

Deeper Into The Inner Map

This guided visualization can be done over dinner or whenever you have a moment where everyone will be okay closing their eyes for a couple of minutes. The best time might be before bedtime or some other quiet time moment.

Start this off however it works best for your family. This could be:

In my course, I had a fun experience that I'd love to share with you. Are you up for a bit of fun mental exploration!?

Close your eyes. (If they do not want to close their eyes, no problem. Let them do it with open eyes.)

If there's anything that I guide you to do, that you don't find easy, then just imagine what it would be like IF you can do it.

Now in your mind, find a vacation memory. A good one, but not your best memory. (Pause 10-15 secs. If they are having trouble suggest recent vacation memory they loved.)

When you have the vacation memory, make sure to step right back into it, so that you remember it like you are there again.

Experiencing the memory once again, you get all the emotions of being in that situation again. You can sense the light, the sounds, the smells, and maybe even the taste if there's taste involved.

When you are completely in the memory, notice - on a scale from 0 to 10 - how intensely you experience the memory. Not how happy you are, but how intensely you experience the memory. 0 means that you can hardly relate to the memory at all and 10 means that you have a very intense experience of the memory right now. (If this doesn't make sense have them show with their hands/arms how much they like the memory.)

Now we're going on a little tour of how the mind works. Along the way, we will change the intensity of the memory, and that's fine. By the end of the guided visualization, we will return it to the starting point. You can feel safe that when we're done with this guided tour, we will return the memory to the intensity that you have right now.

As you focus fully on the memory again, imagine that you kind of pull yourself out of the memory, so that you can see the memory from the outside - WITH yourself in it. So that you are like an observer looking at yourself in the memory. Notice what that does to the intensity of the memory on that same scale from 0 to 10 (or show me with your hands).

Now, notice whether the memory in front of you is 3-dimensional almost like a hologram or it's 2-dimensional, flat, almost like on a screen.

And no matter how you see it, imagine that the memory becomes flat and two dimensional, and also resize the memory so that it has the size of an ordinary photograph. Put a frame around it and glass in front of it and imagine that you hang in on the wall in your mind.

Notice again what that does to the intensity of the memory on that scale from 0 to 100 now that it is hanging on the wall framed like it is.

You can even make the photography black and white and let it fade a bit.

Notice again what that does to the intensity of the memory (show me with your hands).

Now you can consider a quick thought experiment. What would it mean for the intensity of this memory if the photography was put in a suitcase that was locked and then put in the basement? Intensity would fall, right? (Show me with your hands.)

If you did put it in the basement bring it back up and out of the suitcase.

Continue to change the memory back to how it was - by giving it all it's colors back. Take it out of the frame and make it three-dimensional again. Step back into the memory, and realize that you are back at the original intensity once again.

What happened to the intensity of the memory when you moved it around?

If it is not quite there yet then give it a moment while everything falls into place. Your mind knows how it did it before so it just has to land it again after this brief tour.

Good job. When the memory is fully restored to its original intensity, feel free to open your eyes now. (Give them 15-30 seconds to fully come back to the room.)

What happened to the intensity of the memory when you moved it around?

Listen to their experience. Share yours. It's okay if they didn't do the whole thing. Talk to them about how the memory stayed the same through the entire visualization. It was only the WAY they remembered the memory that changed. Talk to them about the potential in this. What memories would be interesting to make more or less intense?

Thank them for playing along!