

PARTS THERAPY

RELEASE SELF-SABOTAGE

There is part of you a part of you that you know very well. Perhaps a part of you that you have known for a very long time... that has been stopping you or preventing you in some way from being successful.

You know the feeling.

It's the same feeling or emotion or even a physical sensation that just stops you from having what you want. It could be very, very subtle or it could be something that is so big and so real that you're not even sure if you want to acknowledge it.

Right now, if you choose, you can acknowledge that part... and ask that part for more information and for help and understanding about what it really wants.

Notice the feeling that you have... that feeling of being stuck, or that feeling that something stopped you.

Perhaps it is disappointment, or fear of success, or fear of failure.

Or it may be a feeling you can't put words to just yet.

Notice that feeling and the way that it's been there in a lot of your attempts at creating success.

Perhaps you remember some of them right now...

The times when you've gotten stuck or stopped just short of success...

Or just been too afraid to move forward... and as you think about that, notice that somewhere within you, there is a part of you that actually feels tight or heavy, or perhaps a part of you that you see or imagine to be there.

That part is responsible for that feeling you have.

The more that you think about it and focus on it, the more real it becomes.

Notice how big or how small it is.

Notice if it has a color... Or if it's completely clear... Notice if its round or square... or if it has movement or if its still... If it has a voice or if its quiet.

And I want you to simply acknowledge and simply accept that part, that it is a part of you. You do wish to understand that part... you are no longer going to resist it or fight it. Right now acknowledge that part... silently thank it for being there.

In a moment, you're going to ask that part what it really wants, what it really needs.

Because even though it been stopping you from having the success that you want, that part really does want something positive... underneath all that, there is a positive intention... or something that it wants for you. Perhaps it's been trying to help you, or tell you, and right now you will allow yourself to discover what that is.

So really notice that part, everything about it. As you notice that part... ask it to have a voice... let it know that whatever it says, it is not going to be judged or analyzed in any way. You are simply going to accept and allow that part to speak or communicate... in whatever way it feels most comfortable communicating.

Go to that part right now and ask it "what do you really want". And then just be quiet and wait for the answer.

(PAUSE)

That part may answer with a word or a phrase, or perhaps an image, or a feeling.

(PAUSE)

And when that part answers silently say thank you.

Don't decide if the answer is right or wrong... simply say thank you.

(PAUSE)

And now I want you to ask that part "even deeper what else do you want?" so just silently ask it now. "Even deeper what else do you want?"

(PAUSE)

And wait for the answer.

(PAUSE)

Understand that this part wants something positive for you. The only way that it knows how to get it, was by stopping you or holding you back from what you were trying to achieve.

But it's true intention is something positive.

Now when that part has answered say thank you again without judging or analyzing that answer.

(PAUSE)

And now ask that part one more time "even deeper than that, what else does it want?" And wait for the answer.

(PAUSE)

And when it answers simply say "thank you" silently.

(PAUSE)

Now if you need more clarification... if there's something that that part shared with you that you don't understand... ask that part for clarification now.

Ask that part to tell you more, or to explain more precisely what it is that it means.

(PAUSE)

And when it answers say "thank you".

(PAUSE)

You know that you would like to have the freedom to be able to succeed... to feel really good about reaching your goals and your outcomes.

And perhaps there's something that you know now that you didn't know before, that would help you to be able to reach your goal... or to have a more abundant life... or have the freedom to be successful.

Or perhaps you're still not sure what it is.

So right now you can ask that part what it would need in order to allow you to be successful... to bring abundance into your life... to live your dreams... to release your fears. Now you're going to make a deal with that part. You're going to ask it what it needs... even if it's not reasonable or it doesn't seem right for you now.

Don't judge it...just let the part have the freedom to give you whatever information that it feels would help to solve the problem.

So ask the part right now "What would you need in order to allow me to have what I truly want?" And then just wait for the answer.

(PAUSE)

Now ask the part specifically what it would want you to do... the exact next step that it would want you to take, in order for you to have what you want.

(PAUSE)

And if you need more information, ask the part for more information... to be specific.

(PAUSE)

Now clarify with that part "If I do this you will allow me to have the success, or release the fear, or reach the goal, or have the abundance that I truly want". Clarify that the part would allow you indeed to have that- if you do what it is that it wants you to do.

(PAUSE)

And then thank that part when it answers.

(PAUSE)

Understand that that part has had a good intention all along... it was trying to protect you or help you in some way. And now that you understand it, now that you are no longer in fear or in judgment of that part... you can embrace it and help it and allow it to grow... allow it to express what its needs are any time that you need information or clarification. And any time that you need more information about how to proceed, you allow that part to make the deal with you, to allow you to be successful, or to release fear, or to invite abundance into your life.

You can communicate with this part any time.

Now I want you to let that part just settle back in to the comfortable place where it lives... knowing that it is completely loved and accepted unconditionally.

Let it know that you are no longer going to push it away or judge it or analyze it.

You are here to communicate and allow that part to be understood.

Tonight as you sleep there are some even deeper feelings that this part may share during dreaming or at other times.

Your subconscious mind will begin to release and resolve this in a way that is for your best and highest good... to bring you information, awareness and direction.

When you awaken in the morning, you'll awaken with more information, more understanding about what this part needs, and about the direction that you are to go.

So as you sleep tonight just let that part have the freedom to express itself through dreaming or in other ways that are peaceful and appropriate.