



Dialogue Writing

In the Process you spent many hours dialoguing with the Child of your parents to understand what happened to them, what shaped them. In doing this work, you learned that they have a life story, a human story. Much happened to them before you came into their lives.

Because of your extensive work, now **when you discover new patterns**, it's quite simple to just close your eyes and remember your parent as a Child, the feeling of them. It can be helpful to find a picture of your parent as a young Child.

If you are struggling to understand how your parent learned a pattern, it can be beneficial to do some additional dialogue work. Allow yourself enough time and focus to really drop into this. Imagine yourself as a Child, around 12, sitting with your parent at the age of their puberty – talking together, sharing, and revealing yourselves. Ask your parent about the pattern. Let him or her tell you a story, show you a specific scene; something that explains how he or she would learn this, how it became a part of him or her. Remember, don't worry if you feel you are making it up – this is not about facts.

You may want to write out the dialogue in long hand, which can be very powerful.

Most importantly, enter your dialogue work with a sense of openness and curiosity. Allow your imagination to awaken into stories and images that breathe life into the children your parents once were.

Compassion Experience

Recall a time when you were less than compassionate. What was your reaction in that circumstance? What feelings did that situation stimulate in you? What thoughts? You were probably in a pattern, and your reaction may have been the need to push away, perhaps with anger, withdraw from, be hurt, or try to control the situation. Review the situation in your mind's eye. Go over it one more time.

Now place your attention on those times in the past when you were alone and hurting, perhaps feeling betrayed or abandoned. Acknowledge some deep hurt or core belief that has caused you to feel inadequate or ashamed, an old wound that may still affect the way you think or feel about yourself. At times you may have concluded that this will never really heal, thinking, "I'm too broken, too defective." As you breathe, allow yourself to go into that feeling.

Hoffman Practice: Compassion & Forgiveness

Now think of a person that you have experienced some struggle with, someone in your current life. Ask your Spirit Guide to bring the Trinity of that person into the room. As you breathe, once again become aware of the pain you have carried inside of yourself.

Imagine looking into this person's eyes, maintaining eye contact. You recognize that this person has experienced pain. See in his/her eyes someone who has carried deep pain, wounds that perhaps have not yet healed. He/she is silently looking back into your eyes. Look into the sadness and loss of his/her life. Allow yourself to get near enough to the suffering to feel it, yet distant enough to know it is his/hers. You do not have to take it on as your own. Be mindful of the balance between feeling it compassionately and taking it on. Also, be aware of staying too distant. Reorient to this person's pain, as you need. Maintain eye contact. Breathe and feel.

Looking into his/her eyes, and as authentically as possible, say softly, out loud:
"I acknowledge and care about your suffering."

Keep eye contact. You may want to breathe into your center to re-ground yourself. Then repeat: **"I acknowledge and care about your suffering."**

Continue re-grounding and repeating this statement, **"I acknowledge and care about your suffering,"** maintaining eye contact. Do this for about two minutes.

And now say to him or her: **"May you be free of your pain and suffering."**

Maintain eye contact and watch to see if his or her demeanor shifts. Repeat the statement, **"May you be free of your pain and suffering,"** at a rate that seems appropriate to you. You don't need to speak all the time. Keep close to your feeling state and repeat the words, as it feels right.

And now say to him or her: **"May your suffering and sorrow come to an end."**

Once again, look into his or her eyes and be attuned to the feelings. Reorient yourself if you need. As you look into his or her eyes, allow yourself to see them as a Child. See the Child's eyes staring out at you from within the adult body. Now say: **"What is the most compassionate thing I can do for you?"**

Listen, breathe, and experience your own feelings. Know the capacity for compassion in your heart, then ask your Guide to send this person's Trinity back to his or her own place of being, blessed by your compassion.