

***God put a Dream  
in my Heart  
Handbook of Life Therapy***

***By***

***Eva Dillner***

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***“Just about the most useful tool any  
therapist could have in their toolkit”***

*Carol Logan, President of the International Association for  
Kairos Therapy*



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## **Introduction**

I wrote this book as part of my own process to get clear on my own philosophy of life. To summarize what I really can own from all the teachers I've had, to share what I found useful and most importantly, what has worked for me. In other words a synthesis of my understanding of what it's all about.

I've included many concepts and exercises, my hope is that when my book is published it will become a handbook for personal development. It is in no way intended as a substitute for professional therapy or medical treatment. My recommendation is that you read through the entire book once, before you start working with the material.

Perhaps you are just starting your journey - do the exercises that feel right for you. Some you can do on your own, others you need a partner or a group to get maximum benefit from. If you feel uncomfortable doing the exercises on your own, seek out a therapist or group facilitator you feel comfortable with. It may take some searching, but that is part of the process to learn to trust your inner self.

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Perhaps you are a therapist looking for some fresh approaches. Feel free to use what appeals to you and leave the rest. Perhaps your clients want to read the book as an adjunct to therapy. Or you may want to run a weekly group using the exercises to help your clients get more out of their therapy, or as preparation for therapy.

Perhaps you are a workshop leader who will find the book useful as a course textbook.

Meditation is a cornerstone in most of my work. You will notice there isn't a separate chapter on meditation, but that meditative exercises are interspersed throughout the text.

Emotions are energy in motion. To stay healthy we need to move, breathe and experience our emotions. Stress causes shallow breathing. Inactivity slows down the chi or life energy. When we repress emotions they stay in our bodies. When we are unable to fully experience emotions we store them in our bodies and experience them as tension, muscle aches, upset stomachs, migraines, nightmares, tiredness, depression etc. Our bodies natural response to trauma is to shut down as we are unable to cope with the myriad of emotions - but they stay in our bodies until the shock can be released.

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I believe God put a Dream in every human being's Heart, and that we are here on earth to remember and manifest that dream. The trick is to let go of logical thinking and allow magical thinking in, long enough to inspire us to action. As we step onto our true path, all the baggage that stands in our way to achieve the Dream pops out like a Jack in the Box. That's why it's so important to do therapy because then we eliminate the obstacles that keep us from getting what we want.

So this book is about becoming more ourselves. As we clear out the baggage, we connect with our true dreams and can start to realize them. But no amount of therapy can take the step for you. Therapy removes the obstacles and opens the cage door, but it is your responsibility to take the step and walk out of the cage. Only then will you know what the outcome is. Let go of your attachment to the outcome, it seldom turns out the way you pictured it. I have a plan, but it usually turns out that God had a better plan.

And stepping out of the cage often brings up another layer to be worked through. It's as if we can only progress so far while in a certain situation. Leaving the situation is the only way to free up the next layer. Or if we let ourselves really feel our situation, we would have to leave it.

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I've chosen to call this process Life Therapy.

Whereas traditional medicine is excellent for broken bones, acute illnesses and surgeries, Life Therapy may help you when the symptoms are diffuse or where no clear medical or psychiatric cause can be established. Life Therapy can help you release tension, heal emotional wounds from minor incidents as well as deeper trauma, improve your emotional and physical well being and deepen your spiritual connection.

You can take the Life Therapy training

- for your own personal growth
- to become a therapist
- to train as a teacher

A little bit about me. I started out as an engineer and worked in the corporate world for fifteen years with project management and organizational change in the USA and France. By the end of 1990, after umpteen cutbacks and efficiency improvements I was burned out. Too chicken to quit, I took a leave of absence, which ended with me getting laid off. So, too exhausted to cope with much of anything, I slowly started my quest to get my life back. I've trained with many of the pioneers in the personal growth and therapy movement in the United States and Europe. My training has included Kairos<sup>®</sup>/Shen Therapy,

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Hypnotherapy, Life Energy Fundamentals, Meditation, Personal Growth, Secret of Creating Your Future<sup>®</sup>, Hawaiian Huna, Gemstone Therapy, Life Mission, Sound Meditation, Personal Presence<sup>®</sup>, Yoga, Hawaiian Lomi-Lomi Massage, Release Dancing and Vedic Art<sup>®</sup>. Since 1998 I live in Sweden, where I was born and raised. My company is named Divine Design, inspired by the writings of Florence Scovel Shinn. I have been featured in articles in the local as well as national press. More information is available on my website [www.divinedesign.nu](http://www.divinedesign.nu).

