Start by settling in where you are

You can turn the camera off, get comfortable, and close your eyes if you would like.

Take a moment to notice what is happening in your body, good, bad, or neutral.

Sometimes these sensations are a way for our parts to communicate with us. You might bring your hands to these sensations.

Can you listen to the parts and invite them to communicate? Maybe you know how these parts communicate, or maybe you don't know. Start where you are

Focus on the center of your chest and imagine a white or golden light coming from the top of your head to the center of your chest and generating healing energy in your heart

You can focus on the breath, or maybe focus on your favorite place in nature. It could be a place, or a season, or a body of water.

See if you can expand the sensation in your heart.

When you feel enough of the healing energy, shift your focus to what is bothering you or causing some distress in your life.

Create an invitation to all the parts that need you today. You can say inside that you invite your parts to come to you.

You can imagine inviting them to a table, a comfortable chair, or a campfire, or somewhere that will accommodate them

Let all parts know they are welcome and invited.

Ask, which part needs my help now?

If a part comes forward, let it know that you will give the part focus in the meditation.

If a part does not come forward, ask if there is a part that is present that might hold some anxiety, excitement, or a feeling about the workshop today

You could try to extend an invitation to your manager parts. The parts that get ahead of things, that plan, have high standards, the parts that warn you about danger, and keep you on time.

You can invite your ff. Parts that react and put out flames

Parts that can be extreme at times because they care about protecting you and your parts.

Your exiles. Parts that are scared, frozen, tucked away, young, and afraid. Allowing all parts to come to the table

Ask again which part needs your attention now, and focus on that part

Are you feeling open to the part? If you feel open, curious, or loving, stay with this part. If you feel something else, check to see if another part is present (judge, annoyed, scared)

You can focus on that part, and it can be your new target part

Start by focusing on this part and listening to it. Maybe it is already communicating to you in some way, and you are listening to it.

See if you can be with this part, nothing more, nothing less

Go back to the energy in your heart and see if you can extend that energy to the part. See how it responds. You might as the part if it has any fears of taking the loving energy

If so, validate and be with those fears without trying to change them.

See if you can make this part more aware of you and your self-energy. Your curiosity, compassion, creativity, and love

Ask the part about their fears they want to share with you or hand over to you

What does the part need to build more trust with you

See if you can listen and validate

Another offering to the part is to ask the part how willing the part is to let me lead, how willing are you to drive the bus, and you can come along with me. Or do you want to go somewhere else? See if you can offer the invitation.

Ask the part what they need from you for the rest of the day. If you can offer them what they need, offer it. If you are not sure, say that you would like to continue to work on that together.

Wrap up. Reorient yourself back to the room and take a minute to do so.