



### *Exercise 4*

## **Be There For Yourself**

1. ***Read this whole exercise first before trying to open up to yourself deeply, so you can gage your level of sensitivity to trauma or sensory perception.*** Keep your journal with you.
2. Find a private and comfortable place to sit. Breathe slowly and deeply, while Compassionately Accepting yourself. Always focus your open Awareness in your ongoing deep, slow, mindful breath.
3. Spend time regularly practicing this deeper connection to yourself. Take it steady and in small doses at first if you need to. Avoid overdoing it, but also don't go into avoidance. Push the edge in a manageable way using your process tools. Use your journal any time to write down insights and observations.
4. To actually do this exercise, let it be a “reading meditation”, just like the first exercise. Read it slowly, thinking about and feeling each sentence. Pause anytime to reflect and/or journal.
5. Remember, if you are working with trauma, go steady at first. Just start with a few minutes at a time. Work your way into this exercise step-by-step. Use your journal and keep remembering to

Accept yourself unconditionally. Your journey belongs to you. It is important to work at your own pace.

6. This is about learning to just **be** with yourself with your Heart/Awareness open to yourself. This is about developing, overtime, an open hearted, ongoing connection with yourself, especially to your vulnerable inner-child, who may feel abandoned and frightened. You are the Love that your vulnerable human-self/inner-child needs, but know that this connection takes time to develop. It can take time to have enough faith and experience in your ability to be there for yourself. Have no expectations as to how it should feel.
7. Your human-self/inner-child is likely to want to keep grasping at the world around you. It takes time for imprinted pathways to develop between you as Conscious-Awareness and your mind. This is about your commitment to be there for your vulnerable humanness now and forever, so that bond of Love between you as Conscious-Awareness and your human mind and body is inevitably forged and becomes your foundation in life.
8. If you have been abused in the past and still find these memories frightening, you need to be careful with this process. It is important to know that these are now your memories and you have full power over anything within those memories, but your mind doesn't tend to know that at first. Your mind may think that the actual experience is happening again now. This is why we suffer PTSD. Memories consist of images and thoughts that can stimulate a variety of sensory perceptions and feelings. However, nothing physical is happening now, but it can take some practice and "desensitisation" to get used to being present with such memories.
9. Along with your mindful breath, remember that you are sitting in a comfortable, safe place, observing your mind/memories, like watching a movie.
10. Remember, in this exercise, your objective is to just get used to being there for yourself with an open and compassionate heart.
11. If you are faced with memories of being abuse by others, remember that your worthiness belongs to you. To be worthy of Love, your Love, all you need to do is exist. Now these people in your memories are showing you how confused they were. Their anger and confusion had nothing to do with you. You had a right to be a child, to be human. No matter what you may have done, you should never have been treated unkindly. This includes experiences of abandonment, where you felt unsupported, not believed, or inappropriately left alone. Being there for yourself is also getting used to no longer believing in unkind words or actions. Your mind, your humanness, is within you now. You are in charge. Work towards letting them go while being their for your inner-child/human-self as your own loving guardian. These are your memories. Your mind is inside your consciousness. You now have all the power. If you can focus on just being there, while staying centered in your deep, slow, mindful breath, you will feel and observe the power of your higher levels of consciousness working for you.
12. You can use this exercise to embrace your body and not just your mind, particularly if you have self-rejection issues regarding your body. In its own way, your body also feels your Love or rejection. This is also an essential aspect of Self-Acceptance.
13. Don't have expectations of how this exercise should feel. Allow the connection with yourself to evolve in its own way. At first, the mind may dominate with its confusion and emotions and be distracting, just like a child, who is agitated. Accept your mind and keep gently being with it as

