

Little Tommy, 7yo, (m)

exile

Internal Collective Unburdening ICU®:

Retrieved: from grandfather's shed to favorite tree fort

Unburdened: complete terror - to center of the Earth; pain of beatings - to soaking in the ocean & sun rays; believing he did something wrong and was bad - to Camphire

Reclaimed Qualities: playfulness, love, connection, trust, to be in his body

Role:

Images:

- crack in Earth surface / earthquake
- warm ocean / beach
- sun rays through water
- tree fort
- Camphire