

## COMMUNITY OF THE SELF 2

Having acquired some understanding of how the community of the self is fragmented and a state of disassociation is established, **the mission is now to restore balance, wholeness and well-being**. So how do you get your sub-personalities to hold hands and dance their beautiful, co-operative and wonderful dance once more? How do you create the internal dialogue that is needed to end the separatism and futile conflict?

There are many things you can do to assist you in this endeavour, such as: learning the art of creative visualisation, exploiting the power of stillness and silence, celebrating your own value through positive affirmations and positive self talk. Depending on your beliefs the power of prayer may be a route you choose to take; the magic of meditation is another invaluable process that can help. Other things that can help are learning the skill of relaxed breathing and looking after your body through good nutrition, yoga and exercise. These kinds of endeavours will assist immensely in creating a healthy climate within, from which well-being can emerge. **The first thing you need to do is to find a place to talk, a place where you can be heard without condemnation, ridicule and shaming**. You might find this kind of support in a friendship, or within your family, maybe you need someone more skilled and outside your personal orbit for that kind of help. Whatever your choice, this is nearly always the first step you need to take to re-unite your community.

Once this courageous step has been taken and you begin to unpack your emotional wares with another, you will then begin to see more clearly how your fragmentation has taken place and evolved. The unique manifestations of your sub-personalities will become clearer. Clarifying and defining your sub-personalities is vital in enabling you to relate to them. This defining will help you to understand your moods, attitudes and behaviours and give clearer insights into their origins and reasons for being. Once you have externalised the members of your **community through dialogue with someone safe, the next step is to set up a dialogue with yourself**. This is where still-time, creative visualisation, positive affirmations, mirror work and the other uplifting and empowering activities are needed, as they will all help you relate more effectively to yourself. Self-awareness and personal growth are not activities of self-absorption and self-indulgence; they are about regaining a balance between oneself and the world. To achieve balance you must develop a relationship with yourself; then and only then can you really understand your relationship to the world and relate more meaningfully and positively.

**It is time to realise that the challenge of integration, wholeness and wellness is not in anyone else's hands, it is down to you**. Decide from today to make peace with yourself by building bridges between your fragmented parts. Decide that you are tired of the chaos, confusion and fluctuations and select your preferred ways of re-creating unity within the self. **No one can deny you this attainment except you**, so do not stand in your own way any longer; it is time to make real the possibility of a self that relates kindly to itself. A self that is patient and understanding to all its parts. A self that speaks and listens to those different parts and does not condemn or crucify, a self that creates security and stability by celebrating that which is good rather than dwelling on the negative. Such an attainment is not the property of a selected few and it will be yours if you start practising positivity. **Application of positive principles is the secret of integration and liberation**.

After reading this handout make a pact with yourself that you are going to use all the positive means available to you to mobilise and recreate the community of the self, and within that community re-discover your beauty, potential and purpose. It is time to understand that the damage caused through various life experiences can be rectified by understanding the nature of the human condition and applying the principles of personal growth. To believe you are beyond rehabilitation is self-limiting and false. Create a life of fulfilment by **talking, affirming, visualising, breathing and being still and you will once again experience the united kingdom of the self**.