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Guided imagery (also known as guided affective imagery, or kathathym-imaginative psychotherapy (KIP)) is a mind-body intervention by which a trained practitioner or teacher helps a participant or patient to evoke and generate mental images that simulate or re-create the sensory perception of sights, sounds, tastes, smells, movements, and images associated with touch, such as texture ...

Guided Imagery - Wikipedia

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Any activity that helps to quiet the mind could be considered a meditative activity, even sitting outside and quietly watching the world go by. There are many types of meditations, including but not limited to: Deep breathing exercises; Relaxation exercises; Guided Imagery and Visualization; Focused Attention Meditation; Loving-kindness Meditation

30 Meditation Exercises and Activities to Practice Today

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