

Healing Heart Protocol Online Course
Module II – Metal Element: Reclaim Your Clarity
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Worksheet #2
The Reclaiming Process



1. Create a List:

Come up with a list of at least 5 - 10 qualities of your Ex that you don't like. Now, it gets a bit tricky if you find yourself describing a behavior of your Ex that you don't like. Let's say he/she is working all time and you really don't like that. To discover the *quality* underneath the *working all the time behavior* ask: What type of person would work all the time?

You might get the qualities of: driven, greedy, selfish, insecure....and so on.

Or you hate the behavior that he/she is a cheater. Again ask: What type of person would cheat?' Wait for the responses and note them, for example: weak, selfish, self-centered, insensitive, disloyal, pleasure addicted, and so on.

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Some examples of your list could be:

I don't like:

- +his/her anger
- +his/her insensitivity
- +his/her disloyalty

We suggest that you choose one quality at a time on your list to work with in this meditation. Then you repeat the process with other qualities from your list.

2. Conscious breathing

Take seven slow and deep breaths now, elongating your inhale and elongating your exhale. With each breath come deeper in touch with your Aware Self, the inner spacious Presence.

3. Taking Ownership

As you rest more in the presence of this Aware Self, take this quality that you reject in your Ex into the peaceful depth that you've created through your breathing, and ask:

“How or where in my life have I been this way?”

Wait and allow your unconscious to reveal any memories or show you a time where that quality may have shown up in your life

Be curious to see how that quality has shown up to drive your behavior at different times in your life? In different relationships? With different people?

Whatever is revealed to you, see if you can hold it without judgment, just with the recognition that as humans, at times *every single one* of us acts with less consciousness and integrity, less love and compassion than we would like to admit.

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Allow yourself to hold everything that you see about yourself in a space of empathy. Recognizing that most of the time we as humans are not planning to cause harm, it usually happens because we're taken over by an emotion, or a trigger, or something else that temporarily hijacks our heart and consciousness.

4. Statement of Ownership

Then, internally admit to yourself "*I have this quality too.*"

5. Finding the Positive Intent:

Staying connected within the Aware Self speak now directly to the part in your psyche that is exhibiting this particular behavior or quality.

See yourself now asking that part of you what it is trying to accomplish or trying to get for you -- by having you act this way?

In other words, you want to uncover the positive intention *behind* the quality or behavior.

Continue to breathe deeply while you wait for your unconscious to reveal what the deeper motivation is.

Just wait and allow the answer to rise up.

In the example of 'controlling' you might get an insight that by being in control this part of you is trying to keep you safe, empower you, or even protect you.

6. Integration:

To complete, take a few deep breaths as you bring yourself back to the room slowly, feeling your body on the chair, etc. Write down what you discovered about the quality you worked with through this process. It's especially important to note a couple of things:

1. How has this quality shown up in your own life?
2. What is the positive intention behind that quality or behavior?

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Once you learn to embrace that which you originally rejected in yourself and judged in your Ex, only then can you move forward freely – having completed your learning assignment with your Ex.

By sincerely going through this process of reclaiming yourself, you are creating an entirely new foundation for your future.

Now that you've learned the steps, practice *The Reclaiming Process* with the rest of the qualities that you dislike about your Ex (noted on your list).