

## [Releasing Holding Patterns in Relation to a Parent](#)

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Sit upright with your feet on the floor, eyes open or closed. Feel that you are inside your whole body. Find the space outside of your body. Experience that the space inside and outside of your body is the same, continuous space.

Find a place in your body that feels safe and comfortable, that you can return to if this exercise becomes too intense.

Picture your mother or father in front of you. Experience that the space that pervades you also pervades your parent.

Bring your attention to the space pervading your whole body and your parent's head. Notice any changes anywhere in your own body as you do this.

Bring your attention to the space pervading your whole body and your parent's neck. Notice any changes anywhere in your own body as you do this.

Bring your attention to the space pervading your whole body and your parent's chest. Notice any changes anywhere in your own body as you do this.

Bring your attention to the space pervading your whole body and your parent's mid-section. Notice any changes anywhere in your own body as you do this.

Bring your attention to the space pervading your whole body and your parent's pelvis. Notice any changes anywhere in your own body as you do this.

If any area of your body constricted during this exercise, go back to that part of your own body and the part of your parent's body that evoked this constriction in you. If several areas in your body constricted, choose one.

Focus within the constriction in your own body in such a way that it moves spontaneously further toward the constricted position. Let yourself feel why you are constricting yourself in relation to your parent. *How old do you feel? Do you feel any emotion as you do this? Do you have any memories?*

When you can feel this constriction has gone as far as it will go, let go and let it move toward release.

Repeat this again: focus within the constriction; let it move toward the constricted position, experience the meaning or purpose of the constriction. Let go and let it move toward release.

Now see if you can inhabit the part of your body that you had constricted, as you continue to picture your parent in front of you.

Attune to the quality of your being associated with that part of your body (understanding, voice, love, power, gender).

Dissolve the image of your parent.

Feel that you are inside your whole body, and make deep internal contact with yourself. Attune to the quality of self in your whole body. Experience that your whole body is breathing.

*Note:* If your client's parent was extremely abusive, and they feel terror or any unbearable emotion at the idea of picturing them, there are several options: They can choose not to do the exercise. They can picture the abusive parent across the room or outside of the building. You can stand behind your client and "back them up" as they picture their parent. They can choose to do the exercise with someone else who was formative in their childhood but not as abusive as the parent, such as a sibling or grandparent.