

RESOURCES

FOR LITTLE STICK FIGURES TECHNIQUE / LA TECHNIQUE DES PETITS BONHOMMES SMR SUMMER CAMP- AUGUST 10 2024 9AM-11 AM EST - LED BY JESS W.

May these resources serve to help free you from dependencies, fears and to help cut conscious and/or unconscious attachments. Please know it's not "a one and done." The technique can be repeated for the same person, situation or inner parts, as needed.

I. THE 7 Steps - ****THE SUBCONSCIOUS RETAINS 90% OF WHAT I WRITE. FOLLOW THE 7-STEP ORDER. BE SURE TO CLOSE ALL THE CIRCLES OF LIGHT. MAKE SURE TO COUNT THAT YOU'VE DRAWN ALL 7 LINES OF ATTACHMENT BEFORE CUTTING.

1. STEP 1 - I DRAW MYSELF AS A SIMPLE STICK FIGURE
2. STEP 2 - I DRAW THE OTHER PERSON AS A SIMPLE STICK FIGURE
3. STEP 3 - I MAKE A CIRCLE OF LIGHT AROUND MYSELF WITH RAYS OF LIGHT
4. STEP 4 - I MAKE A CIRCLE OF LIGHT AROUND THE OTHER PERSON W/ RAYS OF LIGHT
5. STEP 5 - I MAKE A CIRCLE OF LIGHT AROUND THE TWO OF US WITH RAYS OF LIGHT
6. STEP 6 - I DRAW THE 7 CHAKRAS/ CONSCIOUS OR UNCONSCIOUS ATTACHMENT LINES
7. STEP 7 - I CUT THE CONSCIOUS OR UNCONSCIOUS ATTACHMENT LINES

II. THE 7 -STEP TECHNIQUE - the 3 VARIATIONS

- A. FOR SELF & ANOTHER PERSON with whom have dependencies/ fears/ attachments would like to cut/separate
 1. STEP 1 - I DRAW MYSELF AS A SIMPLE STICK FIGURE. On left side of page draw YOURSELF AS as a SIMPLE stick figure with a smiley face - use circle and lines. Write your full name under stick figure of yourself
 2. STEP 2 - I DRAW THE OTHER PERSON AS A SIMPLE STICK FIGURE. On right side - draw the other person IN SIMPLE stick figure with a smiley face . Write the full name of that person under their stick figure
 3. STEP 3 - I MAKE A CIRCLE OF LIGHT AROUND MYSELF WITH RAYS OF LIGHT. Go back to the left. Draw a circle of light around yourself. Draw rays of light all around the circle to tell your subconscious: "I am in the Light. I want what is best for me". The universe knows and wants what is best for me". I don't necessarily know what that is. The universe knows. You repeat this to yourself quietly or aloud as you draw.
 4. STEP 4 - I MAKE A CIRCLE OF LIGHT AROUND THE OTHER PERSON WITH RAYS OF LIGHT . Go over to right and do the same STEP 3 for the other person telling your subconscious that person is really in "the light" and that "_____ is in the LIGHT. I want what is best for ___ /them, The universe knows and wants what is best for ___ /them". I don't necessarily know what that is. The universe knows.

5. **STEP 5 - I MAKE A CIRCLE OF LIGHT AROUND THE TWO OF US WITH RAYS OF LIGHT.** Now Draw a circle of light/ a sun/ a bubble of energy around both of you with the rays of light. Repeat “I want what is best for both of us, for me and for _____. The universe knows and wants what is best for me and _____.”
6. **STEP 6 - I DRAW THE CONSCIOUS OR UNCONSCIOUS ATTACHMENT LINES** Draw the 7 ENERGY CENTERS OR CHAKRA CENTERS and lines of energy between each 2. Can use the colors for each one if you like. Count that you have drawn 7 lines. 7 Chakra colors follow those of ROYGBIV of the Rainbow:

#1 Root chakra. **RED.** Located at the base of the spine “Offers a safe place to have trust.”

#2 Sacral chakra **ORANGE.** Located in the lower abdomen “Offers openness to follow what feels joyful.”

#3 Solar plexus chakra. **YELLOW** Located in the upper abdomen “Gives you the will and strength to trust.”

#4 Heart chakra. **GREEN** Located in the center of the chest. “Opens your heart to love and trusting your heart.”

