Meeting Of The
Minds Fragments Of The Self Sometimes it feels as if we have many
different people living inside of us, expressing themselves in voices
that seem distinct from one another. There is the inner child with its
wants and needs, the angry voice that expresses its opinion and
probably several more as well. With all these different parts of
ourselves express differing desires and needs and opinions, we may
begin to feel as if we have no clarity. It is difficult to know which
voices to pay attention to and which ones to ignore or dismiss. Even
if we manage to move forward amidst the confusion, doubts and
concerns may linger in our psyches simply because they have not
been fully expressed and examined. As a result, we may have trouble
being at peace with the decisions we do make. One way to handle
this dilemma is to consciously make time for a meeting of the minds
within our psyche. This can be done as a guided meditation or as a
journaling exercise. In both we can summon the many fragments
that make up the whole of who we are and give them each a chance
to speak. This can be a helpful tool in the face of a decision we need
to make, and it can also be a fruitful path to take in the interest of
self-exploration and self-care. When we gather the many fragments
of our psyche together, the health and power of the whole is greatly
increased. We can imagine a roundtable in which we gather all the
various representatives of our being, allowing them to name

themselves and giving them a chance to speak. We allow each one to weigh in, fully expressing the perspective they represent, and we listen without comment. As we listen, we may be amazed at the wisdom and energy stored in these fragments of our self. This gathering brings the fragmented pieces of our psyche into a closer relationship, enabling us to move forward as a unified whole. 100Test

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