

CHAPTER 56

“FINDING MEANING OF YOUR ILLNESS” SESSION II FROM ILLNESS TO WHOLENESS – BALANCING POLARITIES

Overview:

Ultimately the polarities of positive and negative must be brought into a homeostasis to place all systems in balance to ensure optimum functioning. This induction follows the initial finding the meaning of your illness and takes it another step deeper in bringing greater awareness and ability to cope.

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Begin Pre-talk with these conversations:

1. What are your beliefs regarding punishment - versus - sin, what have you been taught?
2. Imagine someone else punishing you, be that person and violently strike out at them - or by - using a bat on a bed/mattress or punching bag.
3. If you were to take the 3rd position as a wise man how would you view this different.
4. In a comfortable position – have your hands gently reach for each part of your body - thanking it for what it does for you and then withdraw hands gently – notice where they feel uncomfortable touching (they can do this before session and from your notes of their reaction).
5. Plant a seed and water it (avocado seeds work well). This is done as a metaphor for personal gravity.