

Achieve your goals with improved inner balance Self-integration ('the wall')

Preamble:

We all have a skin that shows very clearly, that from it to the inside of you, is you and from it to the outside of you is the non-you, or outside.

That skin serves a very important purpose in protecting you from outside elements and keeping the inside of you safe.

In a similar way we have an emotional and mental boundary, like a wall that clearly defines the inside of you from the outside. Like your skin, that divide has to be strong and flexible, so that it can exclude everything that bothers you and your well-being.

It must also have a good strong door, your communication method with the outside, that opens automatically to expel all that is inappropriate to you like psychological rubbish or receive what is good for you like new learnings and potentials and then to close automatically to keep everything safe and in place.

Method:

(You may want to do a brief relaxation session before you go through this process because I think it will make it more effective. However it should work with or without so you can try it both ways and see how you get on.)

So here goes...

Stage 1

Close your eyes (if you haven't already done so during your brief relaxation session) and begin to visualise your boundary, notice everything about it, colour, size, height, what it's made of and also what condition it is in. Also pay attention to the door.

When you have a good image of your boundary and the door, relax your jaw muscles, let your mouth open a little and start to breathe in through your nose and out through your mouth.

Now continuing to breathe in through your nose and out through your mouth take time to reinforce your boundary in whatever way is appropriate (repairing, strengthening etc.).

Take as much time as you need and then move on to the next phase.

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Stage 2

Now that you are aware of how your breathing can work for you, with each in breath start to bring any parts of you that you need to help you achieve your goals and aspirations, and that are outside the wall, in through the door, which opens automatically to receive them.

Those parts can be positive emotions, actions, new learnings, potentials and behaviours that you want and that can help you to achieve the changes you seek. You can bring these parts in as images, sensations, feelings etc, in fact in any way that works for you. You can also 'borrow' from other people, for example friends and relations or anyone you admire if you struggle to find the right image easily.

Again take as long as you like and when you have finished, go to the next phase.

Stage 3

Now take some time to reorganise your inner self. Continuing to breathe in through your nose and out through your mouth, clean and rearrange your inner self in whatever way is appropriate for you and meets your needs at this time.

Create a new balance inside by experiencing yourself acting and feeling positively and achieving your goals or aspirations.

Take your time to create your new balance and then move on to the stage 4.

Stage 4

Now with each out breath take out anything that is bothering you and your well-being or anything that doesn't fit or is inappropriate to you, and place it outside the wall.

Take as much time as you need for this and then when you have finished you can close the door yourself or allow it to close automatically.

To finish

I would recommend that you count up from 1 to 10 and by the count of ten your eyes will have opened and any time your eyes are open you will be fully wide awake. Then take a moment to stretch and look forward to noticing the positive changes in your life.