minutes!

Power Napper provides 4 proven techniques to erase tiredness and spark your energy.

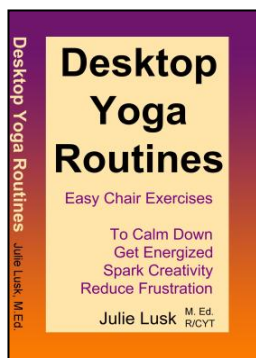


### **Travel Yoga: Easy, Essential Exercises and Tips - Coming Soon!**

Enjoy the ride and arrive feeling fresh and ready to go. Quickly find out how to take the stress out of traveling whether you are going near or far.

Benefit from proven tips for travelers and learn easy exercises to prevent getting stiff while on the road or in the air.

You'll arrive at your destination fresh and ready to roll.



### **Desktop Yoga Routines: Easy Chair Exercises to Calm Down, Get Energized, Spark Creativity & Reduce Frustration - Coming Soon!**

Benefit from specially designed exercise routines done right from your chair.

Easy and effective, each sequence features a breathing technique, easy stretches, and a powerful mini-meditation.

