

A "space-maker" is an exercise of body and attention aiming to set a space, in time and psyche, between work-world and the session.

#8 uses one prop: Syntonic Research disc "Environments," Side 1: "The Psychologically Ultimate Seashore."

INSTRUCTIONS

1. Spine flat on floor (by resting your calves on your chair).
2. Eyes closed, arms at sides (palms down).
3. By very small and slow movements, settle your body down, as though your legs were becoming part of the chairseats and the rest of you a part of the rug.
4. As you concentrate your hearing on the ocean sounds,

(1) Thank God that we are able to be together in this session, and ask him to make it for each of us what it best can be.

(2) Then imagine the following scene:

- (a) The best experience you ever had just resting on a beach.
- (b) Warm sun on your body, warm sand under your body.

In this guided fantasy, we may or may not proceed to

5. Group sharing of "the best experience I ever had just resting on a beach." Where and when? Why was it all that good? Is it important that you have such an experience again? Do you need a beach for it? Should you make it possible for other(s) to have such an experience? Are you ever warm sand for other(s)? Warm sun? Ground, support? Invitation to fantasy? to space-making?

6. Anything else?