Notes:

- 1) <sup>®</sup> denotes a registered trademark of a name granted for a specific time period by a country.
  
- 2) The Shen organization split into two in 2002, the new branch is called Kairos Therapy.

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## **Awareness**

The two main factors in determining the outcome of therapy is the client's ability and willingness to stay present with whatever their bodies bring up and surrendering to the process, and the therapist's ability and willingness to take the client where they need to go. I think we need to train clients in presence, awareness and surrender. As therapists we need to work through our own material. We can only take our clients as far as we ourselves are willing to go. So let's start with awareness.

### **Weather Report**

One of my favorite exercises for awareness is the weather report. Just like the weather can be sunny or cloudy, calm or stormy; you too can experience many different states of "weather". Let yourself sit comfortably in a chair. Close your eyes. Take a few deep breaths, let yourself relax into the chair, and start to notice, become aware of your present state - not what happened today or what you think might happen tomorrow, but right now, in this very moment, what are you aware of? First focus on your physical body - is there any particular area drawing your attention? Do you notice any pain, tingles or other sensations? Become aware of your breathing - is it full or constricted? If it's tight, just notice where. Continue

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focusing on the body until it feels complete. Next focus on your mind. What is going on right now. Is there a lot of chatter, is there a theme, or is it congested or just parked? The possibilities are endless, just notice what is going on in your mind right now. Continue being aware of your mind until it feels complete. Next focus your awareness on your current emotional state. Do you feel upset, anxious, sad or calm and harmonious. There is no right way to feel, just notice what is going on with your emotions right now, perhaps you experience being unsure of how to do this exercise.

***You can't do it right. You can't do it wrong.***

***You can only be yourself.***

Continue being aware of your emotions until it feels complete. Next shift your awareness to your spiritual connection. Do you feel connected to Spirit? or do you feel like God is on vacation and left you hanging? Just notice what you are aware of right now. Continue focusing your awareness on your spiritual connection until it feels complete. Take a few deep breaths, wiggle your fingers and toes, stretch and open your eyes.

Do this exercise as frequently as you like. You'll discover that it's different every time, just like the weather.

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A bit more on *You can't do it right. You can't do it wrong. You can only be yourself.* Each person's experience in doing an exercise is different. Some people are by nature more descriptive or experience a multitude of senses, others have an experience that is soft and gentle, perhaps with just a hint of sensation. God made you unique and you are perfect just the way you are. Your experience is your experience and the exercise is not about achieving a particular result like seeing colors, but just to be aware of your inner weather.

***Your senses - sight, sound, smell, touch and taste - are doorways to your life purpose as well as your memories.***

I stumbled onto the life purpose connection to our senses when I was doing life mission work. A course participant had an idea for a business, but hadn't been able to get going for some reason. In listening to her describe the idea, there was something missing - there was no life energy in it. She sounded very logical and practical, but where was the enthusiasm? When probing her other interests I stumbled onto her enthusiasm for welding. She started describing the perfect weld with an enthusiasm and aliveness that hadn't been there before. She said "when you *look* at a perfect weld it's like a rainbow, shimmering with all the colors". She continued "I love the *smell*



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of machine shops, when I can't go to sleep at night I imagine the *sound* from arc welding, it's the most soothing *sound* I know”.

Amazing, the welder had been there all along, but had gotten buried under other expectations. What sense clues do you have hidden within you? Before we do another exercise to access your sense clues, we need to talk about attention and intention. Intention sets the course, attention helps you pick up the clues you need to navigate. For example, if your stated intention is to understand your life mission, you will start to get answers and indicators that match that intention. If your stated intention is to understand why you are stuck, you will most likely get indicators leading to a memory or memories that need to be therapeutically resolved before you can move on. If the answers you get feel empty or show stillness in nature pictures, then most likely that is what you need to focus on for the time being. When the time is ready, you will know what to do. There is a time for being too. I think we have lost the fine art of staring into space. A very useful skill in personal growth work, just being. For really advanced “being” get a hammock! It's my personal favorite.

