

Prizma

Observe, Choose, Change

Directions for working with Prizma Cards kit:

In order to enrich your work with Prizma cards make sure you observe not only the eyeglasses but also the lenses with special care. Try to imagine yourself looking at the various aspects of your life through these lenses. Each special lens enables you to see a totally different world. Allow yourself to immerse completely within the experience which accompanies every unique and different view of the world around you.

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- Choose any topic. Think of a word. Place the deck face-up and choose three cards.
Observe the connection that is formed between your chosen topic, the word you thought of, and each pair of eyeglasses' unique angle of looking at the world. What is your insight?
- Choose any topic. Place the deck face-up and openly choose two pairs of eyeglasses. One pair will represent change and powerfulness. The second pair will represent fixation and weakness. What can you learn about the way you view the chosen topic when you look at it through opposing lenses? Choose one more card with eyeglasses which represents your next step towards change.
- Choose one significant relationship in your life. Place the deck face down and choose two cards. The one card represents the way this

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Suggestions for projective work with Prizma Cards kit:

- Your eyeglasses for the day: choose one pair of eyeglasses through which you will view various situations in your life during one full day. What does the different vision you experience offer you? (For example: the lock eyeglasses may show you the extent of which the world is wide open before you, as opposed to your private world which is closed. The breasts eyeglasses may show you how much you nourish the world or allow yourself to be nourished by it. Is the world a nourishing breast or is it a big sucking mouth?)
- Choose one card which represents the dominant eyeglasses through which you experience the world looking at you. Would you like the world to see you through a different pair of eyeglasses? Which one? Choose a significant person. Substitute this person for the world and repeat this exercise.

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person sees you. The second card represents the way you view that same person.

Prizma Cards kit can be used in any creative manner. You can use the cards to diagnose others, define your own cards by yourself or choose to do so by receiving feedback. The more you use your cards the greater your creativity will be, and the better your diagnostics abilities will become.

Create your own ways of working with **Prizma Cards** and share your experience in our website.

For more information visit: www.itzikcards.co.il