

Warmly welcome the part



Warmly welcome the part in the Imaginary Theater Lounge. It is a sentient being with a positive intention. If you or it have too much resistance, try again later.

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Warmly welcome the part. Focus on the fact, that it is a sentient being and has a positive intention for you and the world. Say “Hello” and look friendly at it. See, what it looks like, how it sounds and smells. It can look like a human, an animal, a demon, a phantasy or even surreal being, it's totally ok. Recognize its size, shape, clothes, gender, skin, posture, behavior. If offering any food or beverages or a seat now feels appropriate, try it and see the reaction. Establish a way of communication like language, sounds, mimic, gestures, posture, movements or others. Usually most non-human parts use your language anyway but allow other forms. Ask if it feels ok to proceed. A trustful relation between the part and yourself is required. If you do not receive a clear yes, agree to cancel for now and try again later.