

# "THE IDEAL FAMILY" MEDITATION



Within anyone's imagination lie solutions to the greatest of problems. The following is an exercise to help you use your imagination to open up to new possibilities for yourself and alternatives when confronting your challenges.

Imagine that you are in a different family.

*Create the ideal family*

Consider being someone else in the family. If you are a child now, be a parent, or be a different sibling. Maybe you imagine a smaller family or a larger one. Be who you want to be, say the things you want to say to this family, and have them respond the way you dream they would.

Imagine having dinner together, or sitting around in the living room. What are the conversations about and who is talking?

Imagine your family taking part in a variety of activities together. Have events gone as you would like them to go? How is this family behaving? What do its members do together?

Now have someone begin getting depressed, withdrawn, or hostile. Have your ideal family handle the behaviour and disruptions that accompany mental illness. Imagine everyone, including yourself, handling this challenge or crisis exactly in the way you would prefer it to be handled.

What's happening? What are the conversations like now? What creative decisions are being generated within this ideal family of yours? Who is reaching out to you and whom are you supporting?

Take yourself and your family *through* the challenge. In time, bring the challenge or crisis to completion. Have it end in whatever way your positive imagination generates.

Now feel and imagine the family *after* the crisis. See yourself in conversation with others in your family. Enjoy the sensations and conversations that arise after the crisis.

Don't resist creating ideals. Imagining something as possible makes it more likely to come true for you. If you don't believe something is possible, how can you allow it to happen?

*(Source: "Hidden Victims-Hidden Healers", An Eight-Stage Healing Process For Families And Friends Of The Mentally Ill; Author: Julie Tallard Johnson).*