



Aspect Retrieval Sample Script

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Would you like me to describe what we are going to do or just jump in?

If they want a description:

Occasionally, parts of us get stuck in the past, especially in traumatic situations. Retrieving these parts helps us come more fully into wholeness. We will aim to connect with this part. Then I'll prompt you to ask some specific questions about its goals and decisions. At the right time, you will make a snapshot of this part of you and we will move into Deep PEAT 4, you will go back and forth between two different snapshots while touching these eyepoints. Sound ok?

Do you feel like some part of you got stuck in the past or left behind somehow? Sometimes people sense that part right away. Sometimes it helps to revisit the scene of a traumatic experience and look around a little. Maybe when you first looked back at the trauma, you were not inside your own perspective, you were outside looking in. Visually explore the space of the trauma, especially that area from which you originally saw the image of the traumatic experience.

It may feel like a holographic image, or even a kind of light or energy, sometimes like a little smudge. There may be no clear "image" but a felt sense impression of a younger you or a part of you.. All of this is just fine.

Discover Needs

They may not express any wants. They may be shy. Take your time, go slow and treat this aspect as you would a shy or suspicious child. They may not express a need and that's fine. ALL communication is between the client and the aspect. This establishes the client who is the one communicating the aspect as a source of wellbeing. Instruct your client:

Ask them if they need anything. 'Do you need anything? Maybe some water, a blanket, a snack?'

Discover Goals:

Instruct your client to acknowledge understanding and thank the lost aspect with each response. Continue until there are no more goals. Take your time.

Ask this part, 'Is there anything you want?'

Is there something you want to achieve?

To do?

For you?

For others?

Is there anything you want to have? Say? Do? Or be?

Are there any other goals?

Discover Decisions:

With each decision, instruct your client to acknowledge how the aspect could have come to that conclusion, made that decision.

Ask this part, 'What have you decided? What have you concluded?'

You can see how they came to that conclusion? Yes? Tell them that.

Instruct your client to gently ask if they can see how an opposite decision or conclusion might be possible --- USE your inner wisdom to discover an opposite or polar decision could also be. Be very very gentle with this. We want this to be more of a validation of their conclusion and the possibility of other decisions and not a 'yes, but.'

Can you also see how ... opposite decision or conclusion?

Ask this part 'what have you decided?'

What else have you decided or concluded?

What conclusions have you drawn?

About you?

About others?

About life?

Any other decisions?

Keep going until the aspect has nothing else to say, until you reach the end of content.

How are you feeling about this aspect?

Typically, there is a feeling of tenderness or connection. If that is not there, explore the source of the tension.

Ask this part of you if she/he/they would like to come back home to be with you.

Generally there is an urge for reunion.

Integrate with DP4. Guide your client into making a snapshot of the lost aspect in the space of the trauma or where the conversation happened with here and now as the second polarity.

Stabilize with pineal breathing.

Imagine a basketball sized globe of light about a foot or so above your head. In whatever way is meaningful for you, sense it radiating a strong and pleasant light. On your next inhalation imagine light draining from the globe, flowing into and through the top of your head into your pineal gland, a small pine cone shaped gland in the center of the head. On your next exhalation, imagine that light flowing into the globe above your head.

Continue breathing in this way for about seven or so breaths. Sense light draining from the globe above your head and flowing into the pineal gland on the inhalation and flowing back into the globe on the exhalation. Breathe in this way for a few breaths and I'll give you another instruction in a bit.

After about seven breaths, imagine a limitless, infinite field of light. As you inhale, imagine that the whole light field rapidly contracting into the middle of your head, in the pineal gland. As you exhale, sense light spreading from pineal gland into the endless field of light all around you, in front and behind, above and below, to the right and left, all at the same time, like a star expanding into forever, filling the whole universe with light. Sense this in whatever way is meaningful for you. Inhaling, light contracts into the pineal gland. Exhaling, light expands, filling the whole universe.

Breathe in this way for a bit. Settle into this and let me know when you're ready to move on. Just let yourself relax into the flow of light coupled with the breath. We have plenty of time. (2 – 3 minutes or longer)

