

Experiencing your experience

Bill Staples

Kaye Hayes, one of the inventors of Imaginal Education and master teacher on four continents showed me a learning tool she used daily for many years. It is particularly relevant for people who live life at a pitch where on the next day you have forgotten what happened the day before. It is called **Charting the Day**.

Here are instructions for you to chart your day:

1. Draw a line across a page with hourly time intervals shown from left to right.
2. Brainstorm at least 10 events of the day and place them below the line according to the approximate time they occurred.
3. Select the event and time when the day took its major shift and put a star above the line.
4. Create titles for the left side and the right side.
5. Entitle the chart "The great day of..."

Doing this each day for years will provide a much more complete account than a diary and will help you to experience your experiences at a much deeper level. The technology behind the exercise is called the Surface-to-Depth Discussion Method in which you objectify what happened to you, reflect on its emotional impact, interpret its meaning, and then make a decision about it. The same exercise can be done on a weekly or monthly schedule simply by changing the timeline.

Have fun!

