

Situational Self Care Inquiry

This meditation is intended to help you get some clarity about the parts of you involved in a difficult situation or challenging relationship. It is based on Richard Schwartz's meditation 'The Room.'

I invite you to take a moment to pause and arrive in this moment, perhaps acknowledging that you are taking some time for you. If you like, looking around your space and orienting yourself. Making yourself comfortable, noticing if there is anything you might need to bring more comfort in this moment; a stretch, a yawn, allowing your shoulders to relax and settling into whatever is supporting you in this moment.

Perhaps becoming aware of your feet in contact with the floor

Noticing that you are breathing, and consciously join in with your next breath

Breathing in, and breathing out

If you like you might put a hand over your chest and abdomen as you breathe if that feels right for you. Reminding yourself that you are here, Feeling the breath as you breath in and breath out

With eyes open or closed, this is an invitation to bring to mind an image or sense of the person or situation that is causing you distress or difficulty. It may be a patient, colleague, or anything else. It may be someone or somewhere you are having trouble saying 'no' even though you wish to do so.

Place whomever or whatever you are sensing into a room ... a room large enough to contain all of the energy involved.

You are on the outside, with a window you can peer through and see or sense them, noticing how you are feeling as you bring this to mind, and reminding yourself that they cannot see or sense you.

Now allow the person in the room to do the thing they do - to say what they say, look at you the way do, or whatever it is that really gets you, that brings a charge.

Bring curiosity to the smaller details, their facial expression, body language, the words or phrases.

Notice now what is happening inside of you?

What most gets your attention? What thought, feeling, or sensation are you aware of?

As you focus on it, be curious.

What does this one say?

How does it look?

What is its energy?

What is it trying to do for you?

What is it afraid will happen if it doesn't do this?

If you can, thank it for this information,

And ask if it can find a place somewhere near you.

And then peer through the window again, at the person or situation inside the room.

What happens now, as they do what they do?

What do you notice inside of you?

What thought, feeling, or sensation do you have now?

Bring curiosity to how this one shows up

Listen to it, feel it, notice any details

How is it trying to help you?

What is it afraid will happen if it doesn't do this?

If you can, thank it too, for sharing this information, and ask it to find a place near you.

Look into the window now.

What do you see?

What do you notice inside of you?

Ask this part, how is it trying to help?

What does it want you to know?

And ask it to also take its place nearby.

Before returning to the window, noticing the parts around you that you discovered that arise when you notice the situation or person in the room, ask yourself how do I feel towards all of these parts?

Do you feel any curiosity? Calm? Compassion?

If so, allow the parts to feel you, extend some of this energy of curiosity or compassion to them.

Notice if you can sense in to how this is for them...how is this energy landing with them

Ask them if they would allow you to return to the window,

Or even enter the room, with them staying nearby, and not having to come with you.

See what it is like, to look through the window, or go inside,

What do you see or sense, now?

How do you feel, in your heart?

What, if anything, do you want to say, or do, in this situation?

If it feels right, thank the person in the room and ask them to leave now, to return to their own Self and source.

Return to your parts outside, and ask how it was for them, to see you, to sense you, to have you be with the situation that is so difficult for them.

Ask if there is anything else they would like you to know, or that they would like to ask you.

And know that you are a resource for them, and they are a resource for you.

You may wish to take some notes or draw, and find a way to continue connecting to these ones.

When you are ready, take some deeper breaths, and notice how you feel as you complete this meditation.