

## The Self Heals

“Inner and outer relationships improve once enough of the Self is present. In addition to the qualities described by the eight C-words (*curiosity calm, clarity, connectedness, confidence, courage, creativity, and compassion*), the Self has the innate wisdom to relate to parts and people in ways that allow them to feel seen, embraced, nurtured, protected, and, when necessary, lovingly contained or challenged. [...]

Once parts open inner space (unblend), the Self also exudes energy. Some people feel this energy as a kind of vibrating, pulsing, charge that moves through their bodies. It may be the same phenomenon as *prana* or *qi*, which is what healing energy is called in Eastern spiritual practices. [...]

Embodying the Self is a multimodal experience for most people. To assess my level of Self, I can check a series of perceptions and sensations. For example, when my Self is embodied the resonance of my voice is deeper and the cadence of my speech is relaxed. I also check my heart. When I focus on my chest, I can immediately tell whether my heart is open. In addition, since I know that my Self doesn't push, I can easily notice if I'm attached to an agenda. Finally, I've also learned to notice the vibrations of Self-energy in my body as a way of gauging how much Self is flowing through me. [...]

My point is that the experience of Self-embodiment gives us clues for gauging our own level of Self-energy, which we can use for checking throughout the day. Conversely, we can also notice the typical physical manifestations of our dominant protectors (areas of tension, pressure, pain, etc.) in order to keep tabs on their level of activation.”

(R. Schwartz and M. Sweezy, excerpted from “The Laws of Inner Physics,” in *Internal Family Systems Therapy*, 2020. 276-278)