Meditation by Kelly Loy. October 10. 2026 for IDIFSA 2026 Extended Workshop

If it feels okay, settle into where you're sitting, kind of wrapping up whatever things you're doing to get here, and allow yourself to be here and be ready. Whatever feels right to you. Lots of people feel comfortable closing their eyes, but it's up to you, whatever lets you soften your awareness of what's outside of you to move to your inside focus. Maybe looking at the ceiling, looking at the floor, or closing your eyes.

Make sure you are comfortable where you're sitting, adjusting if you need to, make any needed adjustments. Maybe just start by feeling your feet on the floor, and the chair supporting you. If it feels okay, bring awareness to your breath, just noticing if your body, your system, will allow you to begin breathing in a relaxed way, however that feels right to you. You might even notice if your system lets you exhale a beat or two longer than when you're breathing in, as a way to just let your system feel that calm awareness that you are bringing and holding. Starting out the day, and beginning this way.

And whatever's happening, if you can notice, are you okay with it? You can follow my voice, or you can go wherever your own system would like you to go in this time. Maybe just start out with an internal good morning to your parts. Maybe a gentle appreciation for those parts that helped you with your morning so far to get here on time, to join our group. Maybe parts that are already remembering some things from yesterday. Maybe parts that have a question, or parts that have a need... maybe there's something they just want you to understand, as you're coming back into this learning space today.

Perhaps your parts are feeling that this might be different than other times in your life when you've been taking in education, when you've been at a training, or expected to learn something, that this setting is different. Maybe they're feeling the warmth in the room, the emotions that have been disclosed for other colleagues here, and the safety, the openness, in starting to get to know each other, and realizing that this group is holding space together, beginning today, and stretching ahead for a few more weeks, weekends between now and getting closer to Thanksgiving.

And we're just at the beginning of this, still time for... always time for, not knowing, for asking questions, for being new, for holding onto the piece that does make sense, and being okay, and maybe other pieces that don't feel clear yet. Maybe there are parts that have things they need you to know about how they're feeling, moving into this kind of space. Sometimes we call it the practice groups, we call it a sandbox, that image of things shifting, things moving. Maybe things are a bit gritty and uncomfortable at times, but there's also space, there's more, there's openness for what you need, for what you can take in and what will help you, not just with your clients, but with your own system, too.

So maybe just for another moment or two, see if the part or parts that have been with you already this morning, see if there's anything else they need. There may be

conversations. Maybe they're wanting to share a lot, and they're saying, “Oh, five minutes isn't enough time!” Maybe they're saying, “Yep, yep, let's get to it. Let's get going with this day and the things that are planned!” But see if they have what they need to kind of pause for now. See if they need anything else from you to be comfortable and feel like they are secure, as we move into this learning and this experience again today.

Whatever they might want, whatever they might need, you can offer it. Bean bags, popcorn, sound... what do they call those? Those ear things that block the sound? They can have whatever they want. For this time, you can remind them that you are here, that you're going to be here. So they're not alone, and they can trust you here in the present for what's needed.

If that starts to feel complete, maybe just start to allow your gratitude to stay with them, as you're awareness starts to come back, maybe to your breathing, how you feel in the chair, your feet on the floor, being supported. The trust here, the good energy in this room. We know each other better than yesterday. We're here again.

When it feels right, you can find your way back. Maybe taking another good, full breath as you come back into this room.