



Recycling

Embodied Recycling

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. This helps to reconnect you to the compassionate awareness that patterns are a part of the human condition and are learned.

1. Close your eyes.
2. Call to mind the pattern that you would like to transform. Identify which parent you learned this pattern from (*pause*) and from whom they learned it.
3. 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.
4. While imagining the situation, notice what you are thinking, feeling, and doing in that situation.
5. Now have your body take on the shape of that pattern – embody the pattern energy. Exaggerate it by 10%.
6. Take a deep breath and, as you exhale, blow the energy of the pattern out of your body.
7. Now take another deep breath and, as you do, breathe in 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.
8. 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.
9. 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.
10. Open your eyes. In the column next to where you wrote the pattern on your patterns list, write out the new way or ways of being, or qualities of your Spiritual Self.

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Embodied Recycling with Energy Ball

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.

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. Close your eyes.
2. Call to mind the pattern that you would like to transform. Identify which parent you learned this pattern from (*pause*) and who they learned it from. Just get a sense of this.
3. 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.
4. While imagining the situation, notice what you are thinking, feeling, and doing in that situation. (*Pause*)
5. Now tune in to what the pattern is doing to your body. Take on the shape of that pattern – embody the pattern energy. Exaggerate it by 10% and make it dramatic.
6. Place your hand on your body where you feel the energy of this pattern most intensely.
7. Now take another deep breath and, as you do, pull the pattern out of your body and hold it in both hands in front of you.
8. Start rubbing your hands together faster and faster as the pattern is being transformed. Pull your hands apart. You have transformed the pattern into a ball of luminous energy.
9. Gently place this luminous energy into your body right where the energy of the pattern resided.
10. Allow this luminous healing energy to fill that space and begin to expand into your whole body, into every fiber of your being, more and more, until ...
11. You have fully embodied your own Spiritual Self. Shift your body posture to take on the presence of your Spirit. Notice the quality or qualities of being that you are experiencing as your Spiritual Self. This is you.
12. 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. (*Pause*)
13. 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.
14. Open your eyes. In the column next to where you wrote the pattern on your pattern lists, write out the new way or ways of being, or qualities of your Spiritual Self.