

Closing Meditation

If you are comfortable, go back inside again as we begin to close the meeting.

If you notice any part that is activated, see if you can bring that part to a safe space within.

Let any part that feels activated know you are here.

Use the collective Self of the group to send compassion to all parts

Ask your parts how they would like to stay connected with you over the next week. (pause for at least 30 seconds)

Extend gratitude to all your parts

Blessings to you and to all of your parts until we meet again