

## **The Path: A Meditation**

**Richard Schwartz:** Take a deep breath. In your mind's eye, put yourself at the base of a path. Could be a path you've been on before or one that's completely new to you. And just stay there at the base for a minute.

Before you go anywhere on the path, take a second to meet with your parts and let them know you're going to walk by yourself. See if they're OK with that. If they have any fears, then let them know that you won't be gone long, and this will be good for them and for you.

If there are parts that are afraid to let you go, then maybe ask some of those who aren't so afraid to take care of those while you're going.

But even with that, you may find there are parts that still don't want you to go. Just stick around and spend some time listening to their fears. What are they afraid would happen if they weren't with you?

If it turns out they really don't want you to go, then we're going to respect their wishes. And you can come back to this meditation later when they do feel ready.

But if your parts are OK waiting there at the base for you, then go ahead and head out on the path, whatever pace feels right. As you go, I'll ask you to notice a few things. The first thing is, are you on the path or are you watching yourself on the path? In other words, do you see yourself?

Because if you see yourself, that's not yourself. That's a part of you trying to do it for you. So you can ask that part if it's willing to return to the base and let you continue to be on the path such that you don't see yourself. You're just walking along.

As you go along the path, also notice if you're thinking anything, because if you're thinking, it usually means there's a part that's still with you. And if that's true, then find that part or those parts, and see if they'd also be willing to go back and wait for you at the base.

If they are willing, then you'll notice a shift toward more pure experience as you proceed, without a lot of thought.

Also, as you go, if you notice at any point you begin to lift up off the path and are flying or even soaring, that's fine. You can just go with that.

And as you go, you might also notice a kind of warm, vibrating energy flowing through your body. It's what we call Self-energy. It's very healing.

And if you do feel that energy, you might just ask if there's anything it wants you to know.

Then whenever it feels right, you can begin to return to the base. Whatever pace feels right—there's no rush. And when you get back to your parts at the base, just see what this was like for them. What did it feel like for you to go on this journey? See if they'd be up for letting you do this again sometime.

Whenever all this feels complete, thank your parts for letting you go, if they did. But if they didn't, thank them for letting you know they were afraid to.

And then take some more deep breaths and come on back outside.