

Exile Meditation

Richard Schwartz: I'll invite you to sit again, or even in this one, lie down on a couch if it feels better, and close your eyes.

And first, notice any protectors that are coming up. Ask if they'd be willing to step back just for a few minutes. They don't have to go far. They can watch. And then try to access your exiles, the vulnerable young parts of you. Where do you feel that exile in your body, around your body? How close is this part to you? Or how far is it from you? How old is it? What does it want you to know about it? What kind of messages or fears does it hold? And how do you feel toward it?

And if you feel compassion for it, then let it know. But if you're struggling to feel compassion, then just see if you can stay curious and listen to see if there's anything else it wants you to know about itself.

Then again, if it feels sincere, try to find something loving or appreciative about this part and say that to it.

What does it feel like for this exile to hear that from you? And how old does it think you are? And if it doesn't know how old you are, then go ahead and let it know. Let it know what your life is like now. See how it reacts.

And ask this young, vulnerable part what it wants or needs from you. Maybe it wants to be held and to hear assurance from you that you love it, or something else. And if you're feeling a lot of Self-energy, then go ahead and let it know you feel a lot of compassion for it. And just sit with it for a while.

And after being together for a while, just ask the part if it's willing to let you come back to it at some point. And if it is, then make a specific plan.

And then when all that feels complete, come on back outside.