

# humantold

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## Getting In Touch With “Self”

Use this experiential meditation to connect inward with the “Self.” Through the lens of *Internal Family Systems (IFS)*

There are a few paths to getting in touch with the “Self,” one common way is by using metaphor or visualization. It’s important to find the one that works most efficiently for you. The one used in this prompt is being on a journey.

### Step 1: Settling In

- Start by sitting up straight, getting into a comfortable position.
- As you inhale, first focus on your abdomen (belly) to breathe
- Push your navel out and let the belly expand as you inhale
  - Many people put a hand on their belly to help them.
- Exhale and contract the abdomen. Notice the rising and falling as you breathe.
- Notice your back against the chair, your feet on the floor and your contact with the ground.

### Step 2: The Path to Self (Take it slow and take pauses)

- Focus your attention inside and notice any thoughts, feelings or sensations that show up.
  - You may notice physical sensations- some pleasant, others unpleasant.
  - You may notice one feeling or many feelings.
  - You may hear one thought or many thoughts competing with each other.
  - You may notice blankness or fogginess inside.
  - You may also notice your mind wanting to distract you and shift your focus away from that sensation, feeling or thought.
- Imagine yourself meeting your parts at the beginning of a path.
  - If you can, send gratitude to the parts showing up, even if what you have noticed is negative.
- Ask the parts to wait there as you head off on a journey.
- Notice how they react. (*Tune into your thoughts, feelings and sensations*) Are they afraid? Some days, they may not want you to go. And that’s okay. You can wait for another day to continue.
- If it’s okay to proceed, head out on your imagined journey.
- As you progress, if you find you are still *thinking or watching yourself*, then some parts are likely to have remained with you.
  - Check in with them, give them some reassurance or compassion. See if they are willing to stay behind. Repeat as many times as required.

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- As you remove parts, *Notice how your energy shifts when you focus attention internally.* Feel yourself becoming lighter, moving toward pure awareness without thought.
    - You should begin to experience, among other things, clarity, a sense of wellbeing, and confidence.
    - Invite the energy you are feeling into your body.
  - Pause and experience what it is like to have so much “self” in your body.
  - When you are ready to finish take two slow deep breaths and when you exhale on the second breathe open your eyes.

Repeat this exercise regularly, trying to remember how it feels throughout your day.

## Reflection

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