



## **Eyes-Closed Work**

Eyes-Closed Work is an integral part of private session work. It unfolds on many levels, offering deep relaxation, inspiration, and access to the wisdom power and healing energies of your inner being. A gentle process, it requires very little effort on your part. In fact, the less effort you make, the deeper you will go. Eyes-Closed Work takes us on a journey into what I call the "inner body." This treasure trove of image, insight and meaning often reveals itself in unexpected and surprising ways. It also tends to have a sense of humor. Do not try to understand anything you are experiencing while you are "down under." We will make sense of it all later. In Eyes-Closed Work, the most important thing to do is follow your impulses, no matter how seemingly strange or insignificant and to pay attention to everything you are seeing, feeling, sensing, or hearing. Often, the most fleeting image holds the key to a piece of your mystery, so do not discount anything, not matter how silly or irrelevant you may think it is. We are looking for images, words, memories, flashbacks, waves of emotion, physical sensations, etc. It is fine to use your imagination. Some people wonder if this is "cheating." It is not. Everything that arises in Eyes-Closed Work is grist for the mill.

Although you will be in a light meditative state, we will dialogue with each other. This allows me to give you whatever guidance or assistance you may need and to take careful notes so you have a detailed record of your experience. I will ask questions, make suggestions and, with your permission, sometimes place my hands very gently on a particular area of your body. I will often ask you to dialogue with an image or sensation as if it is a living presence inside you. It is best to keep these dialogues internal and report back to me when they feel complete. While you are in the Eyes-Closed state, I am working as your witness and guide. I am also channeling what we might call meditation energy into you. This has a very beneficial effect. So that even on days when it seems like nothing much is happening, something very much is actually going on.

There will be times when you are very deep and need to stay in your process, no matter what I may be saying. Please don't ever feel pressured to answer my questions or follow my suggestions. And if you feel uncomfortable, please tell me. I am here to help you go deeper so that you can enter into the wellspring of your own power. I have tremendous respect for the integrity of your own unique process. We proceed according to your time frame, not my agenda.

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