

**PROTOCOL****THE GRAND-MOTHER'S CLOSET**

- 1) **Define the problem**
- 2) **Symbolize the problem.** If it's a disease, we take the affected organ as a symbol.
- 3) **Ask the person to visualize in front of him his ancestors (parents, grandparents, great grandparents and all the other unknown ancestors)**
- 4) **A - The person stands in front of them B- Exercise in trance**
- 5) **Throw the object high up in the air, and look near which ancestor it falls.**
- 6) **A- We go and meet this ancestor and we invite him/her to talk to us, to open up. B- We enter inside the ancestor (association) and continue deeper.**
  - What is your strongest drama?
  - What is your deepest secret?

Until the answers we get are coherent with the initial problem that we want to resolve.

C – (Dissociate) Recognize and express the ancestor's suffering
- 7) **A – We ask the ancestor what is the resource that s.he needs? B- We ask the person to find a moment where s.he experienced this resource in her own life, to symbolize it with a color and then infuse it inside the ancestor.**
- 8) **Verification**

(Association), we get inside the ancestor again and we feel if the sensation is pleasant or neutral. If it's unpleasant, we must continue and check what needs to be recognized.
- 9) **We get out of this ancestor with the color and walk through the descendants until we arrive to the present moment.**

Or you imagine that you are inside the ancestor you just worked with, you fill yourself up with this color and then you walk forward throughout the ancestors until the present moment.
- 10) **If possible you verify:**

You put back the person in the initial problem and you observe what has changed.