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### **Sense Clues**

Getting in touch with your senses exercise. Turn off the phone and tell your family to not disturb you. Before you start, get clear on your intention, state your question - I want to understand my life mission, or I want to know why I have trouble standing up for myself, or I want to know what would be good for me right now, are just some of the examples of intentions to use. Get comfortable, sit with spine straight in a chair, or lie down on the floor. Close your eyes. Take a few slow deep breaths. Feel your feet, let them relax. Feel your ankles, let them relax. Move your attention up your legs and body, become aware of the sensations in your body at each stop, and relax. Do this all the way to the top of the head. Continue breathing softly and deeply, letting yourself go deeper into relaxation with each breath.

Imagine yourself going down a spiral staircase, count the steps as you go down, continue spiralling downward until you feel deeply relaxed and ready to move on to exploring your sense clues. State your intention, repeat it to yourself, out loud if you wish. Then imagine yourself in a space where your visual clues reside. Focus on seeing, become aware of what you see, what pictures or images appear, stay in visual space until you feel ready to move on. Imagine yourself moving to another space, where your hearing or auditory clues reside. If you want you

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can restate your intention as you move into each new space. Listen, what do you hear, what sounds are there, or absence of certain sounds, just be present and curious, and notice what auditory impulses you get. Stay as long as needed, until you feel it's time to move on. Now transport yourself to the next space, where your feeling clues reside. What do you notice in your body, what do you feel, what kinaesthetic clues appear here, what physical sensation are you aware of? Continue paying attention to feeling clues until it feels done. Now move to the space where smell resides. Sniff the air, what smells come your way, what olfactory senses are awakened, what odours or perfumes fill the air? When smell feels complete, move on to the last space, taste. Let yourself taste, what is your saliva and tongue picking up, is it spicy or mild, bitter, sweet etc, just let yourself take in the taste sensations until it feels done. Now start to come back to here and now, take a few deep breaths, wiggle your fingers and toes, stretch and open your eyes. Write down your answers if you wish. Keeping a journal can be very helpful as you play detective with yourself.

Our senses are also doorways to memory. It's an excellent tool for accessing material to work with in therapy. When I was studying hypnotherapy, much of the focus was on what do you see - but my strongest connector was smell, I could smell where I was and that was my doorway into forgotten memories. In

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therapy, working with what's on the surface will get you to the next layer. If the client reports physical pain when you ask about how they are feeling emotionally, work with the physical pain, it will eventually dissolve into emotion or some other sensation.

Using all the senses in guided imagery will get you deeper and work faster than just focusing on the visual. Let yourself *see* the colors of the tree, *feel* the breeze, *hear* the rustling of the leaves, experience the *smell* of nature and imagine *tasting* the sap of the tree.

## **Activating the Biofield**

The biofield is simply the life energy that permeates your whole body and extends beyond it to become the aura. There are four main ways I work with life energy to activate the biofield. Through breath and movement, sound, dance and laying on of hands.

### ***Breath and Movement***

Breathing helps pump the chi, or life energy through the body. Movement also activates the chi, so when combined the effects can be powerful, for example triggering emotional memories. If you were at one of my workshops I would now introduce some of the breath and movement exercises I've found most useful. But don't despair, they are available on video and are easy to learn on your own. Jane Hundley's Movement and Breath Exercises for Personal Presence take the breath into the whole body. Jane is a corporate personal presence trainer as well as a rebirther who studied with Sondra Ray. Women especially like the circular movements of these exercises which could be described as hula yoga. Benefits include improved sleep, faster recovery from jet lag, and of course increased presence in the here and now. Nancy Zi's Art of Breathing primarily opens up abdominal breathing. Nancy is an opera singer as well as chi

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kung master and has combined chi kung with exercises from classical singing. She calls the method Chi Yi, or the Art of Breathing. Benefits include improved capacity for singing and speaking and being able to breathe all the way down to the root. When you do these exercises, make sure you exhale completely. It's trapped, stale air in the lungs that causes dizziness when you practice slow and deep breathing.

### ***Sound***

Toning, or chanting, not only opens up the biofield or life energy, it also makes you present, connects the two halves of the brain, deepens your breathing, opens up your throat and strengthens your voice.

The sound exercises I will introduce you to here are only the tip of the iceberg. Check out [www.soundhealers.com](http://www.soundhealers.com) for more info.

