

PERCEPTUAL POSITIONS by Victoria Laloe

1. Stand facing whoever you have decided to have this conversation with. It's useful to put a cushion down or an object to mark the place.
2. Imagine that this person is there in front of you in all their glory, standing the way they stand, wearing the clothes they wear and responding just as they do.
3. Say all the things you need to say.... and keep saying them until there are no more words inside you. This is not the time to be politically correct. Just go for it.
4. Run around the room leaping in the air and making whooping noises to change your state.
5. Stand in Position B, and reply to this person who has said all those things. Become the person, take on their persona.... and then make your answers.
6. run around the room again shaking your arms and hands and changing back into you. Repeat this process until there are no more words left in either of you.
7. Standing in ;position C and look at these two people. What patterns do you see in their behaviour. What do they each want from the other? What is the deepest root of the conflict?
8. Move to position D. Like a Guardian Angel travelling through space, looking back at these people through millions of years. Is there any other wisdom to bring to the situation. Are there any other considerations in terms of life times?

Release the energy by walking around the room slowly thinking of everything you have felt and learned.

This is a powerful and useful exercise. The little brain does not differentiate between what actually happens and what you imagine happens and in the process the energy is shifted. Try it and see!

It's also useful to record this session and listen to it again later.

