

Creating an Ideal Figure/Helper

STEP 1

Imagine an "ideal" person you've never met, who you wish you had in your life. This could be an ideal best friend, an ideal parent, an ideal family member, ideal teacher, etc.

STEP 2

Begin to picture this person clearly in your mind's eye. What do they look like? How do they sound when they talk? What is the expression on their face? What is their name?

STEP 3

Next, imagine this "ideal" person's interactions with you. What do they say? How do they act? In a difficult or dangerous time, what would they do to help and support you?

PRACTICE

It can be helpful and soothing to practice the above, even if you believe you'll never meet such a person. This "ideal" person can be accessed during difficult times, or as a part of a short daily meditation. Additionally, this "ideal" person can be someone that you aspire to be like, and may help motivate you to become the type of person you have needed!