

# Toni Herbine-Blank

## GUIDED MEDITATION

### 2016

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Welcome back, everybody. In the last segment, I talked to you about protective Parts, the two categories, managers and firefighters, that we talk about in IFS. I talked about some of the roles that they take on and the real importance of beginning to help people start to get to know their managers and firefighters, their protectors, in a different way, to begin to frame them as helpful, as having an inherent gift for the system, having a purpose, and understanding them as more than just defenses or resistance.

In this segment, I'm going to lead you in a guided experience to try to get know a protector of your own. I could talk about this endlessly, but what I really believe is, as you begin to get to know your own internal system and start to understand the roles of your own managers, it's going to support you to help your clients to do that. I'd like to invite you to get a pen and a paper so that you can take some notes when we're finished. If you need to turn off the video in order to do that, go ahead and do that.

If you're ready, I'm going to ask you to find a comfortable position, sitting, lying down. Just start by taking some nice long, deep breaths because I'm going to be inviting you now to go from focusing externally on me to focusing internally on yourself. One way that can be very helpful to do that is to just begin using your breath. Nice long, deep breaths. Move your body around if you need to to get more comfortable. Your Parts do live in your body, for the most part, so you want to pay attention to that.

This model is body-centered. Understanding that your Parts live in your body is one way to be able to anchor onto them. Just breathing into your body, closing your eyes, if it feels okay to do that. The first thing that I'm going to invite you to do is to bring into your mind's eye someone who does something that you just can't not react to. In other words, it might be a partner. It might be a friend. It might be a boss but someone in your life who has a behavior, has a Part, we might say, that acts in a certain way, says something, does something, that you start to feel a reaction and a response to.

As you bring that person into your mind's eye, just invite them to do that thing or say that thing that they do that just gets the energy moving inside of you, gets the reaction moving inside of you. Just notice what starts to happen in your body. Instead of asking that reaction inside of you to stop, we're going to ask it to actually give you more information. We're not going to ask it to go away. You want to, again, notice your body. You might also notice what you're starting to hear yourself say to yourself, either about you or about the other person. You might start to notice that you have an impulse. You want to do or say something in response, or maybe your impulse is to get out of dodge, but just to notice your impulse.

You're noticing your body. You're noticing your thoughts. You're noticing your impulses and to just allow yourself to have that experience, without judging it, if that's at all possible. Now, we're going to invite the person who triggers this response in you to fade out of your mind's eye, just to fade out of your mind's eye and to experiment with the idea that all of this reaction and response that you're having to this other person is actually a Part of you, a protective Part of you ... and asking that Part of you to turn toward you, to turn away from the person that it's triggered by and turn toward you.

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I'm going to invite you to ask that question that Pam asked me, in the demo she did with me, is, "How do you feel toward the Part?". Just, in these few moments, see if you can find one of those "C" words, curiosity, clarity ... some openness to just get to know this protector Part of yours today. You're going to interview it. You're going to talk to it, just like you would a person, because that's how we see these Parts. This how we treat these Parts, just like they're people that deserve respect, understanding, and to be known.

When you're ready, you could just begin to invite it to tell you what it wants you to know about it. Find out what it wants you to know about it. What's its role? What is it worried is going to happen if it didn't respond the way that it does? Really listen. If you're able to ask that question, really listen to what the Part wants you to know about that. What is it afraid would happen if it didn't respond, for you, on behalf of you? What's its intention? Another inquiry you could make is, "How long has it been doing this?" How long?

Just take a minute to allow yourself to get that information, staying curious. Again, I'm going to invite you to notice how you're feeling toward it. If you're feeling open-hearted, if you're feeling curious, if you're even beginning to feel a little compassion, begin to extend that. Let the Part know that you're right there, that you're paying attention, that you're getting the information. Just notice what that's like. What's it like for this Part of you to be in this dialogue with you, right now?

If you're still with me, the question, "What is it afraid of?" What is it afraid would happen if it didn't do this job or this role? Just notice if it's beginning to give you information about something more vulnerable and just to notice that, just to notice that information. There's nothing to do about it. There's nothing to fix right now but just to notice that, possibly, there is a relationship between this Protective Part of you and a more vulnerable Part of you. You might even notice how that relationship is, in your body ... how those two Parts operate together ... and to just keep your curiosity running ... allowing yourself to get whatever information you're getting, whether it's big or it's small.

In a minute, I'm going to ask you to come back, so just to take a moment to see if there's anything that needs to happen inside. Is there anything you want to communicate to this Part or these Parts of you or anything they need you to know, anything more they want you to know about themselves, right now? You may want to set an intention to come back and hear more at another time but just to thank your Part.

Thank your Parts for any information they were able to give you, and begin, again, to deepen your breath. Begin the journey out to the external. No rushing. No rushing back. Then, once you're all the way back, take a minute or so, if it feels right, just to make some notes about what you heard, what you learned about what happened in your body, what you heard, any information that you want to make note of.