Closing IFS Meditation Script

1. Acknowledge and appreciate your parts:
    - "Take a moment to thank any parts that have shown up today, whether they were protectors, exiles, or managers."
    - "Express gratitude for their courage in being present and sharing their wisdom and experiences."
    - "If you connected with specific parts, thank them individually and acknowledge the gifts they bring to your system
2. Reassure and offer future connection:
    - "Let your parts know that this isn't goodbye, but simply a pause in your inner exploration."
    - "Assure them that you are open to spending more time with them in the future if they wish, and perhaps set an intention for when that might be."
3. Return to Self:
    - "Bring your awareness back to the light of your true Self, that core of calm, compassion, and wisdom within you."
    - "Feel the presence of Self supporting and nurturing all your parts, knowing that you are whole and capable of embracing all aspects of yourself with love and curiosity
4. Grounding and integration:
    - "Take a few deep breaths, focusing on the sensation of your body and your connection to the present moment."
    - "Gently wiggle your fingers and toes, and slowly open your eyes when you feel ready."
    - "Carry this sense of inner peace, connection, and self-compassion with you as you transition back into your day
5. Post-meditation reflection (optional but recommended):
    - Consider journaling about your experience, noting any insights, emotions, or messages from your parts.
    - Reflect on how you can continue to nurture and support these parts in your daily life.