- best you can, while staying centered in your mindful breath. Remember, you are learning to *be* a higher state of consciousness, a higher vibration, for your agitated mind to flow into, instead of your mind just being taken over by your primal fight-or-flight instincts.
14. Imagine your breath as a loving, nurturing and healing energy that is flowing into you from the greater Life-Force of Unconditional/Universal Love, which it is. This is your ultimate potential.
  15. Regardless of what is going on in your body or mind or the world around you, regard your mindful breath as your natural and permanent connection to Universal Consciousness/Love and a sanctuary within the center of your consciousness where you are *One* with Life and totally worthy.
  16. Know this is your sanctuary of peace that is filled with the Light of Universal Consciousness. Spend as long as you like in your relaxing inner-sanctum, receiving the gift and the support of this limitless Life energy that is embracing you always.
  17. Know that as Conscious-Awareness, the compassionate parent/guardian of your inner-child/human-self, you are a natural representative of the Life-Force of Universal Love.
  18. Remember, you are not trying to "fix" yourself. The real power is in your commitment and ability to be there for yourself, representing Acceptance/Love, forever. The more you can consistently hold your human mind/body within the embrace of your Conscious-Awareness/Love, the more your mind will naturally heal and harmonise.
  19. Understand that Universal Consciousness knows your present level of awareness and supports you unconditionally, just as you *are* in every moment. Just do the best you can and be okay to learn and grow from each experience of working with this meditation.
  20. As Life is embracing you in your every breath, let your breath/Conscious-Awareness, that is naturally empowered by Universal Love, gently breathe in and embrace your body/mind, just as it is in each moment. Be a sanctuary of Acceptance and Compassion to your human-self, knowing that you, as Conscious-Awareness, are a natural bridge/doorway connecting your human-self to Universal Consciousness/Love.
  21. While staying focused in your Compassionate, open, mindful breath, gently allow anything that you are feeling/thinking, pleasurable or painful, to flow freely into your open, Compassionate Awareness, like a loving parent holding a beloved child. Stay open and present with yourself in this way, allowing whatever you are feeling to flow into your open Compassionate heart and therefore naturally into Universal Love.
  22. Don't try to push emotional pain away with your breath. Accept it and embrace it instead, even if it feels uncomfortable at first and even if it brings tears to your eyes. You are lifting your human-self/inner-child into your Compassionate Awareness. Your Compassionate Accepting presence is a sanctuary to your inner-child. You are being the Love that your inner-child has always needed by just being there for yourself unconditionally.
  23. Keep refocusing into your deep mindful breath whenever you feel yourself being pulled into the mind. Remember that you are not your mind, you are Conscious-Awareness, the loving guardian/parent of your mind, supported by Universal Love. You are learning to gently lift your mind into you, rather than be pulled into and identifying with the confusion that causes suffering. You are being a sanctuary for yourself. As your own forever loving parent, Accept and Embrace

your mind/human-self once again. Reconnect in this way as many times as you need to.

24. As your own loving parent and friend, be free to talk directly to your mind/human-self/inner-child. This will help guide your mind into your heart. Be patient and gentle. Your mind is inside you and you are connecting to your vulnerable human-self and gently guiding your mind into the sanctuary of your Compassionate Awareness/Universal Love. Your mind, with its deep memory structure, is timeless. Your inner-child will feel your loving guidance, just like you have entered the moment in time that any given vulnerability was first experienced. In the dimensions of mind and consciousness, this connection is very real.
25. Gently reassure your mind/human-self/inner-child that you are the Love and the sanctuary that he/she has always been looking for. Assure your inner-child that you will keep being their for he/she no matter what. This is your sincere intention. Your application of this intention does not have to be perfect. Your mind will always be there, as well as your potential of Conscious-Awareness. Every attempt and experience of being your own sanctuary of Love and Compassion will make a difference and help you to grow.
26. You are learning to get comfortable simply being there for yourself, to develop a deep intimacy with yourself. As you develop this deep unconditionally loving connection with yourself, you will be able to increasingly and consciously access the deepest depths of your mind as your own Loving guardian/parent, representing the ultimate power of Universal Love/Consciousness.

