

## Container exercise

In the past few months, you had to make bad experiences, of which you still have inner images that keep coming up and burden you.

I would like to invite to an exercise that can help you gain distance from these images and thus to find more inner peace.

Try to find a comfortable position, where you can sit or lie down for a few minutes.

You can keep your eyes open or close them, just as it is comfortable and right for you. If you leave your eyes open, pick a point in the room on which you can rest your eyes.

Now, I would like to invite you to imagine a container, into which you put anything what is burden you, what you do not want to think about or what is just too much.

This container can be a safe, as big as one knows it from a bank, it may be a chest, a box or a vase, simply a container where you can lock all these things, which you just don't want to deal with. It is important that this container can be locked and you are the only one that can open and close it. It must be strong and large enough so that you can really dump everything in there that you do not want to think about.

It's often like that this safe or container is in a special room. This room may be inside a building or in a cave, a mine or some other hiding place, just as it is convenient for you. And this space can be opened only by you.

Now imagine how to get to this room, where your safe, in which you store your things, is located. Imagine how you stand in front of this room and open it, because only you alone can open this room.

And imagine further, that you enter the room where your safe or which container you have ever chosen is located. This container is sealed and only you can open it and close it, because it is solely your container.

Now imagine, that you open the container and put everything what is burden you, what you don't want to think about and what you just don't want to deal with, into the container. All images, thoughts or feelings can now be dumped into your container. Everything will be kept there well, nothing will be lost. Everything can be retrieved from the container, if you feel better at a later date. Dump everything that you want to get rid of today, in your container.

If you have really dumped everything in your container, you can close it again. Make sure that only you are the one who can open or close the container and make sure that it closes well. Verify that you have really put everything in there, that you want to get rid of today. If something still remains, open your container again and put it also inside. Then seal your container again, leave the room in which your container stands and close this room as well. And it is good to know, that you always have access to this room. Your room, in which your container is located that allows you to dump things, which you just don't want to have in mind or to think of, at any time. Perform this exercise as often as possible by, if you are plagued by mental images, thoughts or feelings.

Then return, in your own pace, step by step, with your attention back here to this room.

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