

Mastery in Action The Advanced Techniques of The One Command

Mastering others is strength;
Mastering yourself is true power.
~ Lao Tzu

Week 5
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What you learn in week 5

Metaphor for Change
Why Metaphors, Symbols, and Stories work
Nature Metaphors
Stories Metaphor

Metaphor as an Agent of Change

A Metaphor is regarded as representative or symbolic of something else, especially something abstract.

- Use the problem as the solution.
- The strengths of people are much more interesting and useful than their pathology.
- The unconscious will fill in the meaning.

Examples

Use the problem as the solution.

Problem:

My body hurts and I can't move very well.

Metaphor using the same words in a different context:

I notice I move my body to relieve pain and I feel really well.

The strengths of people are much more interesting and useful than their pathology.

Problem:

My mom is so hyper-critical I always feel inadequate – even when I do really well, because I can't accept praise – it doesn't seem right.

Metaphor for change:

A young girl heard about a magic well that when you drank a cup of water criticisms disappeared and what would appear was so right on the mark it changed the whole experience. It worked for everyone, the more they drank the water, the more people left their problems behind them and praised the moment.

The unconscious will fill in the meaning when you lead them through a metaphor or story.

Problem

I could be happy in my relationship if only my partner would behave better towards me. I am constantly disappointed.

Metaphor

I used to be disappointed when I traveled out over the fields because I love roses and the field was always overflowing with daises. Now I've come to love daisies just the same.

Metaphors are powerful ways to use words to communicate to someone's unconscious. We use metaphors every day and they can act as a link between the known and the unknown – or what we want to know but don't know yet.

Common metaphors also can contain limiting beliefs such as 'it's a jungle out there' – or you can transform that belief by another metaphor such as – 'smooth sailing through life'.

Why Metaphors Work

- A metaphor links the conscious mind with the unconscious.
- The unconscious will fill in the meaning when you lead them through a metaphor, story, or symbols.
- This means that solutions and the ability to reorganize ideas already exist.
- Metaphors operate beyond the beta logic – and are powerful easy ways to make change or integrate a change already made.

Impact of Metaphor of Stories

Stories are everywhere in our local and broader culture from childhood. The fairy tales we hear as a child give us strategies to get through life (for better or worse). We often don't realize what an impact these powerful tales have on our life direction.

For example, that handsome prince always rescuing the princess can influence some women to a deep sense that they are not quite capable of taking care of themselves. Since the original experience - how much have you learned about life – what do you know now that you didn't know then? In addition, when an unconscious decision was made – then all other possibilities were eliminated.

The stories of superheroes can add positive qualities to be stronger and better and to overcome obstacles more easily.

Negative Metaphors--examples

- You can't catch a break
- Money is the root of all evil
- Never mix business with pleasure
- Don't buy a pig in a poke
- It's better to be spiritual than rich
- Watch out for the other guy
- Waiting for the other shoe to drop
- It's all in a day's work

Positive Metaphors – Dealing with Anger

It is said that one day, after listening to their teaching, a young man joined a group of Buddhist monks.

Angry and hurt, his father went to the Buddha and accused him of corrupting youth, lying, blaspheming, thieving and all sorts of other things. The Buddha listened quietly whilst the father shouted and gesticulated until finally, tired and lost for further words, he paused.

After a moment he said to the Buddha, "Why don't you defend yourself? Why do you say nothing?"

The Buddha responded: "If you brought me a bunch of flowers and I refused them, what would happen to the flowers?"

The father said: "I suppose they would remain with me until they withered and died."

"Exactly", replied the Buddha. "And so it is with your words. They remain with you until they wither and die."

Creating a Metaphor

1. Identify the problem or emotional state.
2. Incorporate the very words the client uses - for example "I am blocked," ask them to describe the block – size, shape weight.
3. Develop the metaphor to answer the problem .

Example metaphor:

A stone mason one day came upon a magic rock. It was so amazing that when it touched another rock, it simply dissolved.

Nature Metaphors

The symbols of nature and farming are great for metaphors.

Often cited is the Jesus metaphor of planting seeds: some landed on rocky ground and did not grow – others fell on fertile ground and thrived.

Comparison such as the daisy and the rose metaphor.

Change of the seasons is great for naturally making change.

Seasonal Changes as a Metaphor for Change

Using the changing of seasons as metaphors produces great results.

Short Metaphors

- Sweet smell of success
- Between a rock and a hard place
- A light in a sea of darkness
- Fish or cut bait
- Needle in a haystack
- Roller Coaster ride
- Don't shoot the messenger
- Something to chew on

Healing Metaphors

- Substitution Metaphors
- *A sick rose was very sad because of the blight upon its leaves. Nothing could be done until one day a physician had an antidote and cured the rose on the spot.*
- Go to an earlier healthier time.
- (Person's name) remember when you were running and playing and had so much energy?
- Tell real healing stories of others.

Spontaneous Healing Stories

Example: Bonnie's healing of her fibromyalgia. You have permission to use that story.

Success Metaphors

- Batting a thousand
- Success is big; failure is small
- Going from success to success to success
- Hitting the mark
- The sweet smell of success

Being Rich Metaphors

- Everything she touches turns to gold
- Rich as the sunset
- Reaping the harvest
- Being rich is spiritual

Stories within Stories

I once was told by my grandmother about a man who went on a journey, and he often spoke about what his teacher shared with him about what those in the village had to say.

When the listener has to follow all the characters – the conscious mind gives up and the information that follows is easily accepted by the unconscious mind.