

Invite unknown parts



Sit still and silent and ask mentally:
"Is there a part of myself, that would
like to be seen and heard?" Listen
and feel carefully! Liberate all
upcoming parts.

Invite unknown parts

Unknown or even suppressed parts rarely have enough trust or get airtime to talk freely, so listen very carefully. Also look for feelings in your body, imaginations, sounds and any unusual sign, the part may use to communicate with you. Ask: "Is that itch, tension, image from you? Who are you?" Look also for parts like Controller, Protector, Damaged Self, Victim, Anger, Fear, Looser etc., if you have not already met them in the Part Family play. When you can talk to the new part, use the complete sequence of Liberation Plays to liberate it. But listen carefully, parts might not be ready, and you should give them time. Some parts may have evolved, when you were a toddler, a baby or even before birth. They might not use language but feelings and bodily reactions. Listen to those and respond with pempering, hugging, singing, nursing and breast-feeding, even if you are a man.

Nice Videos: [Shadow Work](#)