



I Close My Eyes and See: Vision for the Inner Journey (Guidebooks for Growth Together)

Dorothy Lewis

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With over fifty visualisation exercises, it is intended both for the individual looking for practical help on the inner journey, and for the therapist or group leader who needs more material to use with client or group. The main focus of this book is to help people find or re-find their spiritual roots, and ensuing strength and creativity. In this it differs from the usual motive of personal growth or healing, though these aspects are necessarily included. It is deliberately written in simple anecdotal style, and is immensely practical, using well tried material. It is a 'treasury' for group leaders wanting to deepen the experience of their clients or groups.

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