Sit in a place where you are able to see your Guardian or place your Guardian image near you.
Invite your your Energetic, Vibrational Ally to be with you.
 Have all your drawing instruments and paper available along any other art materials you might want to play with.

Have your healing intention printed out along with the statement “I know that I am healed when

\_\_\_\_\_\_\_\_\_\_\_. Choose three key words that you use in your statement and circle them.

SCAPEGOAT DISCOVERY

Look around the room and find one thing that is drawing your intention. Focus on this and imagine that an envelope is coming out of this focus item and moving toward you. You pick it up and open it. It contains a small card that has written on it. “You are invited to visit your Great, Great Grandmother for your wisdom visit.”

The scene changes and now you see yourself are in your house getting ready to go on a day trip to visit your Great, Great Grandmother, who you never met them before. Your relatives speak lovingly about her; each of them have gone to see her once in their life for a wisdom visit. They tell you that she holds important information that will guide you in your life journey. Your Great, Great Grandmother can help you with \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_, put in words from your healing intention.

Great, Great Grandmother holds important stories that you must see, hear and feel that will assist you in letting go of old beliefs and will help you to release tension and explain things about you that you always wondered about. Your family gives you several bags of “stuff’ to give back to her. Your relatives describe what this relative looks like….. Draw or write key words that will describe her so you will be able to recognize her when you see her.

 Then draw the number of bags you imagine you have and put a label with several words that explain what be in the bag. You must give these bags to Great, Great Grandmother in order to move forward in your process. (these words might be the opposite of the words you used in your healing intention, like struggle, pain, frustration, etc)

You have all kinds of feelings that show up as you get ready to go out the door. Grab the bags and go out the door and start to walk on a path that will take you to Great, Great Grandmothers’s house. See the path and draw feeling squibbles of all the feelings you are having. She yourself walking and dragging the bags behind you.

Keep walking forward on the path and you are starting to see Great, Great Grandmother’s house ahead of you. As you get closer you see something that is standing in the way of you reaching the house. What is in the way?

It could be a wall, a stop sign, a river, imaginary creature, a frog or other animal, a vehicle, a bird, a train guard rail, a fence, a barricade, an ant hill, etc…..

Draw a symbol of what is in the way. You put your bags down and look around to see if there is some way to get around this something.

Write down what is in your way of getting what you want. What is blocking you? Finish this statement:

I can’t get what I want because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is in my way.

This thing that is in the way says, “What do you want?” You say, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
It argues with you and won’t let you pass. Dialog with this image making every effort to get it to move and disappear and get out of your way. Write down all the ways you try to make it go away.

Write down all the things you fear, using the sentence starters below. Write what each of them means to you.

“I am afraid that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

or

“I am afraid of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

Take time to think about the fears. Give yourself the opportunity to be with each as they surface. Do not dismiss any as silly or inconsequential.

The fears you wrote first are the ones sitting on the surface, but a deeper fear may lie at the heart of all the others. Maybe one bubbled up and made you go, “Ohhh!” If you did not write that one down—if you resisted it—do so now. Go after it. Name it. Ancient wisdom is filled with stories that teach us that naming something gives us power over it.

It says to you, I am your Scapegoat, I am the one who is in your way of getting what you say you want.
I will not move until you create an image of me and gather my wisdom, for I have at one time had a purpose in your life and only you know what that is. Ask if for four clues, write them down.
At this point begin to come back into your body, feel your feet on the floor, hear the sounds in the room. Take a couple of deep breaths and come back to your room. See yourself as calm and curious, peaceful and patient, creative and thankful and whole. Draw a image as you see yourself now.