

The “I am” Meditation
(Loch Kelly)

Here are the steps we used (the bold parts are spoken aloud, silently, or written):

I am _____. (Pick one: sad, angry, afraid or some other aversive feeling/part that you want to work with).

Take a moment to notice how it feels in your body when you say that.

Where do you notice the sensation? What are the qualities of the sensations?

I feel _____. (sadness, anger, fear —> depending on what word you chose above).

Take a moment to notice how it feels in your body when you say that.

Where do you notice the sensation? What are the qualities of the sensations?

I am aware of feeling _____. (sadness, anger, fear —> depending on what word you chose above).

Take a moment to notice how it feels in your body when you say that.

Where do you notice the sensation? What are the qualities of the sensations?

I am aware of a part that feels _____. (sadness, anger, fear —> depending on what word you chose above).

Take a moment to notice how it feels in your body when you say that.

Where do you notice the sensation? What are the qualities of the sensations?

I am aware of where I’m aware of this part.

and/or

I am aware of my Self that’s aware of a part.

and/or

I am aware of my qualities of Self-Energy that are aware of this part.

_____ **is welcome.** (sadness, anger, fear —> depending on what word you chose above).

Self-Energy welcomes this part.

(and then, any of the specific qualities of self that you feel towards the sad/angry/fearful part).

I welcome this part with curiosity.

I welcome this part with calm.

I welcome this part with compassion.

I welcome this part with clarity.

I welcome this part with courage.

I welcome this part with creativity.

I welcome this part with connection.

I welcome this part with confidence.