

Integration of the body-mind pieces

The objectives of this integration process are:

- create a relationship to the uncovered body-mind pieces
- acceptance of the body-mind pieces
- develop love, compassion and understanding towards these pieces
- acceptance of everything within

Applying an attitude of “all of me is okay”, “I can face all of me and myself”, allows you to change the inner relationship and the internal dynamic of your body-mind system. This gives a new way of being.

Steps to integration

Step 1 – Clarity

Clarity is fundamental and essential.

Clarity means:

- knowing where the body-mind piece is
- knowing who the body-mind piece is
- knowing what it wants, what its purpose is
- knowing what part it is playing in your vision for yourself

Step 2 – Acceptance

The most effective transformation sits on acceptance. Sometimes acceptance is all that is needed. Start from a place of deep acceptance, and you set the stage for a powerful transformation.

If you approach a piece of the body-mind and are not centered in acceptance, you are actually going into war with that piece.

If your inner relationships are dominated by non-acceptance, there is no room for transformation.

Key questions:

- Can you accept this piece of your body-mind?
- is there any space, any piece of you that can accept it?
- Where is that space inside of you which can accept it?
- Can you sit from that space and accept this piece of the body-mind?

Step 3 – Empowering a supportive piece of the body-mind

This practice can be helpful if you feel that you would be supported by focusing on a part of you that can care for another piece of the body-mind and make better choices.

You might have objecting parts in your body, but also a supportive part that you can anchor into.

For example

- Inner child can be supported by a source of love and care
- hardness in the heart can be cared by aliveness and softness

Questions:

- Is there any part of you that could care for this other piece of you?
- What part of you could care for this objecting body-mind?
- Can you describe what it feels like inside of this supportive part that can take care of you?

You empower the supportive piece by bringing attention to it.

Questions to connect to the supportive piece:

- What kind of sensations do you feel?
- Where do you feel it inside your body?
- Can you drop into it and give a voice to the empowered part?