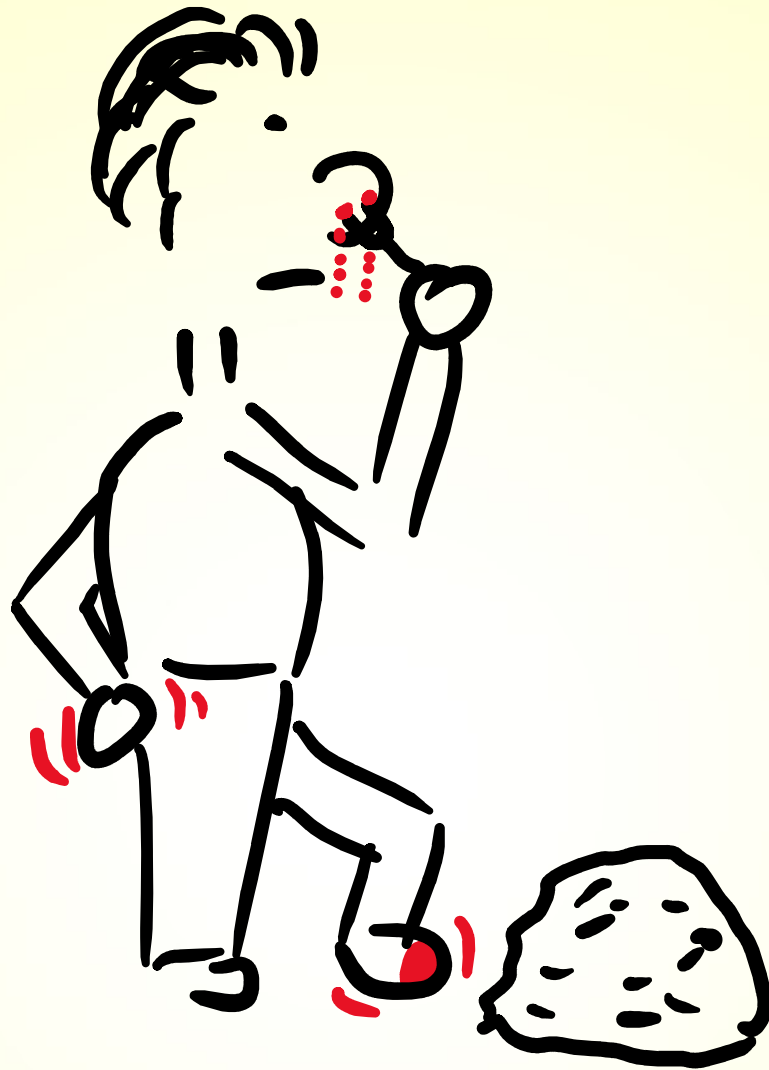


Attend your Oddities



Recognize odd bodily effects,
behaviors, emotions or thoughts.

Ask mentally: "Who is causing
this? How may I call you?"

Liberate the part.

Attend your Oddities

Unknown or even suppressed parts often act out covertly and irritate yourself with all kinds of oddities.

They also can create strange effects in the body. Use any irritating and interesting observation as a trace to an unknown part of yourself.

Unknown parts can practically do you good or not so good, but they all have a positive intention. Just accept them now, as they are and be curious without judgement. It is always a great progress, if an unknown part has enough trust in you to show up in the light of your consciousness.

Some parts need to wait, until another part is conscious and liberated, before it can start to come into light. Even new parts can establish, when older parts leave or get liberated, like “the Enlightened One” or “the Mindplayer”. Liberate them also. Identifying and liberating new parts is a continuous process.

Nice Videos: [Shadow Work](#)