

All Parts Welcome: A Meditation

Richard Schwartz: To start, go ahead and sit down and get comfortable. If you'd like to, you can close your eyes and, again, take a couple deep breaths.

See if you can locate your capital-S Self in your body. And to do that, you might bring the qualities—those c-word qualities—of Self into your mind. See if you can feel your Self-energy.

If you do feel a strong connection to Self, then take some time to remember the different parts and their emotions that you've been reflecting on throughout this workbook. Tell these parts, they're all welcome. It might help to even put your hand on your heart and say internally, or out loud if it feels better, “All my parts are welcome.” Repeat that a few times, and then notice how the parts respond.

And then when it feels right, go ahead and open your eyes.