

Bus Trip Exercise to integrate your other Selves

As you are learning this exercise you can open your eyes after each step and read the next to continue. Just remain calm and present.

Close your eyes and start following your breath. Take long, slow, deep breaths, retaining the breath for five or more seconds, and then slowly exhale. Do this a few times until your mind is quiet.

Now imagine stepping onto a large, yellow bus. Take a seat in the middle of the bus. You're feeling excited about taking a long awaited trip. Imagine riding down the street on a clear, beautiful day. You're sitting there minding your own business when someone taps you on your shoulder. You look up and this person says, "Hello, I'm one of your sub-personalities and all the other people on this bus are also your sub-personalities. Why don't you get up now and walk around and see who's on your bus." You get up from your seat and you walk through the entire bus looking at all the different people in their seats.

You see before you every kind of person - tall people, short people, teenagers, and old people. There might be circus people, animals, and homeless people. There may even be some, who look or feel otherworldly. With you on the bus are people of every race, color, and creed. Some of them are waving to get your attention, others may be hiding quietly in the corner. Continue to walk through the aisles, slowly visualizing all the characters on the bus.

Now the bus driver directs you to allow one of your sub personalities to take you for a walk off the bus in a nearby park. The sub-personality may seem angry, sad, lost, or hesitant. It may even seem 'dark'. There should be an underlying *feeling* of LOVE and anticipation.

1) Take your time and allow one of your sub-personalities to come and take your hand, and escort you off the bus into the park. If no sub-personality comes to take your hand be patient and ask again some other time.

Ask that person to tell you what trait he or she represents along with a name. (*For example, if you meet someone angry you could name this person Angry Alfred or Angry Ann. If you don't hear a name you give that person one*). Take all the time you need. Notice how this person is dressed and looks. What does this person smell like? Notice his or her mood and body language.

Take another deep breath and ask this person/Being:

"What is your gift to me?" Be open to the gift and after you have received the gift, ask,

"What is the gift of _____; What does it bring to me?" Then ask,

"What do you need to be whole?"

"What do you need to integrate into my psyche with LOVE?"

After you have heard every answer ask this person,:

"Is there anything else you need to say to me?" When you are finished make sure you acknowledge them, thank them and walk them back to the bus.

Now that you are back on the bus return to **1)** and ask,

"Is there another sub-personality ready for integration with me at this time."

When there are no more sub-personalities ready for integration with you at this time open your eyes and give thanks. You may want to write down the messages you received from your sub-personalities and write in a journal.

Don't worry if you did not get all the answers you needed from your sub-personalities. It takes time and practice to hear all of their messages. Make a date with yourself to do it again.