

## Time Lines, Integrating Past, Present and Future Personalities.

Decide on a place to represent these three points:

The Future

The Past

The Now

Ideally they will be in a line with the Now in the centre. But you can go with your instincts here. Mark these points with some objects that represents each point. Eg...beautiful flower, crystal, pieces of wood... cushion.

1. Stand on the Now place. Look forward to the Future place. It may be some metres ahead of you, and start describing out loud what the “you “ that is standing there would look like, if you could see him/her clearly. What do they wear, are they carrying anything, a briefcase, tennis racket, diving kit, rabbit, child, book, Formula One overalls? How do their bodies look, do they have a tan? Any jewellery? Remember she/he is older and wiser than you. How old is he/she, “when” is this, what year are you visiting? Now walk forwards to that place and introduce yourself. Give the “You of the Future” a hug. Ask the “You of the Future” to give you a gift of all the wisdom and experience they have gained over the years, and put it in your heart as a ball of energy. Thank them. Now ask that they walk back into the Now with you, and act as a Guide and Mentor in your life for you. Take their hand and walk back to the Now place.

2. Stand in the Now place with the “You of the Future” on your Right, both of you look to the past and see the Child there. How old is this child? What is this child doing? What do they wear? How do they look? Now both of you go over and sit besides the Child. Tell the Child you have come from the Future and that you are the Grown up Child. Tell the Child that you love him/her, and that you are sorry that you have not always been there for your Child. Tell the Child that you would like to spend time with him/her. Listen to what the Child says and tells you. Give the Child the gift of wisdom and experience into their hands from you and from the Future You. Tell the Child that this gift will help them to handle any difficult issues that will come in the future, and that now you are there for them and will support them. Ask the Child what he/she wants and needs in order to come into your life and be happy and play. Listen to your Inner Child. Remember what the Inner Child says. Ask the Child if he/she will walk back with you into your daily life and world now? You may have to negotiate for agreement here, persist until the Child agrees happily and is satisfied with your agreements. The Child might ask you to build a rocket, fly a kite, paint your nails, ride a horse, be kind to penguins? It can be anything childlike, playful, loving and creative. Walk back into the Now holding the Child with your left hand and the Future with your right hand.
3. Stand on the Now, ask yourself if you are willing to listen to this beautiful wise “You of the Future” that stands on your right and allow them to be a Guide and Mentor in your life. Turn to your Child and ask yourself if you are willing to take responsibility for this small person, to nurture and listen to your own inner

needs. Wrap your arms around yourself and allow these parts of your personality to integrate. Love yourself.

SHARE THE EXPERIENCE WITH THE GROUP IF YOU CAN.

[www.victorialaloe.com](http://www.victorialaloe.com)