

MODULE 6

The Chair Exercise



ORACLE  SCHOOL

The Chair Exercise



Close your eyes and tune into the challenging narrative you've chosen to work with. Your inner critic or inner controller is always easiest to work with if you've never done this before.

Imagine you're sitting in a chair across from another one. Connect to the sense of observing and tune into the Observer.

Across from you, in the chair, you'll begin to see an image of your goblin show up, repeating its sabotaging narrative.

Be aware that it is not inside you; that the source of this narrative is now across in another chair.

Are you the goblin?

No.

This creature has been trying to protect something in you it was born from, and doesn't know it's hurting you. Rather, its purpose is to keep you in the deformed reality of separation. Its job is to protect.

The Chair Exercise



- ◇ Allow it to have a voice.
- ◇ Consider its job.
- ◇ Recognize again you are not this creature.
- ◇ You have been listening to it though.
- ◇ If you don't listen to it, what is possible?
- ◇ Who are you if you are not it?
- ◇ Can you see how this small damaged creature is who you've been listening to?
- ◇ Thank it for its service.
- ◇ From your heart imagine yourself loving this unlovable part of you that needs you to acknowledge it.
- ◇ Ask its name.
- ◇ Take it out of its chair and if you can, imagine yourself loving this creature in spite of its message.
- ◇ Are you whole?
- ◇ You are in charge now.
- ◇ Consider the concept of wholeness, love and expansion.

Open your eyes.

Consider how much power you've inadvertently given to this wounded part of you when it's active.

Practice separating this self and seeing it as outside you and ask yourself "Who am I if I am not it?"