

Gathering Space Protocol



Gathering Space

Take a moment to drop into your awareness. In your mind's eye imagine a gathering space. A place, real or imagined, inside or outside, that you would like to gather. Just come up with the space and what you imagine it to look and feel like.

*Give plenty of time for the client to come up with the space.

All parts are Welcome!

Now, invite all parts of self (that are willing and able) to your gathering space in your mind's eye. Inviting both your consciousness and your unconsciousness.

Take some time and just notice. Turn on your senses. *What do you see, hear, and feel?* If needing more prompts, take your time, and notice even the subtle sensations, thoughts, images, sounds, etc. If too much is going on, gently ask yourself internally to soften, and ask who needs your attention first?

What do you notice? What/who needs your attention most? What comes to your awareness?

Practice staying in an observing and curious state of mind. Spend some time getting to know the parts of you, and how they show up for you in your gathering space. When you are done, gently thank yourself internally. Journal, reflect, or draw about any insight that came to you.

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