Parts Maps Experiential Meditation

1) Get comfortable, If you would like to, close your eyes and Take a couple of deep breaths. Reflect for a moment on the IFS presentation so far? Notice how you are experiencing what has been taught. Is there a sensation, feeling, image or thought coming up? Maybe even a lot of thoughts, sensations, or parts. It's all OKAY. Just see what is calling out the loudest and then go ahead and tune into that part of you.

2) What do you notice about this part? Is there an image? A shape? Does it have a color, texture, or even a movement associated with it? How might you represent this part on the page? Go ahead and draw the part on the page. It doesn't have to be an elaborate picture… a scribble, a color, a stick figure are all appropriate.

3) Repeat steps 1 and 2 until you have a cluster of parts associated with the experience.

4) Put the paper in front of you and focus on the parts.

    a. Notice how you feel toward it. In other words, are you annoyed by it or afraid of it or have an attitude toward it? If you feel anything toward it besides a kind of openness or curiosity or acceptance, then find the parts that are giving you those other feelings. How are you feeling towards this part? Is there calm, curiosity, compassion? A sense of peace and desire for connectedness? If so, you are most likely experiencing this part from a place of Self. If so, extend that loving, compassionate energy to it or offer it some comforting words or even breathing into it.
    b. Can you tell how these parts relate to each other? Are they protecting? Are they in Opposition (polarization), working together (alliance), or do they even know each other exists?
    c. Which part would it make sense to work with first?