

IFS Online Circle Month 3

Trauma Behind the Rage

Segment 8

Pamela: Now, we're going to continue this part. Remember, it's given up the uniform to the spirits of canyon and let's see what happens next.

Dick: Let's take him to some place he'd enjoy.

Tom: Yeah.

Dick: [inaudible 00:00:24].

Tom: Mm-hmm (affirmative).

Dick: Ask him to check his body to see if there's anything else he needs to unload, anything else he's been carrying that isn't his he would need to unload

Tom: He's always felt the guilt that it should've been him dead and not Art.

Dick: Yeah. Where does he carry that in his body, around his body?

Tom: All over.

Dick: All over?

Tom: It's like all inclusive.

Dick: She's ready to tell [Mo 00:01:01] that now?

Tom: Yeah.

Dick: That's great. Ask him what he'd like to give all up to? Light, water, fire, wind, earth, anything else or those canyon spirits, whatever feels right to him.

Tom: Canyon spirits would be good.

Dick: Do you want to invite them to come or?

Tom: [Yeah 00:01:24].

Dick: Invite them to come.

Tom: We're all sitting on the canyon wall.

Dick: Great. Is he ready to give it up to them?

Tom: Yeah.

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Dick: Tell him to take all that guilt out of his body and give it to them. They'll take care of it.

Tom: They have it and I can also feel that in the last few years I've also worked on that, so it's not as heavy as the other one.

Dick: OK. Good.

Tom: It now feels, like I said, much more heaviness has been [relieved 00:02:52].

Dick: How's he doing now?

Tom: He's enjoying the sunlight and the wind, being with the spirits.

Dick: Tell him now if he'd like to he could invite into his body qualities he'll need in the future. [Did 00:03:09] you see what comes into him now?

Tom: What I felt was it's something that's telling me that I'm OK.

Dick: That's great.

Tom: That I am good enough.

Dick: That's great.

Pamela: This is the last segment that we'll view of this. In this particular segment, it started with the retrieval Dick invited Tom to take the part to some place that felt safe to it and he took it to the canyon and then Dick did an extra step, which was just to make sure that all of the burden that that part wanted to unload was gone. He said if there's anything else he wants to unload and Tom found more guilt in the part. There was guilt that it was ready to give up. You'll notice also that Tom said he had ... The part had already let go of some of that guilt, but this was an opportunity to get rid of even more of it.

He again unburdened that guilt to this canyon spirits and one of the things that I want you to notice is while this was going on how respectful Dick was, how quiet he was, how patient he was, how much he really let Tom be with his parts in the way that the part needed. Once that guilt was gone, you saw him invite in whatever quality he would need and what the part invited in was this sense that he was OK, that he was good enough.