

Befriending

This meditation is for when you have been noticing and getting to know a part, and beginning to feel more open-hearted towards it, more curious to really get to know it, and for it to get to know you.

Taking a few deep breaths, begin to bring your attention inside, tapping into your curiosity towards the part you wish to spend time with today.

How do you notice this part?

Is it showing up in your body, here, now?

Are there feelings, words, or an image?

How are you feeling towards it?

Do you feel open? Warm? Curious?

If you're feeling anything else, see if those parts would be willing to soften back, to sit next to you, and allow You to be here with this part. Just to get to know it more. You aren't here to take any sides or make any decisions, you are just here to understand more deeply.

Notice how you feel towards the part now.

Allow any openness and warmth to radiate towards it.

Does the part notice you? Is it aware someone is paying attention?

Ask it, what do you want me to know about you?

If anything makes sense, let the part know that you are getting it, that you understand.

And see what else it wants you to know.

What is it trying to do?

How long has it been doing this for?

When did it begin?

How did it learn to do this? That it needed to?

Check and see how you are feeling towards it, as you receive this information.

Do you feel understanding? Compassion?

If you feel anything else, see if is another part blending, and ask if it can give you some more space.

If you feel any warmth and openness, let the part know.

You might say, "I feel you, I understand."

Notice, how it responds to you.

Is it curious?

Or is it fearful, unsure?

Allow it to feel however it feels

And see if this is okay with you

You, yourSelf can allow every part to feel exactly the way it does

Without any need to change it.

You may ask your part, Does it feels tired, or lonely?

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

See if there is room to allow it to show you, for you to feel, what or who it is protecting?

How do you feel towards it now?

If you feel calm and confident that you can handle whatever it is sharing, let it know.

Self can handle anything.

There is nothing too big inside.

Notice any other parts who may be reacting, who may not yet be sure about You, and how You can help.

See if there is anything you want to tell your parts inside about what you appreciate or have learned about them today.

Ask if they would like you to return when you are able.

And when you and they are ready, return to the room you are in, see if there is anything you would like to write or sketch to help you remember, and perhaps taking a deeper breath, and placing a hand on your heart or doing anything else that will help you to anchor this connection with your part.