

# Finding Parts in the Body

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Toni Herbine-Blank:

Welcome back everybody. In this segment, we're going to be doing a piece of work where you have an opportunity to get to know perhaps a part that shows up in your body. If you remember from earlier segments, we talked about how parts show up in all different kinds of ways, and one of them is through sensation, so this is going to be an internal inquiry where you have an opportunity to do a little bit of a scan of your body, and to just notice where some sensation is showing up and where you might want to focus, and just do a gentle inquiry, and see if there is any information that your body, that this sensation, has for you today.

I'm going to once again invite you to put down pencil and paper, and make yourself comfortable. Since we are paying attention to the body, really pay attention. Are you comfortable? You could be sitting in a chair. You could be lying on the floor. You could be lying on your couch, but just take a minute to wiggle, jiggle, adjust yourself. Are you really as comfortable as you can be?

Then, when you are, again, once again, just start by taking some nice, long, deep breaths, and also, again, you can do this with your eyes open. You can do it with your eyes closed. Whatever. However you feel comfortable, but just begin with some nice, long, deep breaths in through your nose, out through your mouth, and just invite your body to settle down in the chair, or the couch, or the floor, wherever you are.

Sometimes, it can be helpful to use your breath like you're riding a wave into your inner system, so as your diaphragm moves up and down, just to gently ride that wave internally, and start to pay attention to your body. You can start right at the top of your head and just, as you're breathing, begin to notice what's happening in your body, what sensations you're feeling, and you might be feeling a sensation now. You might even be curious about a pain that you've had, a chronic pain that you've had, or a chronic tightness. It doesn't have to be pain. It can be tightness.

As you're starting to become aware, just notice if you can access a little bit of curiosity about something that's happening in your body right now. Sometimes, these sensations are really subtle, and sometimes, they're not. Now, I'm going to invite you to just find a place in your body that you're interested in focusing on and bring your full attention there. As you're focusing on it, on the sensation, on the tightness, on the discomfort, on the comfort, wherever you're landing, I want you to just notice if there are any parts that have any difficulty with you being present to what's happening here right now. We're going to ask them to gently, gently move back, so you can have some space for this exploration.

Maybe there are other parts of you that want to tell a story about this or have some insight into this, and those parts are great, but for right now, we're going to ask them to move back, so you can just stay focused right on the sensation. Sometimes, it can be helpful for me when I'm doing this exercise to just focus my attention right in the center of the sensation and keep breathing, and noticing, and really noticing how you're feeling toward it. We want to really pay attention. How am I feeling toward this sensation in my

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body right now?

You might notice that you have parts that are polarized with it, that have judgment about it. You might have parts that have suffering, experience suffering as a result of that. Again, we want to just gently ask them to move back so you can stay focused right here right now, just for right now, and then coming back, and again, noticing how you're feeling toward it, if you're feeling friendly toward it, and if you can really make some space for it and welcome it. Welcome the sensation and for some other parts that might be hard, but just see if it's possible to create an opening, and focusing right on it.

You might even begin to recognize that there's a part there. There is a part of you there. Perhaps, there's a part of you that is trying to communicate to you through this sensation. As we always do, when you feel ready, just begin to invite it to let you know whatever it wants you to know about what's happening right now right here in your body and just listen. No pushing. No rushing. No needing it to be any different than it is right now. Just inviting the information to come through the sensation.

Maybe it's more than one part. It might be a protector, and you could listen for the job or the role for the dilemma. It might be an exile. It might be a more vulnerable part where you just want to listen to the story and witness whatever the part needs for you to know right now. Just keeping breathing, making more space, noticing if you can keep your heart open to it, taking a nice, long, deep breath whenever you need to. Just keep making space for whatever information is coming.

What can it tell you about the sensation? What does it want you to know that maybe you haven't known before? Maybe even the question, why? Why this part of my body, and why this sensation? Just see if you could receive the information without needing to do anything about it in the moment. When it feels right, you might ask if this part, this sensation, this part needs anything from you right now, right now in this moment, and really see if you can listen to that need, and provide it. Meet a need in this moment.

Then, when that feels as complete as it can in this moment, ask if there is something that this part needs from you ongoingly and just listen. Take a scan and notice if you're able to stay connected with this part. Are you able to stay connected? Are you able to stay with it? Are your other parts able to stay back so you can stay with it? If you noticed yourself floating away, that's okay. Just take a deep breath, and come on back, and just notice. Just notice that.

Then, before I begin to bring you back, if you're still with the part, to just ask the part what it's like or ask the sensation in your body. What has it been like for you to spend some time with it like this? What is it like for it? Really listen to what it says to you or what it communicates to you. What's it been like? Then, thanking it so much for any information that it was able to give you. Whether it was a tiny little bit or a great huge amount, just lots of

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appreciation. Extend some loving kindness and some gratefulness. Again, maybe setting some intentions with the part, and then begin to deepen your breath and come on back.

Before you come all the way back, just notice the state of your body right now. Again, without any judgment, just notice what it's like to be being in your body right now and get that reference. Get that reference for a moment, and then come all the way back. If it makes sense, you might want to do a little writing about what you heard and what your intentions might be. Thank you.