

## **Firefighter Meditation**

**Richard Schwartz:** Try to get comfortable and take three to five deep breaths, so that you can slow down and focus inside. Also, notice what's supporting your body and where your body's touching the ground.

Then when you're ready, pick a firefighter that you're curious about, and try to let go of any preconceptions you have about it. Then notice where it seems to be located in your body. And then also notice how close that part is to you and whether it wants to get closer to you.

And as you check on that, you may find that there are other parts that are scared to let you connect more with this firefighter. And ask if they're willing to just relax back for a moment, reassuring them that you're not going to let it take over. You're just going to get to know it and maybe even help it.

And just see if they're willing to do that, just so you can get to know it a little bit, and that you'll also get to know them a little later. And go back to the firefighter and just see how it seems now. And try to stay curious toward it. What does it want you to know about itself? What's it afraid would happen if it didn't do its job in there?

And as you get those answers, you might begin to feel some compassion for the part. If so, then go ahead and let it know that. And if you don't feel compassion, just stay curious if you can. And you might also need to ask more parts to step back. Remember, your parts are young, and they're scared, and they're in over their heads. They need some reassurance from you a lot of the time. They're just doing their best to try and protect you.

If you are feeling some compassion or even connectedness, let the part know. Let it know that you appreciate its efforts to try and rescue you, to protect you, even if they don't work or cause more trouble. You know it's trying its best to keep you safe. Tell the part you want to connect with it, help it feel like it's not alone. See if there's anything else it wants you to know about itself.

Then thank the part if it did let you know anything. And if it didn't, just let it know, that's OK. You can just thank it for showing up and letting you be with it.

And then whenever that's complete, you can come back outside.