



Awaken Your Gift

The Healing Embrace

3 Step Integration Practice (Short Form)

The purpose of this practice is to initiate and support a natural process of healing for the wounded parts of you that are stuck in contracted feelings and distorted beliefs that stem from a core sense of separation from your true essence.

These are the distortions that show up in as 'I'm not enough', 'I'm wrong', 'I'm bad', 'I'm unworthy' or 'I'm not lovable'.

When we become aware of the younger, hurt parts of us that are caught in these old conditioned patterns of thinking, feeling and behaving we begin a natural journey of transformation.

I believe that when these parts of our consciousness begin to come to light, often through painful experiences, it's because the time has come for their healing. Your Soul knows what is needed for you to heal. It knows what is needed for you to rise up and meet your calling and it will support you by bringing to the foreground the aspects of yourself that have been 'split off' from your essence and that need to be seen and re-embraced with love. This is really a natural process of re-integration.

We can't find our wholeness if we are rejecting any part of ourselves. The journey to wholeness requires us to see, own and integrate all aspects of who we are including and especially the parts of us that we judge or attempt to expel.

The presence of awareness and compassion are key here. It's our witnessing awareness that begins to shed light on what has been keeping us stuck. It helps us to begin to differentiate between these often traumatised, scared and contracted parts of us that have disconnected from our essence and the generative, loving and wise consciousness in us that knows the truth about who we are.

This *awareness* infused with the *presence of compassion* is the essence of our healing process.

Our awareness helps us to see and differentiate clearly so that we are naturally more empowered to make choices about what part of us we align our actions to. Our compassion helps to soothe those scared and traumatised parts of us and dissolve their fear with our loving embrace.

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It's essential to differentiate between the part of you that is caught in the distorted identity of 'not being enough' and the part of you that is the adult, wise and generative presence of love. For ease I call her the Wise Women. She's the wise loving adult in you. She's the inner/archetypal loving mother and wise mentor within you. If you have another name that fits better for you please use that.

STEP 1: ATTUNE (To your hurt younger, more vulnerable part)

- 1) Take a few deep breaths and bring your attention into your body. Notice the emotional trigger that has surfaced and how it feels in your body. Sense into and attune to the felt sense of this contracted energy in your body. What subtle emotional tones are present, what subtle sensations are present?
- 2) Where is it located in your body? Sense into and become present with the feeling and notice that you have a witnessing part of you present. Allow your hand to be a symbol of the loving witness who has noticed this younger, hurt and vulnerable part of you that needs your attention. Place your hand where you feel the centre of this felt presence of hurt or discomfort in your body.
- 3) Attune to how this younger part of you is feeling by sensing into or asking her. Let her know you hear her by reflecting back to her what she feels.
- 4) Attune to what she needs by sensing into or asking her. Let her know you hear her by reflecting back to her what she needs.

STEP 2: ALIGN (To your 'Wise Woman' / loving archetypal mother)

- 5) Now call on your Wise Woman... the loving adult or archetypal Mother in you to be present. You may choose to stand or sit in a separate space on the floor to help your body to differentiate between the felt sense of this wise loving adult presence in your body and the felt sense of your hurt younger self. Tune into the presence of this Wise Women and the archetypal loving Mother within you.
- 6) Remember this is a more expanded, open, compassionate energy that is much bigger than your younger self. So feel your energy expanding outwards growing bigger than the little one beginning to surround her.

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STEP 3: EMBRACE

- 7) Place the other hand that is free on your body, again where you feel this younger part of you is centred. Let this hand signify the presence of your Wise Woman.. the wise loving archetypal Mother inside you. Bring her loving presence to your hurt vulnerable self by expanding your energy and imagining yourself embracing her with love and acceptance and let her know you are there for her. Reassure her with your love and make a commitment to be there for her and to do your best to give her what she needs.
- 8) If there is a healing message that your Wise Women wants to bring to your this younger part then please share it with her now. You may find that there is a affirmation that emerges that you can repeat to her as a way of calming and dissolving her fear. For example: 'I'm here for you, I love you as you are, your safe with me.'
- 9) You may want to include a physical hug which I call the 'Bear Hug'. So wrap your arms around yourself so that your right hand is holding your left shoulder and your left hand is holding your right shoulder. Your arms are wrapped around your heart. Hold this position for a few minutes, let your heart soften and really take in this healing embrace.

You can use this practice as a regular daily practice to stay connected to the vulnerable one in you that needs your regular attention and love. Over time she will begin to feel safer and her fear will begin to dissolve.

If you have a healing message for her to use as an affirmation write it here and use it to support you in calming and embracing her when she is most activated.
