

## Getting to know a Part

This meditation is intended to help you begin to get to know one part.

---

I invite you to take a deep breath, or two, as you arrive.

You may have a part in mind, that you've been noticing or reading about, or maybe a part you've been meaning to come back to. Or you may simply bring curiosity to yourself in this moment - who is here now? Who would like some attention?

Find this part in or around your body

How is it showing up, right now?

If you aren't feeling it yet, bring to mind a time that you've noticed it.

Be in that memory for a moment and see what happens in your body or mind.

What are you noticing? Do you feel it in your body? Do you see it, or do you sense it another way?

If it could speak, what would it say?

How do you feel towards it? As you notice it

Does your heart feel open? Or closed? Or somewhere in between

Are you trying to figure it out, or feel like you want to change it?

If you're feeling anything other than curious or calm, you're likely blending with other parts.

If you're feeling a lot of reactions or confusion, you may wish to pause here and use the Unblending meditation for additional support.

If you are feeling some curiosity, take some time to get to know this part a little more.

What do you notice about it now?

Is it showing or telling you anything?

Any thoughts, feelings or sensations are information.

Be curious.

Notice, how old does this part feel?

Is there a sense of the time and place where it lives?

A memory?

You might ask it, what are you trying to do?

What are you afraid will happen, if you don't do this?

How you are feeling towards this part now?

Is your heart open? Are you curious?

If so, you can move to the Befriending meditation.

If not, the Unblending exercise may help you separate from parts who are very close to you.

Consider taking some time to write down anything you learned in a Parts Chart entry.

You may wish to take a deep breath, place your hand on your heart, and say Thank You to this part for being a part of you.