

The SELF most relevant to HEALING



At the core, everyone has a seat of consciousness. In the Self we have all the necessary qualities we need in order to reach balance & internal harmony. At the same time our parts (managers & firefighters) are organized to protect the Self & remove it from danger in the face of trauma at all costs. The SELF is an observer, but it is not either passive or simply a witness. Once the Self is differentiated from the other parts, it can become an active, compassionate, & strong leader.