

Inner Theatre

Inner theatre is a narrative process that builds and reinforces one's identity. It helps create a new personal, unique life story, the Epic of Life, through a successful creative work.

Writing an Epic of Life is a way of practicing innerness. We become familiar with our feelings and at the same time, expand our consciousness through transformational learning. The process is suitable for people who do not have serious mental health problems. It is important that the subject has strong adult parts. In addition, it is important for him/her to have the opportunity to share his/her experiences with other people, such as tutors or therapists.

The practice of Inner Theatre involves the practice of awareness skills, as with the different traditions of meditation and active imagination. The Epic of Life develops, grows, and strengthens by writing (sometimes also by drawing), following an active and self-reflective imagination. The following three steps can be identified:

1. The author begins to explore her Inner Theatre by writing and drawing, eventually entering a "trance space" that moves away from the self and into a self-mirroring centre.
2. Memories of the past are evoked as metaphorical stories. Emotional experiences can be changed by introducing fiction. This is an integral part of awareness skills and the development of self-reflection through the imagination. Memories can be evoked, for example, through photographs.
3. Emotions are then revealed by turning them into self-states, emotions which are typically ascribed to other people through transference. Introjections and internalisations, such as the voices of parents or grandparents, are liberated, giving them the form of self-spaces as well. In the case of introjections, it is good to realize that they are not "real people" but images of them shaped by our consciousness.

At its best, the Inner Theatre process is happiness-enhancing and energizing, as the director of his/her own Theatre increasingly listens to their emotional world of experience and is capable of creating metaphors that produce changes in consciousness and behaviour. Through this process, she begins to live "in the flow", with increasing confidence.

After the process, human consciousness is no longer controlled by an "autopilot". One becomes aware of one's ego state and able to influence it. (This is a reflective state, which unfortunately not everyone can achieve, as much of humanity remains controlled by an "autopilot"). In a successful process, new meta-spaces of broader understanding are created.

This greater awareness applies equally to the emotional bridge between body and mind. When we become familiar with our emotions, we become familiar with our bodies at the same time.