

Mind  
Over *Muffin*  
*by Leanne Lisbon*

RELEASE IT

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RECREATING WHOLENESS  
(The Part Process)

## *Simple Guide to the Process*

1. When you feel the urge or need to eat (and you know it's not physical hunger) then before you act on it, stop.
2. Rate yourself on a scale of 0-10 (10 being the highest, really wanting to eat, 0 being the lowest, free from wanting to eat). Take a mental note of this number.
3. Close your eyes and have the part of you that's in charge of wanting to eat come and stand out in front of you. Trust what comes to mind. (Note: usually you'll visually see the part but other times you might just have an awareness of her, most of the time she will be a version of you at a certain age)
4. Then ask what age is the part?
5. How does she feel?
6. What does she need?
7. Give her MORE of what she needs than you can ever imagine having, MORE than she would ever need in her entire life. Do this in whatever way works best for you. For example if she feels sad and needs love, give her love, so much love, maybe you give her a cuddle, maybe you see love flowing to her, whatever works for you until she has more love than she will ever need.
8. As you do this experience what changes as you look at her out in front of you. Does she look different, feel different, sound different, act different, stand different etc.

9. Go back to step 4 and ask the question, how does she feel now? Continue to step, 5, 6, 7.
10. Repeat steps 4,5,6,7 until the part has more of everything than she will ever need. You'll reach a point where she doesn't need anything else. Only then move on to step 10.
11. Now grow her up from whatever age she is, to the age you are today, the very age at this moment in time. Watch her grow year by year out in front of you. As she grows to each age acknowledge what's changed and how she has more of everything than she will ever need. (If the part was older than you are now grow her down in age)
12. When the part is grown up to the very age you are today it's time to recreate wholeness and recognise that she is you! You can do this by either taking her back inside of you OR stepping into her, whatever feels right for you. As you do either one of these imagine the feeling as you merge back into one, as you connect to having everything you've just given her. Connect to having that within you. Feel the power of this.
13. When you open your eyes take a breath and then return to your scale. How do you feel now? On the scale of 0 – 10 (10 being the highest, 0 the lowest) what number are you at?

The number should've have dropped considerably, ideally to a 1 or a 0. If you feel the emotion is still quite intense, simply repeat the process but this time have the part in charge of the REMAINING EMOTION come and stand out in front of you, then follow the steps through.