

Healing Metaphors

Teaching Metaphors

1. Our experience
 - a. Minds/body/spirit
 - b. Being of two minds
 - c. Constellation of emotion
2. How tapping works
 - a. Rewrites beliefs
 - b. Adjusts the emotional volume
 - c. Update to software
 - d. Putting you in this moment
3. Transformational process
 - a. Rewriting code
 - b. Putting down unuseful tools
 - c. Everlasting Jawbreaker
 - d. Peeling an onion
 - e. Having access to a word document in autosave
 - f. Fog clearing in the afternoon
 - g. Removing layers of stained glass
 - h. Erasing away what is unuseful
 - i. Room is clean until you return
 - j. Touching everything for 45 minutes but the room is not clean
 - k. Walking up on the tide going out
4. The Subconscious mind
 - a. Subconscious as a willful 6 year old
 - b. Part as lone wolf
 - c. Danger as loud fire alarm

Information Gathering Metaphors

1. Scoreboard
2. Advice/information ticker
3. Heads Up Display (HUD)
4. Control panel
5. Subordinates giving a report
6. Put a cartoon face on it
7. Physical sensations
 - a. If you were going to make a model of this for a 1st grade class, what substance would you use?
 - b. What color would you paint it?
 - c. How much does it weigh?

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- d. Does it have an epicenter?
- e. What type of pain or sensation?
- f. If it could talk, what would it say?
- g. What does it remind you of?

Healing Metaphors

- 1. Energies
 - a. Healing rainbow light
 - b. Download of insight from higher self, higher power, god
 - c. Warmth - heat
 - d. Warmth - light
 - e. Warmth - wrap
 - f. Never melting ice pack
 - g. Chakras as huracan with clouds clearing
 - h. Crystal broadcasting and amplifying healing frequencies
 - i. Signing bowl (or anything) with healing sound
- 2. Trade and craft
 - a. Engineer
 - b. Archetech
 - c. Construction crew
 - d. Catering crew
 - e. Garbage men
 - f. Electrician
 - g. Plummer
 - h. Massage therapist
 - i. Cleaning crew (steam cleaner + shop vac)
 - j. Auto mechanic giving a tune up
 - k. Watchmaker
 - l. Strong man
 - m. Tailor/Cobbler
 - n. Translator
 - o. Truffle hunter for (idea, issue, cause)
 - p. Bloodhound
 - q. Pit crew
 - r. Car wash

Healing Metaphors

3. Guides, aides, and support
 - a. Navigator
 - b. Cheerleader
 - c. Coach
 - d. Teacher
 - e. Caregiver
 - f. Healer
 - g. Spirit guides
 - h. Council of elders
 - i. Angels
 - j. Professional organizer
 - k. Superhero (general or specific)
 - l. Famous People
 - m. Fictional Characters
 - n. Healthy versions of people from our past
4. Nature
 - a. Growing roots
 - b. Air purifier
 - c. Cleansing mountain spring
 - d. Wind/breeze
 - e. Spring showers
 - f. Tilling soil of ideas
 - g. Weeding
 - h. Planting
 - i. Lapping waves taking away
 - j. Changing seasons
5. Tools
 - a. Things to cut with
 - i. Magical knives and swords
 - ii. Plasma cutter
 - iii. Hand saw
 - iv. Glass cutter
 - v. Lasors
 - vi. Microscopic cutting tool
 - b. Change things magically
 - i. Magic wand
 - ii. Potion
 - iii. Spell
 - iv. Magical object
 - c. Fire pit to burn off impurities/unuseful
 - d. Pressure release valve
 - e. Drain
 - f. Container

Healing Metaphors

- g. Robots and droids
- h. Compass for self/direction/resource/information
- i. Pipe cleaner/plumber's snake
- j. Oil can/lubricant
- k. Lightning rod
- l. Alcohol still
- m. Sentient goo
- n. Costume/outfit for new role
- o. Time machine
- p. Symbol of super power
- q. Reward/honor/prize/trophy
- 6. Medical
 - a. Swarm of cotton balls dipped in all natural healing ointment
 - b. Scanner
 - c. Exoskeleton for white blood cells
 - d. Healing ointment + shop vac
 - e. Healing rumba
- 7. Power
 - a. Power sources
 - i. Generator
 - ii. Power cord
 - iii. External Powerpack
 - iv. Internal Battery
 - b. Power switch
 - c. Power switch on a timer
- 8. Connection
 - a. Unplugging (like a switchboard)
 - b. Hang up
 - c. Way for part to be heard when it has a need
- 9. Protection
 - a. Bodyguards
 - b. Protective bubble
 - c. Armor
 - d. Exoskeleton
 - e. Shedding what is unnecessary
- 10. Consumes something unwanted
 - a. Langoliers, Audrie Too, or other eating creature
 - b. Fire/fire pit
 - c. Acid
 - d. Solvant
 - e. Scavengers
 - f. Recyclers

