

## Chapter 13

# Fantasy trip to the Clever & Wise mode

(by C. Loose)

Please assume a comfortable position, put your hands on your thighs, put both feet on the ground. Close your eyes if possible and prepare yourself to go on a wonderful journey. Pay attention now for a few moments to your breath as it flows in and out. In and out.

Please, imagine now, you are going along a dirt road. Left and right are green meadows ... the sun is shining ... a light breeze is blowing ... If you can see this picture before your inner eye, then please give me a sign with your index finger.

Great. You are walking along this dirt road that winds its way through the mountains. No one is there. You are all alone in this wonderful landscape which smells wonderful. You inhale the scent deeply in and out; and think to yourself how wonderful it is to be here.

You walk further along the dirt road and notice a person is coming towards you but he or she is still far away. The person comes closer. You realize that it is a person (child / teenager / man / woman) about your size. You walk on towards each other and come closer and closer. Only a few metres separate you. No one else is present, just you and this person (child / teenager / man / woman) who looks more and more like you. He or she also seem to be about as old as you ... (unbelievable)

You stop for a moment and notice – now slowly walking on - that the approaching person is YOU. You're completely speechless ... do not know what to say.

The person greets you, lovingly, warmly, and somehow cool at the same time, also full of happiness, and says to you, "Hello, dear ..., do you know who I am?" .... You say nothing, you're just speechless. He / she looks so similar to you that it could be a doppelganger. And the person (child / teenager / man / woman) continues: "..., do you not recognize me? I'm your Clever & Wise mode!"

You stand there with an open mouth; it's like a dream, you just do not know what you should say or do.

The person (child / teenager / man / woman), i.e. your Clever & Wise mode, now realizes that you're pretty insecure, but cannot be put off and just looks at you happily, as if he / she is deliriously happy, to have finally encountered you and spoken to you.

The person continues: "I have wished for so long time to meet you personally; and now the time has come. In the past, I was often with you, but we have never got to know each other personally."

The Clever & Wise mode looks at you still friendly and welcoming, but it also listens because he/she has the impression that you do not yet know what you should think about this particular encounter.

The Clever & Wise mode says, “I want - more than ever – to help to solve your problems; I know that you’re already quite good in solving problems, but ... I more and more realise that you sometimes have to tackle really, really difficult problems, which in turn are soooo hard that I no longer want to leave you alone with them.”

You think to yourself: Hmmm, why not having a Clever & Wise mode, which takes care of me? That is a good thing to have.

And now you look more closely at your particular mode again: The person you see actually look just like you! At first it was funny, but now .... You feel more and more comfortable in his/her presence; he/she is really, really nice, and personable, ... the longer you look at him/her, the more you like him/her.

You talk to your special mode about various things, for example about ... (interests of the child/ teenager / parent/client). And it feels really good, because you realise that there is someone who really understands you well and also has an idea what matters most in life, just like you.

Maybe you walk for a little while along the path, maybe you rest in the grass, enjoying the sun together, the warm wind and pleasant fragrance that surrounds you.

You both spend a long time in this landscape, not a soul except the two of you are there, and you could burst with happiness, because it has become so good to be with your Clever & Wise mode. You even consider not leaving this place at all.

What you like most is the fact that your Clever & Wise mode is filled with good ideas, no matter which topic you talk about; it is wonderful!

And if the Clever & Wise mode maybe does not know what to do because the problem is extremely hard to solve, then they know somewhere and somehow someone who is able to help you, or has a tip, or perhaps simply has the right soothing words to comfort you. Now that some time has passed and you feel very, very warm and comfortable, the Clever & Wise mode asks you to find a place in your body where he/she can settle; he/she wants to be there quickly if you need him/her.

You like the idea and while you look at him/her, thinking of the fantastic idea that he/she will now always be with you, you again breath in and out the wonderful scent from the scenery.

Your Clever & Wise mode gives you even an aroma stone that smells just like the landscape in which you both have been all the time.

Your Clever & Wise mode still says: This fragrance will remind you of me in the future, and it will help you - whenever needed – to let me rise into your mind.”

Where in your body is the best fitting place for the Clever & Wise mode? Maybe in your heart, or somewhere in your stomach, in your chest? Which place you choose is not so important; but you definitely need a place in your body from where the Clever & Wise mode is going to ascend. Please show with the aid of your finger where in your body is the best place for this mode.

If you now have the feeling that everything is in order, then you bid farewell to each other.

You wish each other all the best, ... although it is not really a farewell, because you know that you can fetch your Clever & Wise mode at any time you like: Think and use your aroma stone and let the Clever & Wise mode climb out of your body. That gives you heaps of strength and courage and confidence so that you are sure to solve your problems in the future much easier.

If it is now okay for you, please come slowly back in this room; you feel the sensation of your body while sitting on the chair, your feet touching the ground, your hands resting on your thighs.

If you are then ready and prepared, please come back and open your eyes.