The Room meditation

10–15 minutes

A visualisation for making a little space between you and your parts, adapted from Richard Schwartz's work. Read the steps through once, then close your eyes.

1. Imagine a comfortable room. This is where you sit, as Self.
2. Notice any thoughts, feelings or sensations that arrive, and think of each as a part visiting.
3. Ask each one gently: "Would you be willing to wait just outside, for now, so I can get to know you better from here?"
4. Parts do not have to leave, only give you some room. Let them know you are not sending them away for good.
5. Notice what is left when they step back. That quieter, more spacious awareness is Self.
6. From here, if you like, invite one part back in and get curious about it.

1 What I noticed: which parts came into the room, and which would not wait outside

A NOTE

If a part will not step back, that is information, not failure. Ask it: "What are you afraid would happen if you gave me some space?" and listen without arguing.