Healing Metaphors

11. Gathering and organizing what is too much
 - a. Filing cabinets
 - b. Organizational containers
 - c. Queue of thoughts
 - d. Group like button
 - e. Writing everything that needs to be released in to a book
12. Safe spaces
 - a. Playground
 - b. Friends to play with
 - c. Pets to play with
 - d. Fenced in backyard
 - e. Reading nook
 - f. Playhouse
 - g. Library
 - h. Bedroom
 - i. Meditation room
 - j. Healing chamber
13. Understanding
 - a. Glasses
 - b. Hearing aids
 - c. Translator
 - d. Research Library
 - e. Teacher
14. The system and healing process
 - a. Conference room of the mind
 - b. Body/System as a factory
 - c. Kintsugi - pottery
15. Learning and growth
 - a. Library of (answers, issues, next steps)
 - b. Incubator to grow a resource, idea
 - c. Matrix transfer of information
 - d. Sculpture finding what is hidden
 - e. HUD with (advice, encouragement, affirmation)
 - f. Stock Ticker with concerns
 - g. Private tutor
 - h. Internet of all information
 - i. Sacred texts

Healing Metaphors

Chat GPT Healing Metaphor

1. Healing is like a seed planted in fertile soil, slowly growing stronger and healthier with time.
2. Healing is like a wound slowly closing, with new tissue forming to replace the damaged parts.
3. Healing is like a broken bone mending, with new bone growing to reconnect the broken parts.
4. Healing is like a river flowing, washing away impurities and carrying nutrients to where they're needed.
5. Healing is like a puzzle being pieced back together, with each piece fitting perfectly into place.
6. Healing is like a caterpillar transforming into a butterfly, shedding old skin and emerging in a new form.
7. Healing is like a tree growing stronger after a storm, with roots growing deeper and branches growing taller.
8. Healing is like a bird taking flight, soaring higher and higher towards the sky.
9. Healing is like a sunrise after a long, dark night, bringing new hope and light.
10. Healing is like a blanket wrapped around you, comforting and protecting you from harm.
11. Healing is like a boat sailing on calm waters, with the wind at your back and the sun on your face.
12. Healing is like a choir singing in harmony, each voice blending together to create a beautiful sound.
13. Healing is like a rainbow after a storm, bringing color and beauty to the world.
14. Healing is like a painting being restored, with the colors becoming brighter and the image more vibrant.
15. Healing is like a clock being wound up, with each turn bringing it closer to working perfectly again.
16. Healing is like a garden blooming in the spring, with flowers opening up to the sun's warmth.
17. Healing is like a jigsaw puzzle being completed, with each piece fitting perfectly into place.
18. Healing is like a wind chime tinkling in the breeze, bringing a sense of peace and tranquility.
19. Healing is like a flame burning brightly, illuminating the darkness and providing warmth.
20. Healing is like a piece of clay being molded, shaped into something new and beautiful.
21. Healing is like a book being written, with each chapter bringing new understanding and insight.
22. Healing is like a potter's wheel turning, molding clay into a beautiful vase or bowl.
23. Healing is like a caterpillar spinning a cocoon, transforming into a butterfly and emerging anew.
24. Healing is like a sunrise over a calm ocean, with the colors blending together in a beautiful display.
25. Healing is like a bird building a nest, with each twig and leaf carefully placed in its proper spot.
26. Healing is like a caterpillar crawling through the grass, slowly but surely making its way towards its goal.
27. Healing is like a tree in autumn, shedding its leaves and preparing for a new season of growth.

