

The Healing Power Within

By Jessica Singh, MD



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I had just completed training in Interactive Guided ImagerySM (IGI) through the Academy of Guided Imagery when a young woman was referred to me for health and wellness initiatives for infertility. I specialized in emergency medicine, not obstetrics or gynecology. This was my first time working with someone in a situation like this. I was not acting in my traditional role as a physician. I was working non-medically as a coach, yoga teacher, and Imagery guide to offer support.

To protect the privacy of the individual who agreed to share her experience with us for this article to inspire others, the young lady will be called Surya. Surya means “sun” in Sanskrit. Surya is a South Asian female in her late twenties who recently began to experience fertility issues for the first time in her life. She sought care from a specialist, but unfortunately, her case was improperly managed. She subsequently suffered extensive emotional and physical trauma. Surya was told that she may never be able to have children,

which placed an enormous strain on her marriage. She languished for months in fear.

When Surya came to me, I asked her to tell me what brought her here. She said that she and her husband wanted to have children, but her menses had been irregular throughout the past year. Surya had a normal pelvic ultrasound, endometrial biopsy, and blood work. These results were reassuring. When I asked her about her social situation, Surya disclosed that she was under extreme professional and personal stress. I explained to her that stress is our body’s response to a demanding situation in life, which is distinct from the stressor itself.¹ Psychological stress can manifest as physical stress in unique ways depending on an individual’s predisposition. Severe emotional stress can disrupt the hypothalamic-pituitary axis, causing an imbalance of the neuroendocrine system that can even result in functional hypothalamic amenorrhea— meaning – absence of menses.²

I offered Surya a session of IGI, a collaborative process that works directly with Images that arise from an individual’s own consciousness to access inner wisdom. Imagery is an effective adjunct to medical care that has been proven to improve health outcomes in numerous conditions. Among its many researched benefits, Imagery reduces anxiety, depression, and stress.³ The healing power of Interactive Imagery also lies in the versatility; it can be used in any situation.

Surya had never done Imagery before. She was willing and receptive to participate. In our session, she experienced a life-changing experience that she vividly recalls to this day. Her experience is described here.

Surya was guided to allow an Image to form of a safe place. She visualized being in her childhood home in India. Her grandmother was in the kitchen, and she could smell the aroma of the food cooking on the stove. Her father was also



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there. She immediately felt at ease and had a smile on her face.

Surya was then guided to allow an Image to form of an inner advisor⁴—a wise and loving being, someone who knew her well. Surya's inner advisor was her grandmother. She asked for guidance, and her grandmother told her to stop worrying, take care of herself, pray, and have faith. Surya knew that this was what she needed, and that she had not been taking care of herself as best she could. She also knew she had to elevate her spiritual strength and wanted to pray daily with her husband.

After she received this insight, a beautifully radiant Image of herself came to her. She visualized herself outside in the sun wearing a traditional Indian dress, a turban, and a sword with her husband and two small children – there were two boys. She felt joy and peace. We closed the Imagery session, with her knowing that she was loved and supported, and that she could meet with her grandmother anytime.

From that one Imagery experience, Surya realized what she had to do. She needed to cultivate inner strength, have faith, and continue to pursue her dream of having a family.

After a few months, she contacted me, beaming with joy. She shared that she was in her second trimester of a pregnancy, and that she was healthy.



Through Imagery, our subconscious facilitates our body's ability to promote health and healing. The gift of being an Imagery guide is to be let into another person's innermost self and to facilitate the evocation of natural wisdom to enhance well-being. Our Imagination and thoughts have the extraordinary power to create, and even to help create new life.

References:

¹Goldstein, D. S., & Kopin, I. J. (2007). Evolution of concepts of stress. *Stress*, 10(2), 109-120.

²Fourman, L. T., & Fazeli, P. K. (2015). Neuroendocrine causes of amenorrhea—an update. *The Journal of Clinical Endocrinology & Metabolism*, 100(3), 812-824.

³Naparstek, B. (2007). Guided Imagery: A Best Practice for Pregnancy and Childbirth. *International Journal of Childbirth Education*, 22(3).

⁴Rossmann, M. L. (2010). Guided Imagery for self-healing: an essential resource for anyone seeking wellness. HJ Kramer.

Jessica Singh, MD, is a Yale-trained Emergency Medicine physician who completed the first Physician Wellness fellowship in the Department of Emergency Medicine at Stanford University School of Medicine. She is the founder of Sukhayu Wellness, a wellness practice formed with the mission of helping individuals and organizations embrace natural wisdom to nurture health, humanity, and well-being. Sukh means peace and joy, and ayu means life in the Sanskrit language.