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# Identifying with Obstructions

1st Degree Paper - *Historia Illius Itineris*

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## Introduction

Obstruction metaphors - “there is something in the way” are classically representative of primary negative injunctive. Rules that take the form of “do not do X, or else!” Part of your study will be to explore what other forms of rules exist and explore how these manifest in metaphor.

For example, metaphorically, a well trodden path through a standard country landscape. The edges of the path delineate something - demarcation without obstruction. There is a relationship between the edges of the path and the width of that path. How the path intersects with the land is also significant. For example, some have defined edges like curbs, they may be raised, there may be some kind of fencing or hedging, and so on. These are things to explore later and there will be further papers on this subject in the second degree.

## Identifying with the Obstruction

### **Part 1: Tactile observation of obstructive qualities.**

1. Elicit a metaphor where there is likely to be an obstruction, for example when something gets in your way, or you feel blocked.
2. Develop the elicitation in all directions. For this exercise it is not necessary to go into much details, just a generic expansion is sufficient.
3. Unless it is already close, approach the obstruction until it is within touching distance.
4. Explore the obstruction with your hands, notice the texture of it's surface. Record your observations of it's texture.
5. Explore the obstruction's surface with your face. Record your observations of this experience.
6. Explore the surface with your feet. Record...
7. Taste it with your tongue, lick the surface. Record your experience.

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## **Part 2. Becoming the obstruction in which we commit a Boundary Violation of Identity.**

1. Merge with the obstruction, become it. Completely identify with the obstruction and all its qualities.
2. Record your experience of identity and the qualities you possess as the obstruction, record them in the first person. Each quality is to be stated in the form of "I am X" rather than just a list, as in "I am solid...I am unmoving....I am crumbling."
3. Explore your effect upon your surroundings. For example, "I protect the path", "I prevent movement to the East." Record these.
4. Your partner is to then point out the opposite and the influences that you may not have listed. For example, you may have offered "I prevent forward movement on the path" and your partner can offer, "You prevent people going back on the path." and so on.

## **Part 3. Applying these qualities to self.**

Be 'at cause'; taking this list of qualities, explore a few times and situations where you have demonstrated these qualities to either yourself or to other people.

## **Part 4. Eliciting the Rule Structure.**

For the examples in Part 3, list the rules you were upholding, enforcing, displaying or stating in each situations. Pay attention to the structural metaphors here: were you "upholding them", "supporting them", "stating them" ...or...?

## **Part 5. Returning to original metaphor.**

Back in the original metaphor, from Part 1, re-evaluate your relationship with the obstruction. Do you uphold it? Look forward to it? Support it? and so on.