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28. Healing is like a river carving its way through the landscape, shaping the world around it.
29. Healing is like a butterfly fluttering its wings, bringing new life and energy to the world.
30. Healing is like a pot of soup simmering on the stove, with each ingredient blending together to create a delicious flavor.
31. Healing is like a piece of fabric being woven, with each thread adding to the strength and beauty of the whole.
32. Healing is like a fire burning bright, providing warmth and light to those around it.
33. Healing is like a garden being tended, with each plant receiving the care it needs to grow and thrive.
34. Healing is like a spider weaving a web, creating a delicate and intricate masterpiece.
35. Healing is like a caterpillar eating its way through a leaf, preparing for its transformation.
36. Healing is like a bird soaring through the sky, free and unencumbered.
37. Healing is like a candle burning
38. Healing is like a puzzle coming together, revealing a beautiful image that was previously hidden.
39. Healing is like a boat being guided safely to shore, even in stormy seas.
40. Healing is like a tree growing new branches, reaching out to touch the sky.
41. Healing is like a garden blooming in the summer, with flowers opening up to the sun's warmth and light.
42. Healing is like a sunrise over a mountain range, with the colors blending together in a breathtaking display.
43. Healing is like a painter creating a masterpiece, adding color and depth to the canvas.
44. Healing is like a clock ticking steadily, each second bringing us closer to a new day.
45. Healing is like a cocoon being spun, with the promise of a beautiful butterfly emerging.
46. Healing is like a rainstorm clearing the air, washing away the dirt and debris.
47. Healing is like a jigsaw puzzle coming together, revealing a complete and beautiful picture.
48. Healing is like a windmill turning, harnessing the power of the wind to create energy.
49. Healing is like a butterfly landing on a flower, bringing new life and beauty to the world.
50. Healing is like a choir singing a hymn of hope, bringing comfort and peace to those who hear it.

ChatGPT healing guided imageries:

1. Imagine yourself standing under a warm and gentle waterfall. Feel the water washing over you, cleansing and healing every part of your body.
2. Visualize yourself lying in a field of wildflowers. Feel the sun shining down on you, warming and energizing your body.
3. Picture yourself sitting in a peaceful garden, surrounded by beautiful flowers and plants. Breathe in the fresh air and feel your worries and stress melting away.
4. Imagine yourself floating in a calm and tranquil ocean. Feel the gentle waves carrying you, and the warmth of the sun on your skin.
5. Picture yourself sitting on a mountaintop, looking out over a beautiful valley. Feel the cool breeze on your skin, and the sense of calm and serenity in your heart.

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6. Visualize yourself lying in a hammock, swaying gently in the breeze. Feel your body relaxing and your mind clearing.
7. Imagine yourself walking through a lush forest, surrounded by trees and wildlife. Breathe in the fresh air and feel the energy of the natural world around you.
8. Picture yourself sitting by a peaceful stream, listening to the sound of the water flowing. Feel your worries and stress melting away as you relax into the peaceful surroundings.
9. Visualize yourself lying in a soft bed of grass, gazing up at the stars above. Feel the vastness of the universe and the infinite possibilities that lie ahead.
10. Picture yourself floating on a cloud, weightless and free. Feel your body and mind becoming lighter and more relaxed with each passing moment.
11. Imagine yourself standing in a beautiful meadow, surrounded by wildflowers and sunshine. Feel the warmth and light of the sun on your skin, and the peace and tranquility in your heart.
12. Visualize yourself sitting by a crackling fire, feeling the warmth and comfort of the flames. Let the fire melt away any stress or tension in your body.
13. Picture yourself standing at the edge of a calm lake, feeling the cool water lapping at your feet. Breathe in the fresh air and feel the energy of nature surrounding you.
14. Imagine yourself lying in a field of lavender, surrounded by the sweet fragrance and peaceful energy of the flowers. Feel your body and mind becoming more relaxed and at ease.
15. Visualize yourself sitting in a cozy cabin, surrounded by the beauty of nature. Feel the warmth and comfort of the space around you.
16. Picture yourself walking along a sandy beach, feeling the warmth of the sun on your skin and the gentle breeze in your hair. Let the soothing sounds of the waves wash away any stress or tension.
17. Imagine yourself sitting in a peaceful garden, surrounded by the beauty of nature. Breathe in the fresh air and feel your body and mind becoming more relaxed and at ease.
18. Visualize yourself lying in a hammock under a tree, feeling the gentle sway and the cool shade. Let yourself unwind and relax into the peaceful surroundings.
19. Picture yourself walking along a mountain trail, surrounded by the beauty of nature. Feel the energy of the natural world around you, and let your worries and stress melt away.
20. Imagine yourself sitting by a babbling brook, listening to the soothing sound of the water. Let the gentle flow of the water wash away any stress or tension.
21. Visualize yourself lying in a field of sunflowers, surrounded by the bright and cheerful energy of the flowers. Feel your spirits lifting and your worries melting away.
22. Picture yourself sitting in a peaceful garden, surrounded by the beauty of nature. Let yourself relax and unwind as you breathe in the fresh air.
23. Imagine yourself walking through a peaceful forest, surrounded by trees and wildlife. Let yourself immerse in the calm and serene atmosphere, feeling your body and mind becoming more at ease.
24. Visualize yourself lying in a hammock on a warm summer day, feeling the gentle breeze and the soft rustling of leaves. Let yourself relax and unwind in the peaceful surroundings.
25. Picture yourself sitting by a campfire, feeling the warmth and comfort of the flames. Let yourself be soothed by the sound and sight of the fire as you let go of any stress or tension.

