

New Ways of Being: Recycling

Step 1: Identify the Pattern and Scene

- Close your eyes. Take a breath, and become present to your Spiritual Self.
- Bring to mind the pattern you are recycling. Recall a recent situation where that pattern is active in you, in the past or future.
- Experience yourself in that scene in this moment. Let the scene play out and really get a sense of how this pattern is hurting you and how much you want to be free of it.
- Now tune in to what it's doing to your Body. Take on the posture of that pattern in this moment. Let yourself fully embody what it's like to have this pattern in you.
- As you are taking on the somatic shape of this pattern, now exaggerate it. Turn up the dial by 10%. Feel what this is like.
- Now place your hand on your Body where you feel the energy of this pattern most intensely. Keep your hand there. Take a deep breath.

Step 2: Trace Pattern

- Now trace back the pattern. Remember, from which parent did you learn this pattern in your childhood?
- Now, going back a generation, get a sense of where might that parent have learned this in their childhood.

Step 3: De-Energize and Transform

- With the hand that's on your Body, reach in and take out the pattern. Hold it in both hands. Notice the color, shape, and size.
- Start rubbing your hands together. Feel the energy and heat; the pattern is being transformed into something luminous. Pull your hands apart and look. What do you see, sense, feel, hear, and smell? It may be simply luminous energy. This is a message or quality from your Spiritual Self.
- Gently place this luminosity into your Body right where the energy of your pattern resided. Gently hold your hands there on that place. Allow the healing energy and luminosity to fill that space and begin to expand into you.
- As you take this luminous energy into your Body, notice how you feel. What are your sensations? Allow this energy to expand within you, filling you from head to toe and out to your fingertips. With each breath you are filled more and more until you are filled with the essence of your Spiritual Self.

- As you breathe, take on the posture of this way of being. Fully embody the presence and aliveness of your Spiritual Self.
- Turn up the volume 10%. Really take it on.
- What quality or qualities of being are you experiencing? This is you, your Spirit, your authenticity.

Step 4: Experience

- Return to the original situation, with this new way of being. You are an embodiment of your Spiritual Self – authentic, alive, and present. Experience yourself moving through the scene from this new way of being. Move through the scene and notice what it's like. What do you feel? How does it change the scene? Let it play out from this new way of being.