

Let the part Glimpse Play



Do some Glimpse Plays again,
this time as the part. Be the part,
by saying: “I am XXX”, use the
posture and play as needy and
later as full.

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Some Glimpse Plays may have worked better for you, when you initially played them. But this part is different from you, the Leading Self or from the part, which has initially played these plays. So, find out, which Glimpse Plays work best for this part. Glimpses and realizations of its true nature will liberate each part. It enables it to act freely and wisely on its positive intentions or step back, when appropriate.