

Continuing Instructions for Memory Work with Meditative Images
(1-21-01)

In order for us to continue our work on your memories so that healing of your past can continue there are a few things that you'll find helpful between sessions. First, you need to rest. It is usually not wise to either exert your self or learn something else new in the first 24 hours following a memory session. In addition, we need you to select the next two to three memories you want to work on. Wait a couple days before doing that.

It is also appropriate to continue your meditation so that you can be prepared for the next session. Do not feel that we must continue with the memory work in the next session if you're not ready to do so. Sometimes it's good to stop or take a break before dealing with two to three additional memories especially if the last session was painful or the memories particularly difficult to deal with.

The other thing you need to do between sessions is to continue playing the new memories with your meditation. This allows each new memory to continue to take the place of the old one we have just dealt with. As each new memory becomes stronger, the old memory will continue to lose its grip on you and the affect it has had on your life to date. We need to take time to allow this to happen and move as gradually as necessary for this to occur. I would rather go slower and take longer than necessary than to go to faster and not allow time for the new memories to assimilate and replace the old ones.

You may come in for the next session prepared to work on new memories, continue to deal with the ones from the last session, or deal with something else if need be. In addition, don't be surprised if the memory work we did the last time releases new memories or additional memories that you hadn't previously remembered and that may need to be dealt with. Also don't be surprised if you begin to make changes in your current life or see the world differently as each memory is resolved. While this may or may not happen all at once or with a specific memory, it is to be expected that as your memories change, you will change.

This is the approach we will take until either all the memories are resolved and healed or you are ready for a break. Consider the above from week to week as we continue to work together until we are ready for the next step.

Dan L. Boen, Ph.D., HSPP, Licensed Psychologist
Director of Avalon Christian Counseling Center