

Polishing the Window



Polishing the Window is a helpful imagery practice to use while you work on this lesson. Remember that your view of the world around you and of your experiences within that world is influenced by the “window” or lens through which you look outside of yourself.

1. Imagine that you are trying to view an outdoor garden through a dirty, foggy window. You can see outlines of shapes and some movement but everything is grey in color and not at all clear. In order to appreciate the true beauty of the garden you will need to polish the window to see through it without distortion.
2. Recognize that your Shadow issues form the dirt and fog that alter the view through your window. Write in your journal about some of the issues that need work. How are they obscuring your view through the window?
3. Choose one Shadow issue and visualize it as a cloudy area of your “window.”
4. Imagine that you are cleaning the window, a little at a time, so that you can begin to see other people and the events around you more clearly and truthfully.
5. Write in your journal: What do you need to let go of and forgive in order to polish the window?