

CLARITY: the quality or condition of being clear.

CLEAR: transparent or pure; sharply defined; distinct; perceiving acutely; free from confusion or ambiguity; not dangerous territory.

I recall during one long weekend of my intense Integrative Imagery training, it was my turn to act as client. I was tired from my emoting and watching the emoting. I chose as my "issue" my ambiguous feelings about reading the newspaper every morning. I thought this would be something without emotional impact - something light and fluffy. I figured my newspaper thing was a time issue, a practical matter.

I easily entered a relaxed state with the help of my co-student facilitator. When asked to allow an Image to form that represented my daily reading of the newspaper, a Mason jar of fluid, black like the ink of a newspaper, came into view. I was invited to look in. Into that jar of ink I peered and saw them...drowning children crying out in fear and pain.

My interpretation was that in reading the newspaper I was getting a daily dose of sadness from stories about children. Cumulative daily doses were overwhelming me. Into the murky Image peer and find... Clarity? To me Clarity implies a final state all mystery gone, all illusion evaporated, questions answered (or at least the correct question posed). Using Imagery is never a "hokeydokey, I get it, problem solved" moment, though at times it seems that. A profound moment...yes. Freed from the weight of an illusion...perhaps.

The Image that comes to us during an Imagery session shows us what we forgot, what we failed to give weight to, what we need further understanding of in order to be whole and not fragmented. The Image points the way to work that must be done.

It is an "all things relative" Clarity that we receive. It is a moment of new perception that frees us from one murky place only to deposit us in another - sooner or later. I believe in the power of the Imagery experience. I believe each Imagery experience provides us with a signpost for direction. But the signpost is of no help unless we continue the journey.

After that Integrative Imagery session, I stopped reading the newspaper all together....for a while. Now I am back to reading it each morning. I have changed newspapers. But something is not quite right. Things are murky again. I am back in dangerous territory. I need to find the way out. This time I know how to find the signpost.

-- Babs Vitale