

## Exercise: Two Hands Meditation

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Toni: Welcome back everybody. In the last segment we were talking about working with parts that become polarized in a system that are both complementary, in other words, they have a similar amount of energy, but they're conflictual. I am going to be leading a guided inquiry for you that I learned from my trainer, Michi Rose, it's called the two-handed polarization exercise, where you're going to have an opportunity to spend some time with two of your parts that might be in opposition to each other, but both have an intention to help you.

The first thing I want to ask you to do is just start by taking some nice long deep breaths. You can do this with your eyes open. Sometimes it can be helpful to close your eyes, just as a way to help you start to do an internal inquiry. Some of these parts that are complementary but conflict with each other are those parts that come up when we're making decisions, when we're having strong impulses in one direction or another, that they'll always be if you have a very, very strong opinion coming from one part, somewhere in the system there will always be the opposing answer to that, to the original part.

As you're breathing in, you might take a few minutes just to notice if you're aware of two parts of you that get into conflict when you're trying to make a decision about something. Or you might even be aware or have been aware that you have two parts that pull on you from time to time.

The first thing that we're going to do here is to see if you can find those parts inside. To just begin feeling in to the energy of those two parts, who comes up first, who comes up second, and to gently begin to listen to them, to notice them, where are they in or around your body, as you invite them forward.

As you're feeling into the energy of these two voices inside, just take a minute to notice if there is a third part that can get involved, that tries to mediate, tries to help you make the decision, that tries to speed up the process or slow down the process, or who becomes anxious because you have parts in conflict inside. You're just noticing that inner triangle.

Just notice if it's possible for you to breathe some space, if there are other parts that are getting involved and trying to help you figure this out, just ask them to separate and step back so you can make room for this inquiry. If you have discovered a part that wants to try to mediate or gets anxious in the decision making process, see if you can just focus on it, say hi, let this part know that you're here. You're going to spend some time with these two parts, and see if it would relax and trust you. It can watch. It can stay nearby. But just to give you some space to be present with two parts that are in opposition with each other, to each other.

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Once you're able to help that part relax, then come back to the two parts, the two target parts and notice how you feel toward them. See if it's possible to access some openhearted curiosity to both these parts of yourself, without aligning with one or the other. No trying to fix or change. Just being present.

Once it feels like you've been able to access some self-energy toward these parts, I'm going to invite you to turn your palms up on your lap, and just invite both parts, one in each palm, to bring their energy right into your hands, just as another way to help them unblend and you to stay in relationship with them, to just externalize them a little bit. You might even notice the weight of each one in each palm. Maybe one is heavier. Maybe one is lighter. Maybe they weigh the same. Just to experiment with what it's like for the energy of these parts to be in your hands.

Again, noticing how you feel toward them and begin to extend some of that self-energy to both, letting them know that you're going to be listening to both of them today, not one or the other, but you are going to be listening and paying attention to both of them. To just let them know that you're going to be there for both.

Once you do that then you can sense into or maybe they're already letting you know which part you're going to begin with. Then before you begin focusing on that part, just letting the other part, reassuring the other part that you will definitely be listening to it in the same way, and asking if it will give you permission to spend time with just one for right now.

Then focus your attention right on the part that you're going to be listening to. Invite it to begin to tell you about itself, what is its job, what is its role. See if you can listen with no agenda, again, without needing it to be any different than it is, just inviting the story, what does it want you to know about itself, what is its intention for you, what is its hope for you. Notice if it's possible even to discern some of the wisdom here. If it feels right, you might even ask it if it would be willing to tell you what it's afraid would happen or what is it afraid will happen if you listen to this other part that it's in such a struggle with.

See if you can make some sense of that, to validate that. Then when you're ready and it feels right, ask it to let you know who it's protecting, what is it afraid would happen if it stepped back or relaxed. Is it protecting another part of you? And to let you know whatever it wants you to know about that, for today.

Notice if it's possible for you to really make some sense of this part, keeping your heart open to it, making sense of what it's trying to do for you, who it's

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protecting, and why it's so afraid or alarmed of this other part, about this other part of you. To send some appreciation and some kindness. Then let it know that in a minute you're going to be going and spending some time with this other part, and just ask what it needs from you right now to feel safe as you begin to change your focus, to trust you that you're not leaving it, that you'll be coming back.

Then when you feel ready, you want to begin to focus on your other hand, the other part that's been waiting, maybe thanking it for being willing to wait for you, and begin the same kind of inquiry. Just invite it to tell you about its job, its role, what it's trying to do for you, and what alarms it about this other part of you. Just see if you can listen without any agenda, without needing it to be any different than it is, just being present. Just keep inviting it to let you know everything it needs you to know about the job that it does, the fears that it has, and maybe even who it's protecting inside. What is it afraid will happen to you or what does happen to you when you listen to the other part that is in such conflict with, and just keep listening and receiving the information in whatever way it's coming.

As you make your inquiry about who it's protecting, you might notice is it the same part that's being protected as the other part of you, or is it a different exile or a different young part, vulnerable part. Begin to appreciate and validate this part for how hard it works on your behalf, and make sense, if it's possible, of why this part gets in conflict with the other part of you. See if you can make some sense of that.

Then when it feels right, you just begin to focus on both hands and to notice if these parts are aware of each other, and what each of them have been trying to do on your behalf and on behalf of your vulnerable parts. Were they aware and what's it like to be meeting, to be meeting them, meeting each other today in this way.

I'd encourage you to see if you can name to them the wisdom that each brings. In a minute I'm going to begin to bring you back, but before I do you might see if there's anything that you want to say to these parts together, separately, any kind of acknowledgement you'd like to make, or if there's anything that needs to happen between you and either one of these parts or both together. Perhaps there's an intention that you want to make, an invitation for them to stay connected to you, an intention to come back to them at another time if the work isn't complete.

When that feels complete I'd like to invite you to invite both these parts and their energy to come up your arms and back into your body into a place that

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feels safe and comfortable, maybe into your heart. Welcome back. It might make sense for you after you turn off this video to find a pencil and paper and just take some notes about what you heard about these parts, what they've been trying to do for you, what's their intention, and what's the wisdom that they offer to you and your system. Thank you so much.