

Interpretation Key to Guided Imagery Essay

Here is a key to interpreting the Guided Imagery Assignment. It suggests an interpretation for the various objects you were instructed to include in the Guided Imagery Assignment, turning that assignment into an allegory. Please keep in mind that this is intended to be an amusing and instructional activity, and may or may not be true in what it has to say about the author of the essay!

1. The forest represents society. A friendly scene means that you have a pleasant view of society. A fearful scene may mean that you have fears about going out into the world or view the world as a hostile place.
2. The path represents how you make your way through life. Are the obstacles easily overcome, or do they stop your progress?
3. The key represents knowledge and personal power. It can be beautiful or useful. Did you keep it? What did you use it for?
4. The goblet/ mug represents the physical body. Was it beautiful to you or unattractive? How did you treat it? Did you take it with you? Did you drink from it?
5. The body of water represents marriage. Did you dive in, or did you circle around it and walk away. Lots of fish means a desire for a large family.
6. The wall represents your attitude toward death and dying. Was it an easy passage for you, or a difficult and fearful one?
7. What lay on the other side of the wall, and what did you do there? What might that mean about your beliefs about what lies beyond life?