

Metaphoric Meld (Or Dissociated Animal Swish)

Adapted from Dr. Will Horton

Think of a quality you want

Think of an animal that represents those qualities. (Could be a mythological animal)
Lightning fast, patience, stability, stamina, courage, etc.

Bring your arms up shoulder high.... hands in front of you open...facing up.

Imagine the animal in one hand. It has all the attributes you want...the skills are natural...
God-given/nature-made. Imagine that animal in action using all of those skills. Make it as real to all
of your senses as you can.

Imagine you in the other hand. Notice all of your God-given/nature-made skills. Make them big and
bright and colorful and be in touch with those skills in all of your senses. Thank the Universe for all
of those natural abilities that you have.

Look at the animal...look at yourself.

Come up with a word that signifies success to you. (Power, strength, charm, Yeah!...whatever)

Bend your knees.... jump up and while slapping your hands together to combine the two shout your
word signifying success for you.

Do it three times...

Rub your hands together briskly really mixing the two as you imagine automatically, now

You naturally have everything you need for success.