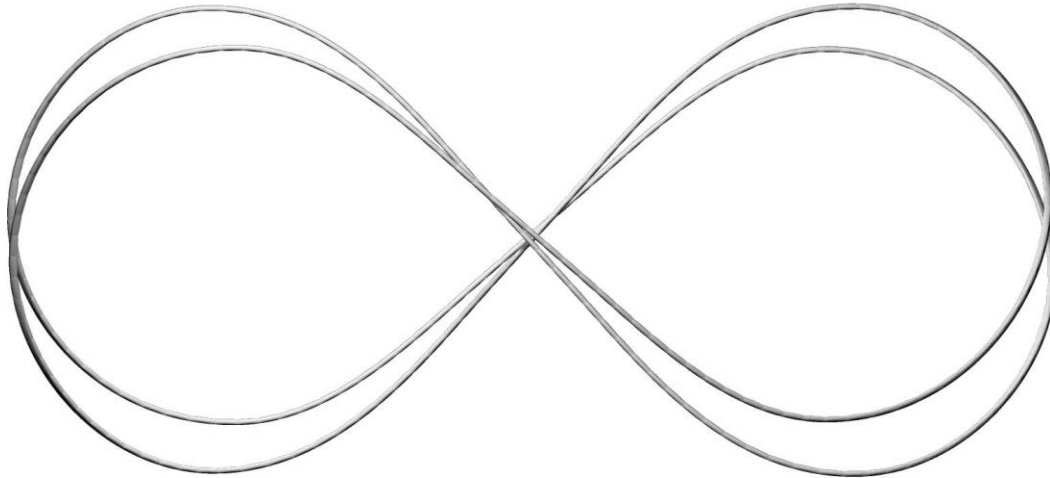




THE LEMNISCATA EXERCISE



This exercise should be done with the help of another person. If the person you wish to break the emotional cords with is prepared to partake this is exceptionally helpful. If not, choose someone who is willing to act as a substitute of the person you wish to cut the attachment with.

The two individuals should face each other while standing 6-8 feet apart from one another. Visualize the infinity sign (a number 8 sideways ∞) being traced again and again in a continuous cycle. Each individual is standing in the center of one half of the Lemniscata¹ with the crossing of the infinity sign between you. This symbolizes severing the cord that is keeping you emotional body attached.

This exercise can be done silently or with conversations of forgiveness and closure. If you are in eye contact with one another, you

may begin conversing with an inner dialog. Tell the person what your real feelings are. This is not a time to be irate or be holding onto grudges as you are releasing the ties for the goodness of both.

Tell the person that you are sorry for all of the things you said or did that hurt him/her. Tell him/her that you are forgiving him/her for all the hurtful things that were said or done in your relationship. Recognize that you are all on in the love of God. Say your good-byes in a loving way, wishing each other well in your separateness.

You may like to visualize the encircling tracings in different colors as you deal with different feelings during this session. Red color should be used for releasing passions or feelings of anger, pink or green for calming heartaches, etc. Repeat this exercise until you feel content that disconnection has occurred.

¹ Lemniscate (lēm*nis"kāṭ), *n.* (*Geom.*) A curve in the form of the figure 8. The Symbol of Infinity ∞