

<p><i>Use this visualisation</i></p> <ul style="list-style-type: none"> • To open discussion around things we find challenging or threatening. • To use metaphor as a means of talking about thoughts and feelings not easily put into words. • To talk about ways of coping with the unknown and perceived danger, and the importance of hope and faith. 	<p><i>Reflection</i></p> <ul style="list-style-type: none"> ❖ How did you feel at the beginning of the visualisation? ❖ Did the 'brooding moodiness of the black sea' remind you of anything? ❖ Did your feelings change during the visualisation? ❖ What could the light represent? ❖ Does the light change the appearance of the water? ❖ What part of the visualisation was most powerful or meaningful for you?
<p><i>Learning Outcomes & Evaluation</i></p> <ul style="list-style-type: none"> ✓ I can talk about things that I find challenging or threatening. ✓ I am beginning to understand how imagery and metaphor help express ideas that are difficult to put into words. ✓ I understand that we can experience awe and wonder in nature and a sense of the 'numinous' in the face of danger. 	<p><i>Response</i></p> <ul style="list-style-type: none"> ○ Where do you find hope and comfort? Label the light of the lighthouse with the name of a thing or person that this signifies for you. ○ In the black sea, write any words or names of things you find threatening (you may choose to use code names that are meaningful to you).

Imagine you are standing in the doorway of a lighthouse, looking out.

The sea looks dark. Black.

You don't like its brooding moodiness.

Nor how it shudders and swirls in a threatening way.

A wave crashes against the rock and you feel the cold spray of sea water on your face.

You can taste the salt on your skin.

Water stretches as far as your eye can see.

There is no land in sight and you are completely alone.

But there is a light – a bright light above you.

Its beam sweeps across the surface of the water.

The wind stirs up and you shiver. Your face is now completely wet with the spray of the surf. The waves are getting higher. Stronger.

They crash against the rocks beneath you. Foaming and smacking and hissing at your feet.

Light sweeps across the surface of the water.

You turn and enter the body of the lighthouse, closing the door behind you. You lean against the curved wall. It feels smooth and cool to touch. Then you start to climb the spiral tower in the direction of the light. One step at a time, holding tightly onto the rail. Thunderous waves echo within the hollow walls.

When you reach the top you find a tiny circular room. Here it is warm and dry. You feel safe. There is a blanket. You wrap it round you. Light sweeps across the surface of the water.

Watch as its beam of light flashes through the porthole window. You curl up, close your eyes. In the darkness, you are still aware of the presence of the light... It has a continuous, steady pulse.

Eventually the storm dies down, the sea is calm once again. And light sweeps across the surface of the water.