

Metaphor for Grief Management

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Version: 1.0
Dated: 1st December 2003

Reference: 20031201-GRIEF-01V10

Introduction

It can be difficult dealing with the death of someone close to you. The following metaphor assists in the management in both short and long term grief.

Cautions and contraindications

None other than to consider the best time to tell the tale. Key phrases are capitalised and should be marked out as appropriate (pitch, speed or tone).

The metaphor

There was a proud chief, who ran a proud village. He ran the village fairly, justly and calmly. Occasionally he made mistakes, but no-one is perfect. He knew when it was Time to Change, Time to Make the Decision to plant crops or to Harvest the Best. Now, one day a traveller came to visit and he brought tales of fantastic journeys, other Great Places and Times and, through the course of the night, as the villager's hospitality took hold, the traveller mentioned his visits to the 'other side'.

The traveller spoke of the ability to Take Messages to the other side, sometimes these were just news, sometimes Good Wishes or, on occasion, a request for help. He also spoke of the great book - the book that defines when we have had our time and when it is time for the angels to come and collect us.

The chief was excited by this and asked the traveller to find out when was his time, so he could make adequate plans and ensure that those around him were catered for. The traveller agreed, and, a week later, the traveller returned. He brought news that the chief's time was almost upon him. He had a week.

The chief was devastated and called his tribe together. He asked them to build a cabin for him. To build a cabin that was Strong, capable of keeping everything out and where he could be Safe in his Mind and Bring All the Resources he Needs to give him the strength he felt he needed. Now, the villagers worked wonders. The cabin was the best cabin ever built. It was strong, it kept everything out, it was a cabin built to protect! No-one would know what happened on the inside.

On the day before his time, the chief entered the cabin and locked the door behind him. There, in the darkness, he Found Peace with himself and resigned himself to waiting for not just the night, but the whole of the following day and night too. That way, he could be Sure.

When he thought his time had passed, the chief unlocked the door and, standing waiting outside, were two angels and the traveller. The chief gleefully said that he'd managed to survive longer than his time and that the angels could not take him, because it was Past his Time - he had won!

Then it began to dawn on him - he kept time by using the position of the sun and whether it was dark or light. The cabin had been built so well, that he had no idea of how time really passes. Now was Exactly His Time.

The tribe started wailing that they had obviously built a defective cabin, that they could not survive without their leader, that they would never enter the

cabin and they threw all their guilt and emotions into the cabin - so much so, that it creaked at the seams. As the angels led the chief, the cabin exploded and its Light Filled the Areas that Used to be Dark. The chiefs' memory burned brightly where the cabin stood and it continues to burn to this day fuelled by the happy times and teachings learned and by those who remember the joy he brought. Change can Start doesn't it?

Optional segment for releasing guilt

The traveller called the tribe together and said that they should cast their minds back to a few minutes Before That event making those few moments before it as real as possible. Just a few minutes before - when they knew they were OK and they knew they were happy. And to ask, while they know they are OK one simple question And perhaps you could do this too ... Cast your mind back before the event, Out before any part of the event when You Know You're Ok ... Feeling what you felt, seeing what you saw and hearing what you heard - perhaps even tasting or smelling too ... Make it real Step into it and ask yourself "NOW, where's the guilt?", "NOW, where's the anger?" and "NOW, Can I have and Can I Find the resources necessary to build on this experience and move forward?".

It was strange. Something changed inside. The villagers smiled as he asked those questions as they knew that they had it them, they knew they had what it took, and they knew that the negative times were behind them Focussing on the Future and how Good It Felt Now.