

CHAPTER 20

HEALING FATHER & SON SEPARATION

Overview:

Once a boy's oedipal complex has been safely navigated, a son should follow his father to take his place as a man in society's cultural system.

HEALING FATHER AND SON SEPERATION

Preliminary – talk: What is their earliest memory with their father and what personally stands out the most, positively and negatively?

Please take a few moments to sit back comfortable and relaxed-taking easier and deeper breaths to feel a sense of your own existence-your awareness of being aware-your awareness of what you are not aware of-and all the awareness you have learned in your life most of which you are not aware of at this moment but still play an important role in your life comfortable absorbed in your subconscious mind handling the functions of your body and coordinating with your conscious mind when necessary. Take a few slow deep breaths-letting go of any concerns or tension with each exhalation-and bringing in a peaceful breath of life-filled with a healing white light that then permeates every muscle, bone, nerve, organ and cell in your system-revitalizing each and every aspect of your being...And as you relax-perhaps you'll even drift back to a tranquil time you felt safe as someone read you a story as a child and you became so absorbed in the images and feelings it conjured up in you-you felt yourself living the story yourself.