

The Container

If there were a container that would be able to hold memories and the thoughts, feelings and body sensations that went with them, what would that container be made of?

How large is the container?

How thick would the walls be?

How would you close and lock it?

Imagine walking around it to make sure that nothing can leak out...

Do you need to store or hide the container? If so, where and how would you do this?