



New Ways of Being: Embodied Recycling

Call to mind the pattern that you would like to transform.

Before you start, it can help to take a moment to ask your Intellect to support you in **recalling a past or recent problem situation** where you acted out the pattern OR you can also **imagine a future situation** where you know you are likely to act out this pattern.

You can also ask your Intellect to help you **identify which parent you learned the pattern** from – and who they learned the pattern from in their childhood.

1. Now, close your eyes.
2. Name the pattern you wish to transform.
3. Identify which parent you learned this pattern from (*pause*) and from whom they learned it.
4. Now recall a past or recent problem situation where you acted out the pattern OR imagine a future problem situation where you might act out the pattern.
5. While imagining the situation, notice what you are thinking, feeling, and doing in that situation.
6. Now have your body take on the shape of that pattern – embody the pattern energy. Exaggerate it by 10%.
7. Take a deep breath and, as you exhale, blow the energy of the pattern out of your body.
8. Now take another deep breath and, as you do, breathe into the presence of your own Spiritual Self. Embody your Spiritual Self and shift your body posture to take on the presence of your Spirit. You are spirit embodied.
9. Now, as your Spiritual Self, go back into the problem situation and see what you are thinking, feeling, and doing in that situation – see how the situation shifts because you are responding as your Spiritual Self.
10. Once the scene plays out, notice what is different in the scene. Find a word or two to describe your new way or ways of being, or qualities of your Spiritual Self.
11. You may now open your eyes.