

## HOUSE OF SELF MEDITATION

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This meditation is an adaptation of the original works – a Psychosynthesis tool.

It is another good meditation to introspect the subpersonalities that are resistance to find. Subpersonalities are the diverse distinct personages of psychological formations within the personality structure or trait. They are semi-independent activity, needs and wants. Many of your subpersonalities are attributed by the many people in your network individuals such as the Child, the Parents, the Carer, the Nurturer, the Punisher, the Devil etc.

Please take the time to record the script and listen at your leisure. But not while driving or operating machinery.

### Preparation

- Before you start, turn off all electronic devices. You do not want to be disturbed during your meditation.
- Be sure to be some place safe, some place quiet and relaxing, if possible.
- Have the Subpersonalities Worksheet and pen ready.

### Meditation

Sit comfortably, quietly and relax your body.

Take a few deep breaths and centre yourself in a relaxed position.

Close your eyes and continue with deeper breaths. Breath into your abdominal area if possible, relax and release any tension in the body. Lower your head slightly as this helps to get your mind out of the way.

Take some time to relax, to quietly observe your breath, to relax your body and be comfortable, and be aware of your feelings and thoughts. Know that you have thoughts and feelings, but that you are not those thoughts or feelings. You are the Observer, the One Who is aware.

Relax your breathing and let the breath breathe you. Visualise yourself fully supported by the earth. Visualise a root like system connecting you, energising you and supporting you. You are protected and you are safe. Allow yourself to embrace the energies from the earth and I invite you to image yourself in a meadow, on a warm sunny summer's day. Feel the warmth of the sun on your head and shoulders. See the hazy radiant of the sun in the distant horizon. Listen to the distant sounds of the tall grass brushing against each other in the gentle breeze. Hear the distant chatters of the birdsongs singing merrily. Feel the cool sun-kissed breeze on your face and cheeks. Notice the peacefulness of the meadow and experience this peaceful state. Smell the soft scent of the lush grass and pollen in the air. Taste the atmosphere around you in this safe place. Sense the tranquillity vividly with all your senses and deepen your relaxation as you bathe in nature and its beauty.

(Allow some time to be quiet)



In the distance horizon, you see a house...begin to walk towards the house. Stay in contact with me (the Observer) and notice what happens as you walked towards the house. As the house comes into view. Notice the details of the house. Take your time to explore the outside of the house. What does the ground around the house looks like? What is around the outside of the house? As you look around, notice what you are feeling.

Now, approach the door. What do you notice about the front door? As you knock on the door and waited, notice how long you were kept waiting. Notice what you see, hear and feel.

The door slowly opened, notice the greeter, what does this person looks like? Is it a he or she? How does he/she greet you? What do you feel in respond to his/her greeting? Notice how you respond to the greeter.

The greeter invited you into the house. As you entered, how do you feel about the place? What kind of place is it? Explore the entrance hall as you look around...notice what you see. As the greeter lead the way into the house, you noticed other guests. The greeter invites you to look around...

As you explore the ground floor and other guests, notice what you notice, see what you see, hear what you hear and feel what you feel. In your own time, you move slowly from room to room, exploring the ground floor. As you step into each room, notice the other guests. Notice how you feel around a particular guest. Does any of the guest stand out to you?

As you move to explore the ground floor, you noticed a set of downstairs which lead to the basement. Are you willing to go down into the basement?

(If you cannot or will not go into the basement – stop meditating here)

Curiously, you take the stairs down, down, down into the basement. As you look around what do you notice? Can you see any light switch? How well illuminated it the basement? How big is it? There are guests in the basement, which did not surprise you. As you look around, how many guests do you see? What do they look like? What are they saying, if anything? Are they talking to each other or stand separately alone? What do you feel as you look around the basement?

Take a moment to survey the place and take some time to do this. Someone stood out to you. What is drawing you to this person? What does this person look like, sound like and what do you feel in his/her presence? Can you approach this person and have a conversation with him/her? If not, why not?

If yes, ask him/her name. Take your time to have a conversation with this person. Notice his/her qualities, and way of being. What is he/she saying to you? Notice any special characteristics. As you spend time with this person, notice



your feelings about him/her?...Ask him/her questions about him/herself. You are interested to learn more about this person. You want to know his/her wants and needs – including any undesirable traits or behaviours.

After some time....Gently and politely make your way back up towards the ground floor and say goodbye to the greeter. Thank the greeter and say that you will return to meet other guests. Find your way out of the house. You walk outside of the house and back towards the meadow where you started from. Now, in your own time and when you are ready, come out of your meditation with sense of renewal and understanding.

Write down all the details of the subpersonality that stood out to you in the Subpersonality Worksheet.