

A Self-Led Life An Online Training

Loch Kelly

Three Expressions of Self

Self Essence

Self Energy

Self Leadership

IFS's 5 P's of Self Leadership

Patience

Playfulness

Persistence

Perspective

Presence

IFS's 8 C's of Self Energy

Calm

Courage

Curiosity

Clarity

Compassion

Connectedness

Confidence

Creativity

Loch's 11 i's of Self Essence

invisible

intelligent

inherent

immediate

inspired

indestructible

infinite

illuminated

ineffable

intimate

is

7 Qualities of Flow

1. Having trained managers who know the task
2. Feeling internal and external unity with activity
3. A sense of bliss or ecstasy
4. Optimal functioning with knowing faster than thought
5. Feeling of being beyond the ego
6. Timeless Now beyond Time and Space
7. Intrinsic motivation: Flow is its own reward

Markers of Psychedelic Healing

- 1. Internal and External Unity
- 2. In the Now beyond Time and Space
- 3. Ineffability and Paradoxicality
- 4. Sense of Bliss or Sacredness
- 5. Nonconceptual Direct Knowing
- 6. Essential Well Being

Four Reasons We Have Difficulty Recognizing Self Essence

So close we can't see it

So subtle we can't understand it

So simple we can't believe it

So good we can't accept it

Five Levels of Mind & Self

- 1. Everyday Mind - Parts Based View**
- 2. Mindful Witness - Self-like Part**
- 3. Awake Aware Mind -- Self Essence**
- 4. Simultaneous Mind -- Self Energy**
- 5. Awake Loving Flow -- Self-Led**

5 Ways to try but miss being Self

- Spiritual Bypass
- Psychological Underpass
- Intellectual Overpass
- Worldly Success Highway
- Meditative Rest Stop

5 Most Common Self-Like Parts

Transitional Subjects

- Smart Caretaker Therapist Part - polarized positive part - could have 8 “c” qualities
- Mindful Witness Part - Detached observer
- Spiritual ego - Intellectual Believer Part
- Enmeshed Empathetic Part - Subtle Energy
- The Part that is reading this. The everyday feeling of “me”

The 6 F's to Part & to Self

To Part (IFS)

Find

Focus

Flesh Out

Be-Friend

Find Fears

Facilitate Self to part

To Self (Loch)

Find

Focus

*Feel In

*Familiarize, Self as Self

*Find Fearlessness

Facilitate Self to part

From blended with Part to Self

- Blended - Part based feeling of “me” that is looking out of your eyes.
- Un-blend by asking protector part for space or if it will step back. Feeling of detaching, separating and observing from outside.
- When unblended notice new Self-like part or awake space you are aware from. Move awareness to open space of Self essence around and within
- Ask Self: How do you feel toward that part?
- Notice: Where are you aware from? What are the qualities of how you feel as Self that is unblended and aware?

The Protectors that Resist Self

- The critics related to thought-based judgements
- Safety in boundary - fear of abandonment or being alone
- The part that believes and fears “backlash” by accessing Self directly. (Backlash happens just as often and strongly accessing protectors or exiles.)
- Shame based parts -feel not good enough to be Loved
- The ego managers related to central identity of “me”
- Other ones particular to each person

Part to Self-Like Part to Self Essence

- Are “you” aware of a part in or around your body?
- Can “you” ask this part if it would step back or give “you” some space?
- Assume that the “you” that starts is a manager or Self-like part. Become clear about location and particulars of the part and then the location and particulars of Self.
- Are you aware of a part? What is the location, felt sense and shape of part?
- The You-turns: How do you feel toward this part? Are you be aware of the observer that has just unblended as a part? Who is aware of both these parts? What is location and felt sense of “me”? How do you feel toward these two parts? Where am I aware from? What is feeling here as Self?

Know Thy Self ~ Socrates

- Self is the centerpiece of IFS and what makes it unique from many other good parts-based psychotherapies.
- I am a hope merchant for accessing Self. We can learn to access Self intentionally and be Self-ed. Accessing Self is learnable and teachable as the next natural stage of human development.
- “We all know those luminous moments of clarity...” We do the things we love because they take us into Self.
- Self to part, requires being Self led. Self is within parts, yet still a Self-like part if not Self led. There is a distinct shift that is distinguishable when Self is leading.

Self knowing Self

Parts are thought-based. Self is Awareness based knowing.

Awareness based knowing is prior to thought, what thought is made of, and wise beyond thought.

Self essence is like the quantum field from which waves of Self energy and particles of thoughts and parts arise.

Your body is a part within Self. Like a cloud in the open space of Self essence or a wave in the ocean of Self energy.

When you shift into Self Essence don't go back to the thought for a second opinion. Implicit memory is available for Self to function like panoramic flow in sports, driving, typing and bicycling. Familiarize with being spacious and then feel the arising of Self energy.

Empathy and Compassion

- Tania Singer research: Empathy is not Compassion
- “Empathetic burn out” from our therapist part that is triggered and energetically blended, taking on the emotional energy of client and triggering our similar exile.
- We can learn to move from empathy to Compassion
- Buddhist Psychology: The near enemy of Compassion is Pity
- How do you feel toward that part? “I feel sorry for it”
- Feeling “sorry” is empathy or pity and comes from a Self-like part.
- Feeling sorry is good opportunity to say, “Are you aware of the part that feels sorry?” and continue to Self .

Consciousness & Psychology

- Self is not the psychological ego or personality based identity of most psychologies. Self with capital “S” is called no-self, open-hearted awareness, universal conscious, mind essence, true nature and many spiritual and religious terms. However, Self can be accessed as common human consciousness.
- Different ways to get here. Different names to call this. Different qualities show up at different times like facets of the diamond of Self. There are common markers to look for.
- Difficult to know Self because you shift from ego manager and thought-based knowing to awareness-based knowing and feeling. Known by direct perception that is not subject to object but knowing by being Self.
- The feeling of Self Essence: All around and within, spacious and pervasive, boundless and interconnected. Open minded and open hearted. Wordless, imageless awake consciousness that becomes embodied.

When to familiarize with Self during therapy session

- Start by giving client a map of the Internal Family “System” Psychoeducation as mutual respect.
- Introduce parts experientially. Introduce Self experientially with guided glimpse meditations. Introduce Self-like parts experientially to feel the difference.
- Introduce Self essence and energy: at beginning, at un-blending, when new parts show up, each time you ask part to step back, checking to see if they are in Self-like part, right before unburdening.
- End unburdening by asking part if it is aware of Self and describe. Then ask if they be Self with unburdened part as client as they walk out the door.

When to Access Self?

- During IFS therapy to learn experientially
- “Check in” meditations with parts you met in sessions
- Effortless Mindfulness meditations to access Self directly
- Shift into Self in midst of your day when triggered. When blended, say, “no big surprise, just re-recognize” And then be curious and Compassionate to part that is triggered. Then “learn to return and train to remain” as Self led “Me”.
- Intentional small glimpses to fine tune Self leadership during the day. Enjoy the journey and what is here now! Info on courses, meditations and upcoming events www.lochkelly.org