Chakra tones open up the biofield. They are more effectful when done in a group, but can be done on your own as well. When clients book appointments after a group toning they need little or no work to break up the tension that is the doorway to stuck emotions.

## **Chakra Names, Colors, Sounds and Physical Landmarks**

First we'll cover the chakra names, colors and sounds:

<b>Chakra</b>	<b>Color</b>	<b>Sound</b>
1 - root	red	uh
2 - sacral	orange	ow
3 - solar plexus	yellow	oh
4 - heart	pink/sea green	ah
5 - throat	sapphire blue	eh
6 - brow	indigo	ay
7 - crown	purple	e

The physical locations of the chakras are as follows:

<b>Physical location</b>	<b>Chakra</b>	<b>Rearward line</b>
base of spine	root (R)	
top of pubic bone		root/sacral (RS)
	sacral (S)	
navel/ilic crest		sacral/solar plexus (SSP)
	solar plexus (SP)	
vee of ribcage/xiphoid		solar plexus/heart (SPH)
	heart (H)	
sternum		heart/throat (HT)
supersternal notch	throat (T)	
mouth/jaws		throat/brow (TB)
center of forehead	brow (B)	
top of head	crown (C)	

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So the sacral (S) is located halfway between the top of the pubic bone and the navel/iliac crest line, the throat (T) at the suprasternal notch, which is the hollow at the base of the throat. The rearward lines will be explained under laying on of hands. In Kairos/Shen Therapy the face is considered to be one big forward flow, and the brow chakra is not a separate center. I've chosen to include the brow chakra and indicated the mouth/jaw line as a rearward flow, but I'm not 100% decided of the direction of the flow at the mouth/jaw line. One of my Kairos colleagues has started to include the suprasternal notch into the HT rearward and doing the forward flow through the larynx, and has found it to be much more effective.

### **Chakra Sounds**

Now we are ready to start toning the chakras. Sit in a chair or cross-legged on the floor. Get centered and comfortable. Take a few deep breaths. Your body knows how to make the sounds, relax and let the sound come naturally when it is ready. I usually focus on the physical location of the chakra, visualize the color in front of me, and imagine the sound. I just softly breathe into the physical location of the chakra until my body wants to make a sound on the outbreath. Let your whole body relax, toning is effortless. Straining or efforting will only stress your vocal chords. I've had course participants sit through several sessions before their bodies were ready to make a



sound. Don't worry, your body will tone when it's ready. Repeat each tone 3 - 7 times. Rest between each tone and just notice how your body feels. Work at your own pace. You may notice that your sound is a bit different each time - that is normal.

### **HU Sing**

Another toning exercise I find useful is to sing HU, pronounced like Hugh, which is an ancient Tibetan chant that means God. Use this when you want spiritual guidance or as a prelude to meditation. Lovely to do in a group for about twenty minutes. One course participant exclaimed "our souls have been longing for us to do this!".

### **Name Song**

A fun exercise is to sing names in a group. It works like this. One person receives, the rest of the group sings. If I am the receiver I start by saying "I want you to sing my name Eva". The group tunes into or feels intuitively how to sing Eva, then sings Eva repetitively until it feels complete. I, as the receiver, focus on how it feels to be bathed in sound. Go around the circle taking turns being sung to. You can expand the exercise by requesting intentions such as "I want you to tone the intention of love" and you may also ask for colors by simply stating "I want you to tone the color purple". Pay attention to how it feels

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to give and how it feels to receive. Is it different? Is one easier than the other? Imagine if meetings at work started this way?

### **Humming**

If the above exercises feel a bit too scary to start with, you can just hum. Think of a purring cat and just hum. Hmmm... and notice how your body feels.

### ***Dance***

A natural way to wake the chakras is through dance, letting the body move freely in what is known as release dancing. Perhaps you are familiar with Gabrielle Roth's work called the Five Rhythms, which is one way to work therapeutically with dance and movement. I prefer to work with the elements - earth, water, fire and air - as they correspond to the chakras and naturally tie into the rest of my work.

Dance is part of who I am. When I was quite young I danced in front of the altar at church. When my staunchly religious grandmother caught up with me and demanded to know what I was doing I replied "I'm celebrating the resurrection of Jesus".

### **Warm Up**

Dancing connects us to who we are deep inside. You'll need comfortable clothes that let you move freely and plenty of fresh