

## **An Intro Meditation**

**Richard Schwartz:** Take a couple deep breaths, and notice your body in your chair.

As you're breathing, scan your body for any points of pressure, congestion, stiffness, pain, or anything around your body that doesn't feel exactly like you.

You can do the same with your mind. Look for places of agitation, dullness, fogginess, anything, again, that doesn't feel quite like you. It's these places where we find our parts.

Then pick one of those and begin to gently focus on that place in your body or your mind while you're still breathing deeply.

As you're noticing it, see if you can help it notice you. Help it notice that you're there and it's not alone.

Notice how you feel toward it. And if it's possible, extend the kind of loving energy or kindness to that place in your body or your mind. It may not be possible. You might find that other parts of you don't like this one and don't want you to show it love. And if that's true, don't force it. Instead, get to know why the others don't like it.

At this point, you might be getting some information from it, something the part wants you to know, and that's fine. But the real purpose of this meditation is to let the part that's presenting know that it's not alone because you're there.

Again, you can do that by extending a loving, compassionate energy to it or offering it some comforting words or even breathing into it. So again, if it feels possible, then go ahead and try one or all of those and just notice the reaction in your body and your mind.

The purpose of this practice is to help these parts know they're not alone, that they're loved, and they can relax. They're not alone because you're there. They can trust you. Some of them, as you extend this loving energy and comforting words or breath may immediately begin to relax. You might sense that in your body. Others won't shift, which is OK, which is fine. It just means that they need more attention before they can relax. There might be more that they want you to know or hear or sense.

As you stay with one part and it doesn't relax, you can make an appointment to talk with it later and move to another.

And then when you get to the other, you can extend that loving, comforting word or breath or energy until you notice a shift in it.

When a part does relax, you'll notice a little more space in your body, a little more openness, spaciousness.

When the time feels right, you can shift your focus from inside your body and your mind, and return to the outside by opening your eyes and looking around the room you're in.