

Are you having an intrusive memory? Have you just lived through something difficult?



Journaling Prompt: What happened? Describe the starting point, what happened, and the stopping point of the intrusive memory or of the difficult event.

Collect your Resonating Witness - Who will it be?



Journaling Prompt: Who will accompany you? Who do you trust enough to take with you back in time into the difficult memory? Does your own Resonating Self-Witness (the part of you that loves and understands yourself) have enough warmth and self-compassion to be a good guide and accompaniment? If not, who will you take instead? What are that person's qualities? What supports you to trust them and bring them with you?

Time Travel - Do I Have Consent?



Journaling Prompt: Do you have your own consent to time travel? Ask your past self if they are willing for you to come to them. What do they say? If your past self says no, pause the process and get support or work with unconscious contracts until your past self can say yes. (This can also take several years). If the past self says yes, then proceed.

What was the worst moment? Can I freeze the environment and people?



Journaling Prompt: Choose the very worst moment of the memory for your arrival. Describe this very worst moment.

Now, bringing your Resonating Witness, step through time and space and arrive back in time with yourself. Describe your arrival.

Imagine yourself there with your Resonating Witness. Freeze the environment so that the harm is stopped, the pain or discomfort is stopped, and all the other people are frozen, so that we can focus only on your past self. Put tablecloths over people’s heads with unpleasant expressions on their faces, and airlift them away with helicopters if they are dangerous. If you want to keep them safe, put them in golden floating bubbles and float them against the ceiling. Describe what you do to make your Past Self safe.

Introducing your Resonating Witness to your Past Self




Journaling Prompt: Introduce your Resonating Witness to your Past Self. Write down the dialogue, something like “Hello, this is someone who loves you in your future who has come back for you because this moment was too hard and we don’t want you to be alone anymore.”

Write down how your Past Self responds. Can your Past Self see and hear the Resonating Witness? Can you remain separate from your Past Self, or do you merge completely with them?

If you merge completely, and you don’t already have one, you need a Resonating Witness who is separate from you. Bring the new Resonating Witness back into the memory and introduce them to your Past Self. How does your Past Self respond now?

Sometimes the Past Self never quite sees the Resonating Witness, but most often the Past Self can hear the voice of the Resonating Witness. If there is no response from the Past Self, try acknowledging the shock (the next step), and see if any contact can be made. If no contact can be made, then stop the process and get outside support.

A large, empty rectangular box with a thin black border, intended for the user to take notes or observations during the process described in the text above.

Attuning to your Past Self - Are you in Shock?



Journaling Prompt: The first thing we need to do once we have made the environment safe in the memory, and introduced the Resonating Witness, is to begin to acknowledge shock, frozenness, that the breath has stopped, hopelessness and helplessness. Ask any or all of the following questions:

- “Do you need acknowledgment of shock?”
- “Are you frozen?”
- “Have you stopped breathing?”
- “Are you immobilized?”
- “Has your heart stopped beating?”
- “Do you feel hopeless?”
- “Would it be sweet if someone else understood how helpless you feel?”

After asking these questions, what is happening in the body of your Past Self? If there is now more aliveness, and more emotions, continue on the next step. If there is not a change, then stop here and get outside support.

Resonant Language Dialogue with the Past Self



Journaling Prompt: What sensations do you feel in your body?

After writing down your body sensations, begin to ask your Past Self about more complex emotions. Write down the response to each of the questions you ask yourself:

- “Do you need any acknowledgment of alarmed aloneness?”

- “Do you need any acknowledgment of shame?”

- “Would it be sweet if someone else understood how much sorrow or grief there is?”

- “Do you need any acknowledgment of fear?”

- “Would it be sweet if someone else understood how much anger you feel?”

- “Do you need any acknowledgment of disgust?”

What is happening in your Past Self’s body now? If your Past Self’s body is not responding, pause here and get outside support. If your Past Self’s body is softening and relaxing, move on to the next step.

Resonance and Relaxation



Journaling Prompt: As your Past Self's body softens, ask if there's anything else the Past Self would like you to know about how this difficult experience was for them.

Write down whatever your Past Self says. If there is anything that needs to be known, listen for feelings and any longings that are there. Write them down here. Once there is no more that needs to be heard, move to the next step.

The Invitation Home



Journaling Prompt: Now that your Past Self has communicated everything that needs to be known, you get to invite your Past Self to leave the memory and come home with you. Say to yourself, “We survived this moment. We grew past this moment and grew up. Would you like to come home with me and live in my heart?”

How does your Past Self respond?

If you have the sense that your heart is not a safe place for your Past Self, but your Past Self still would like to leave the memory, create another safe place to time travel to, and describe it here.

Your Past Self may want to bring others out of the memory to safety. They are welcome.

Accepting the Invitation



Journaling Prompt: Let your Past Self speak about whether or not they would like to accept the invitation. If they would, describe your travel back through time and space to your home, your heart, or to another safe place.

Welcome Home



Journaling Prompt: As you arrive home, notice and describe how your body sensations feel. Do you notice a difference between the way you feel now and the way you felt at the beginning of the process? If there is relaxation and warmth, take a moment to savor and celebrate it.