

About guided experiences

Guided experiences are part of what we call "work with images". We consider images as an interesting support to vary the point of view to make more agile the mental dynamics, to recover life facts and emotions and to reorganise life projects.

Guided Experiences are short stories in which some silences allow us to place at a particular point the mental image that seems appropriate to the person doing the experience.

What are they for?

Guided Experiences allow the person practicing them to reconcile themselves, overcoming frustrations and past resentments, organising present activities and giving the future a meaning that eliminates anxieties, fears and disorientation. According to these objectives they are classified in:

1. Experiences of reconciliation with the past:

The child, the animal, the enemy, the big mistake, nostalgia, resentment, the chimney sweep.

2. Experiences location in the present:

The protection of life, the clouds, the costumes, the inner Guide.

3. Experiences of proposals for the future:

The Rescue, false hopes,

4. Experiences about the meaning of life:

Repetitions, the journey, the festival, death.

Every Guided Experience aims to convert images and climates that emerge in them through a proposal for reconciliation, or change in the point of view on the problem.

It may be that after an experience the desired results are not achieved immediately. In this case, repeating this experience in future times can be very important to achieve the goal. Moreover, the experiences have a "residual effect" even after carrying the out the images continue to operate and produce changes.

This transformation will not only remain as an inner experience for each person, but it is expressed in behavioural changes in everyday life. At the base of all this there must be the intention of wanting to change a situation and behaviour.

Thanks to the Guided Experiences images and points of view can move. In sum, Guided Experiences tend to positivise existence, to strengthen contact with oneself, to promote the search for meaning in life.

How are they formed?

There is construction scheme that all Guided Experiences adjust to. First there is an entrance to the theme and a general and atmosphere; then an increase in the "dramatic" tension; thirdly, a representation of a life problem; fourth, an outcome as a solution to the problem; fifth, a decrease in overall tension, and sixth a non abrupt exit to the experience, usually retracing some steps already seen earlier in the story.

How are they practiced?

To carry out a Guided Experience we must be guided by the images and to make this possible it is desirable to have a triple relaxation (external, internal and mental) that allows us to follow the argument of the guided experience to be translated into the corresponding internal images. It is suggested to work on the basis of need, with inner kindness and sincerity.

As a summary we can say that:

It is important to establish relationships between what happens in one's own psyche and what happens to us in everyday life. Also, it is interesting to relate the difficulties we have with the guided experiences and those in daily life.

What is important is the changes that occur mainly in our behaviour.

Recommendations

- *When working with guided experiences there should be environmental silence and soft lighting. It is recommended that the exercise is done with closed eyelids. - Guided experiences serve to allow those practicing them to fill the scenes with themselves and their own images as they are the "protagonist" of the story. That is why we talk about "models of dynamic meditation whose object is the life of those who meditate, with the intention of reaching the conflicts, and overcoming them".*
- *The character is the observer, agent and recipient of actions and emotions.*
- *We call resistances the difficulties in following the representations suggested in the experience (it could be of great interest to write them down). - The detection of resistances is very important, and invites to observe in daily life and in one's own conduct the reflection of these resistances. Also, to verify the changes when the resistances have been overcome.*
- *The interchange between participants, conducted after the experience, serves to expand and change the point of view on the experience. This interchange is oriented basically to detect resistances and to overcome them, and is referred solely to the experience conducted in that meeting. It is possible that some participants mention problems with the configuration of their images which they could not overcome. Others will discuss the solutions they found. Given those two cases, the interchange acquires the sense of group support and enrichment.*