

EXERCISE 23

Internal Family Systems (IFS) Self-Meditation

Access the audio file at estrangementenergycycle.com.

Read the script from start to finish before attempting, or play the audio file; you will want to keep your eyes closed or at rest for this exercise.

Script:

Get into a relaxed position and take several deep breaths.
Close your eyes and go inside...
And begin by focusing on your body sensations...

Just noticing wherever your attention goes in your body...
And being in that sensation.

Whether it's a warmth in your hands...
A tingling in your face...
A pressure in your belly...
Or a tension in your shoulders...
Whatever it is, just be present with that sensation.

As time goes on, your attention may wander
Bring it back to your body
Even a different part of your body...
And allow yourself to be present with that sensation.

As you focus on your body, allow it to relax you...and take you deeper inside yourself.
Just continuing to be with your body...deepening into yourself.

And now focus your attention on your belly, the sensations in your belly.
Whether it's a fullness...or a softness...or a solidness...
Or just the rise and fall of your belly with each breath...

Whatever it is, just be present with the sensations in your belly...
And allow them to take you into that place in your inner awareness...
Anchoring you...in your belly...coming to a grounded, solid place inside yourself.