

Strengthening Relationship: A Meditation

Richard Schwartz: Close your eyes right now. We're not trying to do anything. We're just trying to notice what's in there.

Maybe it's a thought or a sensation or a lot of thoughts, sensations, or parts. It's all OK. If you notice more than one, just see which one is calling out the loudest, and then go ahead and pick one that you're most curious about.

And once you find a part, then go ahead and focus on it. See how you feel toward it. If you feel anything toward it other than those eight C words, then see if the part that's giving you those other feelings would be willing to relax back now so you can get curious about who this part is.

And if you can get there, then go ahead and let the part know that you're curious about it. See how they react to your curiosity.

If it's reacting well, then we can begin befriending it, getting to know it, helping it become comfortable with you.

And as they begin to trust you and feel more comfortable with you, then they'll begin to let you know about themselves. They can tell you their story, they can tell you anything. They need you to know about who they are and what they've been doing inside and what they're afraid would happen if they didn't do this job they've been doing.