



Remembering ourselves

In this world of ours we tend to spend so much time in our heads, thinking that's the only right and justifiable part of ourselves to listen to or connect with.

But in doing that, how much insight do we miss out on?

Not only that, but I get the sense that by paying attention to only one part of ourselves, we're never fully embracing our wholeness, and may always feel slightly incomplete.

The exercise below can be done either as a meditation – sitting quietly and tuning into the answers that come up as you ask questions of each part of yourself; or as journaling prompts, grabbing a pen and a piece of paper and taking the time to note down anything and everything that makes itself known as you ask each question.

In either case the key is simply to witness – to let these parts of you have their say and then move onto the next, allowing those ideas to move through you.

Ready? Let's go...

1. Start by getting comfortable

Find somewhere you're likely to be undisturbed for the next 10-15 minutes... Or at least as disturbed as little as possible. Grab a glass of water if you'd like to and get yourself nice and comfortable either sitting (particularly if you're journaling) or lying down.

Close your eyes and take a few deep breaths to really come into the moment and set the intention to connect with yourself fully.



2. What's on your mind?

First of all, ask, "what's on my mind?" If you're meditating, pay attention to what comes up, not getting too caught up in any of the words, images or ideas that come to your mind but just witnessing the streams of thoughts, ideas, words and images as they flow through you.

Watch each of those thoughts flow by, and if any get particularly stuck for you then hear – or write – them out and ask them to move on so that you can hear whatever else is going on in your mind.

3. What's in your heart?

Next turn your attention to your heart. If you'd like to then put your hands over your chest as you ask the question and sit for a moment as you allow this part of you to answer.

Again, this isn't about getting too caught up in any of the feelings – although some may be heavy, deep and even physically painful. If that's the case then remind your heart that you're listening, continue to breathe deeply and witness everything it has to say until you feel as though it's time to move on.

4. What's in your soul?

That highest, wisest and most limitless part of yourself can often communicate with you in a whole range of ways. So as you ask this question be sure to pay attention to anything and everything that you experience in response.

The communications of your soul are often especially love filled and, even when they're scary or overwhelming, feel so lovely that you might just want to be whisked away by them.

Remember that's not the object here, this exercise is simply about plugging into this part of you and witnessing everything it has to tell you.



5. What's in your body?

So often we spend our time thinking that these physical meat suits of ours are just vehicles to get us through life, but that's just not true. They carry so much wisdom, so much experience, and have so much to tell us if only we're willing to listen!

As you ask this question you might simply want to sit quietly and see what your body has to share, or may wish to do an energy scan – focussing your attention on the very top of your head and then scanning all the way down to your toes.

Either way, pay attention to anything and everything you see, hear, feel or experience – nothing is unimportant here and it's all there to be witnessed.

6. Grounding what you've heard

Once you're done with the exercise, take some time to thank each part of your body, and to focus on the coming together of all of these. After all, this is you in your wholes and that's something very worthy of your time, attention and even reverence!

If you've journaled, you may want to read back through what you've written – see where the parts of you link up to one another, or maybe even contradict each other and consider where and how that can help you now and moving forwards.

When you're ready to move out of the exercise, be sure to ground yourself fully by stretching out, taking a sip of water and a few deep breaths before you get on with your day.

And remember – if you've found anything that worries or upsets you in any way, it's OK to seek support, be that from a loved one you trust or by getting in touch with a professional. This isn't something you need to move through or work with alone.

