**Appointing Your Guardian – The Interview**

Imagine that you are dressed in a professional business suit sitting at a desk. You have paper and writing instruments near you.

You have put ad out for a Professional Guardian who will be your Guardian throughout the Healing Doll process.

Close your eyes and take a deep breath and become aware of the present moment.

Open your eyes. Look all around the space you are in and begin to focus on one thing that seems to be drawing your attention. This could be anything. Once you find it, close your eyes for a moment and see it with your mind’s eye. What is it about this thing in the room that is drawing your attention? Open your eyes and write three words about this thing then make a quick drawing of it.

This now becomes the portal, the doorway that your Guardian will enter the room for the interview and exit when done. Look at this portal now and take 3 deep breaths and then close your eyes.

Allow looking into the portal and seeing an image of a Guardian begin to appear as you keep your eyes closed. See this Guardian emerging from this portal, becoming life size and sit in a chair in front of you.

 Open your eyes and “see” this Guardian and make a quick sketch of it, could be a doodle. Staying calm and focused and curious….

**Start asking these interview questions: (make note of the Guardian’s response on your paper)**

How long have you been a Guardian?

How old are you?

Where were you born?

**Tell me three things you want me to know about you.**

**What is your favorite band, music, song?**

**What will you actually do for me?**

How do you play?

Ask one more question that you want an answer to….

Finish your interview, thank the Guardian for coming. Close your eyes and imagine seeing the Guardian get up, move toward the portal and exit the room through it. And when you are ready come back to the group.