



Mackesy wrote a wonderful book called "The Boy, the Mole, the Fox and the Horse" which was very healing for me.

And the glass beads represent the EMDR (Eye movement desensitization and reprocessing) therapy that I did for many months. See the definition below-

EMDR (Eye movement desensitization and reprocessing)-

Eye movement desensitization and reprocessing is a form of psychotherapy in which the person being treated is asked to recall distressing images; the therapist then directs the patient in one type of bilateral stimulation, such as side-to side eye rapid movement or hand tapping. It is often used in PTSD patients.