

Stuck in the Mud

Purpose: release & free yourself from whatever is holding you back

Principle: strength, faith, self-confidence, release

Materials: music for visualization, Chinese finger torture things

Procedure:

- 1) Number off into families of 5.
- 2) Rearrange so that the families are sitting together but remain in a circle.
- 3) Open with a spiritual mind treatment with the focus on being open to receiving new insight.
- 4) Turn around so everyone is facing outward and cannot look directly at anyone else.
- 5) Do the visualization.
- 6) Families get together.
- 7) Sharing: Each person share what insights they got from the visualization about what is holding them back.
- 8) Process:
 - a) one person goes at a time:
 - i) Sit or lie down and have family members hold you down. Each family member represents something that is holding you back. Tell them what they represent and how hard to hold you back. Several people can represent the same thing. The person being held down directs the family members on where to hold them down, how hard, how long, etc.
 - ii) Family asks, "What would it feel like if you let go of the (fear/anger/doubt ...)"
 - iii) As the person frees themselves, ask them to say, "I release _____".
 - iv) Family asks, "How does it feel now?"
 - v) Repeat these steps until all things are released.
 - vi) Family asks, "How do you feel now?"
 - vii) Everyone stands and shakes it off until they feel free.
 - b) Repeat steps for each person
- 9) Return to whole group for discussion:
 - a) What did it feel like to be held down?
 - b) What's the relationship between fear and anger?
 - c) What did it feel like to let go of the fear, or whatever else was holding you down?
 - d) What can you take away from this?
- 10) Close with an appreciation circle.
- 11) If there is enough time to do A's & B's, set the intent for honoring each person for having the strength & self-confidence to release fears.

Stuck in the Mud visualization

Imagine yourself outdoors in nature, someplace like the beach or a meadow where the land is fairly flat and open. You can see far in at least one direction.

Make yourself comfortable there. ... Notice the air around you. ... Notice the sky and whether it is sunny or dark If there are clouds. Notice if you can smell anything like the salt air of the ocean or the sweet smell of fresh grass or the trees. Notice what details about this place you imagine as you listen to the music. Take a deep breath and bring yourself completely to this imaginary place.

Now, notice the ground - - is it soft or firm beneath you? What is the texture? Imagine that you look off in the distance. Now slowly get up. You start walking, you feel refreshed and comfortable. Breathing in the fresh air, you head for the distant horizon. Whether you are barefoot or wearing shoes, your feet move easily over the ground. You walking at a comfortable pace, noticing only the easy motion of your body.

Now you reach a slight slope and you begin to climb. The ground becomes rocky. You continue climbing easily along your way. As you reach the top of the hill you can see the other side. ... As you descend, the rocks give way to softer ground. ... As you continue down the slope, the ground becomes damp and even soggy. Continuing on, you must step more carefully and slowly as the ground gets muddy. Now it is sticking to your feet and making it hard to lift your feet. ... You continue on even though the mud is getting thicker ... stickier ... and heavier. Each step is an effort. Feel how you sink into the mud with each new step. Feel how the mud holds your foot as you try to lift it.

Imagine now that you slip and fall. ... You sink into the mud and the mud is clinging heavily to you. You feel stuck .

Ask yourself What is holding you back?
What does this mud represent? ... What else?
Are you afraid of something? ... Are you angry?
What has held you down in the past?
What are you afraid of stepping into in the future?
What are you not willing to let go of?
Is there anything else that is holding you back?

Now, you start working your way out of the mud ... and stand up. ... You see a solid patch of ground. ... As you reach it, a warm rain starts to fall ... gently at first ... then hard enough to wash away the mud. After it stops, you sit there awhile.

Now, gradually bring your awareness back to this room. Keeping your eyes closed, feel the surface you are really sitting on. Stretch your hands and feet. stretch your legs. When you are ready, open your eyes.