



Gathering Space Exercise

The following exercise helps you embrace and connect with all parts of yourself using your attention and a few simple steps.

Step 1 - 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, what you imagine it to look and feel like. Use your senses to make this inner space come alive. (Give as much time as needed to come up with the space.)

Step 2- All Parts Welcome

- Now, breathe into your heart-center, giving yourself more spaciousness and opening up a sense of curiosity.
- Gently, invite all parts of yourself to your gathering space in your mind's eye. Your consciousness and your unconsciousness are welcome.
- No parts are forced, just welcomed.

Step 3: What do you notice?

- Take some time and just notice. Turn on your senses. What do you see, hear, feel, or sense?
- You may see, feel, or hear your parts. Or you may just have a felt-sense of your parts or an intuitive knowing. There is no right or wrong. Some parts come in as feelings, thoughts, sounds, or sensations. Some are very noticeable and others subtle.
- Be curious and open about whatever shows up and what you notice.



Step 4 - Learning More

- Breathe compassion into your heart center. And spend some time with your parts, however, they show up. See who needs attention and spend time there, learning more.
- If you need more prompts, take your time, and notice subtle sensations, thoughts, images, or sounds, etc. If overwhelming, ask your parts gently to not overwhelm you, so you can be present and try to help.
- If this is too much, or you get nothing at all, feels fake or dumb, no worries, you cannot do this wrong. Everything, even nothing, is information, so learn to be curious about what is or is not there.
- Internally ask, what would be the concern if I did connect with a part(s) today? See if you learn what may be keeping you from connecting today. Gently, accept what is, and come back to the exercise another time.