

## The Felt-Sense of Self Meditation by Jenn Pagone

Let's start by getting comfortable with whatever you're sitting on.

Notice where you feel supported by your seat, and where you feel discomfort. Move your body the way it needs to be moved. Now notice any comfort you feel in your physical body. Tune into that comfort. How do you notice it? What is the quality of it? Does it have a shape? Color? Texture? Temperature? Does it move? Just notice whatever is there. Now notice if there are any parts of your body that could use some of that comfort and send that comforting energy to that space.

Now, shift your attention to your breathing. Notice the natural rhythm without changing it. Notice the predictable in and out. Notice how your breath moves your body and your body moves your breath. Notice if you are bracing in any part of your body... any tenseness or holding. Breath into those spaces.

Let your internal system of parts know you are here with them. Acknowledge their presence. Ask them to be with you as you explore the felt sense of Self.

Now, go to a time where you felt connected to something or someone, an animal, a community, or even a place. Where do you notice this feeling of connection in or around your body? Focus on this feeling. Perhaps some thoughts are coming to you, just notice them. Breath in this connectedness. Rate how strong this connection feels from 1-7. If it feels strong, perhaps do some tapping.

Now, bring up a time when you felt compassion for someone or something, or even yourself. Feel the quality of this compassion. Allow yourself to sink deeper into the experience and tap it in if it feels right.

Now, go to a time when you felt really clear about something. Perhaps something in your career or in your personal life, maybe about yourself or a decision you've made. Tune in and focus on how you experience this clarity. Rate how strong you feel this sense of clarity, from 1-7. Tap this in if it feels right.

Now, allow yourself to go to a time when you felt confident about something – the felt sense that everything was going to be okay. Notice this in or around your body, then rate this from 1-7, and tap if it feels right.

Now, shift your attention to something you are curious about... how do you notice this curiosity? Really tune in and adopt curiosity in how you experience it. Rate it from 1-7, tap to strengthen this experience.

Now, what do you notice about being present with yourself, using all of your senses to tune in... if it feels right, start tapping to deepen and expand this experience.

Reflect on what Self qualities you found on the higher side... and what qualities were on the lower side. Whatever numbers you found – it's okay, lower numbers just means a blending of parts, and that's okay too. They have a very good reason for doing so. Perhaps send the Self-Energy to any parts that you are aware of... and just notice how that feels.

When this feels complete for now, maybe let your parts know you will be returning to them a bit later.... When it feels right, gently begin shifting back into your external space, by blinking your eyes open and orienting around the room.