

Mibi Masks, Mirrors & Beyond

Directions for working with Mibi Cards kit:

Mibi Cards kit offers an invitation to countless experiential encounters with the multifarious voices, roles, manifestations and images of our psyche. With **Mibi Cards kit** we can express the infinite complexity of our character.

Working aids:

Choose the following for your character:

- A name
- An age
- A profession
- A prominent quality
- A secret quality
- A life's philosophy
- A past event that changed his/her life
- A future event that will change his/her life
- Background music to live by

It is possible to work solely with the body-cards, or solely with the head-cards. You may combine them in infinite ways: one body with several heads, or one head with several bodies. Note the background shade of your body or head card. Are they compatible? Is there harmony between them or are they in conflict? Give meaning to the colors, allow them to impact your characters and identify their influence.

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how did he or she reach fulfillment? Choose a character who appears in your eyes to be unfulfilled in this aspect and do the same. Now place the cards face-down and intuitively choose a character who will be representing the process of transferring between the two opposites. Turn the cards over, observe your character and describe in first person what he or she is advising you to do.

- **Real friend versus imaginary friend:** Think about a certain task you need to undertake. Place the cards face-up and openly choose a character. Talk about the character, his or her traits, and in what way he or she could help you with your task? Could you find such help in your real life, from a true friend or from within yourself?
- **Love relationships:** Form two couples. Couple A enjoys good and effective communication, and couple B suffers from bad communication. Give each character a name, and tell his or her story in first person. Describe each couple's communicational pattern. Which of these patterns help maintain effective communication for the long run? Which are the patterns that get in the way of effective communication? With which pattern do you identify most?
- **Task Team:** Think about any task you need to undertake. Choose a head-card to lead the team. Choose body-cards to stand for team members. Spread them in various distances from the head. Describe each one and his or her specific role as team member. Attach the head-card to each one of the body-cards and observe how the head affects each body. For each character formed describe the direction he or she might take in order to perform the task.

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Suggestions for projective work with Mibi Cards kit:

- **Conference calls:** Choose a subject you are concerned about and place all the cards face-up on the table. Put together two characters (body and head for each one). These are your conscious characters. Now, place the cards face-down and intuitively put together two characters, seeing only the cards' reverse side. These are your subconscious characters. Now let your characters talk about the chosen subject in the following manner: you become each character in its turn, and relate to the subject in first person. Perform this with all four characters you have put together and find out who you identify with most.
- **Family Affair:** Create a family from the characters. Tell this family's story. Describe each family member's psychological role in the family. Do you identify yourself in one of them? Do you wish you could improve relationships within the family? How? Try to make your wish come true by switching heads and bodies around.
- **Babushka:** Place the cards face-down on the surface and intuitively choose five characters without seeing their picture. Place the five characters one on top of the other, still without seeing their picture. Now, turn over the top cards and observe your top character. Tell his or her story. Do the same with all other characters. Finally put together a collage from all the characters and observe their similarities and differences.
- **Achievement versus failure:** Choose one aspect of your life (career, love, parenthood etc.). Place the cards face-up and openly choose a character who appears in your eyes to be fulfilled in the aspect you have chosen. Tell this character's story:

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- **The smart advisor:** Ask a question about a subject which occupies your thoughts. Openly choose one head-card and one body-card to form a character who represents the smart advisor. Now place the deck face-down and intuitively choose another character from the cards' reverse side. Give the smart advisor a name and then answer your initial question in his or her voice, in first person (I am your smart advisor. My answer to you is...). Then turn over the cards you have chosen without looking. Note the subliminal contexts which appear in them.
- **The birth of a story:** Place all the cards face down and intuitively choose several characters, from the cards' reverse side only. Turn your characters over and observe them. Talk about who they are, where they met, what is the nature of their relationship, and the essence of their mutual bond. How do you feel about each character?

Mibi 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 **Mibi Cards** and share your experience in our website.

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