

feeling you have experienced is beginning to wither away itself. Let it go. You don't need it anymore. The Positive Wind Chimes image (page 61) will shake you up a little, but you will also find in it a way to remain very much intact. The vibrations in this image are good ones.

9. *Pleased and Active*. Don't be afraid to move your body. It really will not fall apart. Experience the Pleased and Active Image (pages 63-64). Let many images form, and enjoy your imagination. Allow the feeling of being stuck to dissolve; open your mind to new things.

10. *Myth*. Move on to the mythic images of Aphrodite (pages 253-257), or other images from ancestral lands, such as the She-Wolf (pages 73-75) and the Mermaid (pages 70-72). Let your imagination fly. You really have a body, so enjoy the power in it. Feel everything in these exercises. Meditate on the sensuous aspects. Feel. Feel. Feel.

11. *House Image*. Usually this image is done earlier, at times in the very beginning. If you have not done it already, it is time to do this brief eidetic test to give yourself an idea of where your strong and weak points in perception are. This is done to relate more of the images to physical harmony and to provide a source for further positive development. Follow the instructions for the House Image (page 78). Take your time and investigate the house thoroughly. This is where your true identity will be found.

12. *Parents*. Now that you have a "feel" for your house, it is a good idea to experience communicating with your parents. They will tell you things you need to know which will help move treatment along at a steady pace. First do the Communication with Father Image (pages 99-100). To make a connection with the mother, do the Nursing Image (pages 102-103), followed by the Communication with Mother Image (page 103).