

Defensive Corner Visualization

1. Read through these instructions completely, so that you can do the first part of the exercise with your eyes closed. You will need some type of clay for the second half.
2. Take some time to make yourself comfortable. Use the steps that you learned in Relaxation Cove to become deeply relaxed.
3. Imagine in your mind's eye your own particular form of the defensive corner that you have identified. Let a figure or symbol come into your awareness and spend a few moments enjoying it. This defence has served you to the best of its ability for a lifetime. Be grateful to this creation of ours. Perhaps it will tell you its name.
4. Now open your eyes. Take a piece of clay and sculpt the figure that appeared to you. Befriend it.
5. Write a letter to this figure, indicating your gratitude for its efforts on your behalf, and telling it what you will keep of it, and what role you will be adding to better serve you.
6. Share your sculpture and letter with a partner.