

Shortened Soul Integration

This is the dialogue process for reframing your story

It is an exercise in allowing the right brain to participate. Do not have the left brain, the editing brain, participate. Just let your mind stay relaxed and write what comes up.

1. Who in my field knows about..... (name the pattern)?
2. Do you have a name you would like to be called?
3. Where are you held within my body?
4. What job do you have in my life?
5. What goes on in my life that triggers you into action?
6. What thought, emotion, memory or action do you step in with?
7. How do I respond?
8. What do you do next?
9. What is my response then?
10. What do you do then?
11. What age was I in this lifetime when you were first created to help?
12. What was going on for me?

Use this conversation with your young one:

"I am bringing in some loving angels/beings to be with you while I look over this job and see what would be best for both of us. Is that okay with you? (If not, What do you need first?)

Consider:

At that young age, this job seemed the best course of action. You have additional maturity, experience, and wisdom. What would you create now for this young one? What would be a more mature solution to the situation.

Suggestions:

Assure the young one that s/he is only a message giver to tell you that something needs attention. Then, the young one can go into a situation in which s/he is heard, valued, and sent out to play/create in a very safe and loving place. Assure this young aspect of yourself that you will definitely take over and create a solution.

Then, decide what or who could address the problem. It may be that you bring in your creative team for help. If it is destructive behaviors, bring in the PTO and ask them to contain all of the individuals involved and move them into a space to be cleared, taught, and empowered with skills to bring benefit.

Your imagination is a most powerful tool here.

Here are other ideas you might want to include in the conversation.

- I didn't know you were there. I am sorry.
- You have done a magnificent job of keeping this pain away from my heart. Thank you.
- What do you need now? this may be the basis of the Reality Statement for this young aspect your yourself.
- I want you to know that you never have to be in a situation like that again. (you can say this with confidence. You will never be that young age again and every chose or decision you make will come from your older age.)
- You are in the hands of great love.
- I am older and wiser and am learning how to walk through and detach from such situations in powerful ways.

You could write the new reality statements from this interaction.