#5 Throat chakra. **BLUE** Located in the throat. “Helps you trust your word and expression”

#6 Third eye chakra. **INDIGO** Located in the center of the forehead, between the eyes. “Helps you trust your journey and dreams”

7 Crown chakra. **VIOLET** Located at the top of the head. “Allows you to surrender to the universe” *****COUNT AND VERIFY I HAVE DRAWN ALL 7 LINES !**

7. **STEP 7 - I CUT THE CONSCIOUS OR UNCONSCIOUS ATTACHMENT LINES** Cut the chakra lines/lines of attachment down the middle between the 2. *****IMPORTANT: I DO NOT CUT MYSELF OFF FROM THE PERSON, I CUT THE ATTACHMENTS. ATTACHMENT ISN'T LOVE. IF I CUT THE ATTACHMENTS THERE IS MORE ROOM FOR LOVE. I FIND MORE INTERNAL PEACE AS A RESULT AS RELATED TO THIS OTHER PERSON.**
8. **THAT'S IT. WHAT TO DO WITH THE PAPERS??** - THE DRAWINGS ARE LIKE A CARBON COPY FOR THE SUBCONSCIOUS MIND AND THEREFORE ARE NO LONGER NEEDED. YOU CAN THROW THEM AWAY, RECYCLE THEM. SOME PEOPLE BURN THEM. JACQUES MARTEL SAYS IT DOESN'T MATTER. WHAT MATTERS IS THE ACTION OF DRAWING AND CUTTING. THE SUBCONSCIOUS IS NOW WORKING FOR ME B/C OF DRAWING THE CIRCLES

OF LIGHT, REPEATING THE AFFIRMATIONS AND CUTTING THE LINES OF ATTACHMENT. THEN I SIMPLY WAIT TO SEE WHAT HAPPENS IN THE RELATIONSHIP. THE AMOUNT OF CHANGE IN THE RELATIONSHIP WILL CORRELATE WITH THE # & DEGREE OF ATTACHMENTS WITH THE PERSON/ SITUATION/ PART OF SELF/. FOREWARNING THE RESULTS MAY NOT BE WHAT I THINK I WANT AND NEED. IT'S WHAT HIGHER POWER/THE UNIVERSE ALREADY KNOWS IS BEST FOR ME. JACQUES MARTELS SAYS WHAT RESULTS IS ALWAYS WHAT IS BEST FOR ME.

B. FOR SELF & SITUATION where have dependencies/ fears/ attachments would like to cut/separate

The steps are similar to above for **SELF & ANOTHER PERSON** except in **STEP 2** draw a rectangle on the **RIGHT HAND SIDE**. Write about the situation **IN THE BOX. NAME WHAT YOU CAN NAME. STEP 3 IS THE SAME.** In **STEP 4** say "I want what is best for me in this situation" **STEP 5** is THE SAME AS ABOVE. **STEP 6** when drawing **CHAKRA ENERGY CENTERS ON THE RIGHT SIDE** simply position them **PARALLEL** to the ones on the **LEFT** on your stick figure and draw the lines of energy/attachment between the 2 sides. **STEP 7 IS THE SAME.**

C. FOR SELF & SELF- 2 DIFFERENT PARTS OF SELF

SAME 7 STEPS AS ABOVE. ON STEPS 1 AND 2 after you write your full name under the **STICK FIGURE** ALSO write a **DESCRIPTIVE LABEL FOR EACH DIFFERENT SELF REPRESENTED.** They are usually **OPPOSITES.** FOR EXAMPLE: "YIN / YANG," "HEALTHY / SICK," "HEALED / WOUNDED," "STRONG / WEAK," "INDEPENDENT / DEPENDENT." Put the more "DESIRABLE/POSITIVE" descriptor/adjective **ON THE LEFT.** **STEPS 3-7 ARE THE SAME AS FOR SELF & ANOTHER PERSON** above.

III. "**KNOW YOUR CHAKRAS**" VISUAL LINK:

https://drive.google.com/file/d/1gTsVpp-FC_EtsHIMXQi_BGu3ijSu7Kq/view?usp=drive_link

IV. **THE SOURCE** - Helpful links for material from the originator of the technique:

- A. Recent video in **FRENCH** of Jacques Martel, Quebecois internationally known therapist, trainer, speaker and creator of the "Little Stick Figures Technique / La technique des petits bonshommes allumettes" explaining and demonstrating the technique with Lucie Bernier:
<https://youtu.be/hLysFxVm0fg?si=Vq9SnK3gXaTpJcyy>
- B. A video in English on Facebook by a student: <https://fb.watch/rYLhQfdwB2/>.
- C. A longer, original video of Jacques Martel in French in 2 parts:
<https://www.youtube.com/watch?v=Slg8jZY2Hd4>

- D. Lucie Bernier and Robert Lenaghan's Book ["Little Stick Figures Technique"](https://www.amazon.com/Little-Figures-Technique-Emotional-Self-Healing/dp/1644115212)
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