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26. Imagine yourself standing on a cliff overlooking the ocean, feeling the cool breeze and the misty spray of the waves. Let yourself be energized and rejuvenated by the powerful and dynamic energy of the ocean.
27. Visualize yourself lying in a bed of soft moss, surrounded by the beauty of nature. Let yourself relax and let go of any worries or stress as you breathe in the fresh air.
28. Picture yourself sitting in a hot springs, feeling the warm and healing waters enveloping your body. Let yourself be soothed by the gentle motion of the water as you relax and unwind.
29. Imagine yourself walking through a field of wildflowers, feeling the sweet fragrance and the soft texture of the flowers. Let yourself be uplifted by the beauty and vitality of nature.
30. Visualize yourself lying on a sandy beach at sunset, feeling the warm and calming energy of the sun as it sets over the horizon. Let yourself be filled with peace and tranquility as you watch the colors of the sky change.
31. Picture yourself sitting by a calm lake, surrounded by the serene and reflective energy of the water. Let yourself be at peace as you reflect on the beauty and stillness of the moment.
32. Imagine yourself standing under a starry sky, feeling the vastness and mystery of the universe above you. Let yourself be filled with wonder and awe as you contemplate the majesty of the cosmos.
33. Visualize yourself lying in a field of tall grass, feeling the gentle swaying of the blades in the breeze. Let yourself be soothed and relaxed by the peaceful and natural surroundings.
34. Picture yourself sitting in a peaceful garden, surrounded by the soft and gentle energy of the flowers and plants. Let yourself be filled with calm and tranquility as you breathe in the fresh air.
35. Imagine yourself walking through a forest at night, feeling the quiet and peaceful energy of the trees and wildlife. Let yourself be at ease in the darkness and the beauty of the natural world.
36. Visualize yourself lying in a field of poppies, surrounded by the vibrant and energizing energy of the flowers. Let yourself be uplifted and rejuvenated by the bright and lively atmosphere.
37. Picture yourself sitting by a roaring waterfall, feeling the powerful and dynamic energy of the water as it rushes by. Let yourself be filled with the vitality and strength of nature.
38. Imagine yourself standing on a mountaintop at sunrise, feeling the cool and invigorating energy of the morning air. Let yourself be filled with the promise and potential of a new day.
39. Visualize yourself lying in a field of daisies, feeling the gentle and uplifting energy of the flowers. Let yourself be filled with joy and happiness in the beauty of the moment.
40. Picture yourself sitting by a quiet pond, surrounded by the serene and reflective energy of the water. Let yourself be at peace and let go of any worries or stress.
41. Imagine yourself walking through a garden at twilight, feeling the soft and tranquil energy of the flowers and plants. Let yourself be filled with calm and relaxation as the day fades into night.
42. Visualize yourself lying on a bed of leaves in a forest, feeling the peaceful and grounding energy of the natural world. Let yourself be at ease in the quiet and beauty of the moment.
43. Picture yourself sitting by a crackling campfire under the stars, feeling the warmth and comfort of the flames. Let yourself be soothed and relaxed by the soft light and gentle sounds of the fire.

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44. Imagine yourself standing on a beach at night, feeling the cool and refreshing energy of the ocean as it washes over your feet. Let yourself be at peace in the darkness and beauty of the moment.
45. Visualize yourself lying in a field of clover, feeling the soft and gentle energy of the flowers. Let yourself be filled with peace and tranquility as you relax and unwind in the natural surroundings.
46. Picture yourself sitting by a gentle stream, surrounded by the peaceful and calming energy of the water. Let yourself be soothed and relaxed by the gentle flow and the sounds of nature.
47. Imagine yourself walking through a quiet meadow, feeling the soft and peaceful energy of the grass and flowers. Let yourself be at ease in the beauty and tranquility of the natural world.
48. Visualize yourself lying on a sandy beach, feeling the warmth and calming energy of the sun as it shines down on your body. Let yourself be filled with relaxation and ease as you let go of any stress or tension.
49. Picture yourself sitting in a peaceful garden at sunrise, surrounded by the soft and gentle energy of the morning. Let yourself be filled with calm and tranquility as the day begins anew.
50. Imagine yourself standing under a canopy of trees, feeling the cool and refreshing energy of the natural world. Let yourself be at peace in the beauty and majesty of the forest.