

COMPASSIONATE SELF-CONNECTION
2 PART AUDIO SERIES
by Angela Wetzel, Epic Initiator Coaching

Welcome!!

I'm so excited that you're here! I'm Angela, the founder of Epic Initiator Coaching and this series is the culmination of wisdom and skills I cultivated over the years on my own healing journey and I'm so very happy to be able to share them with you. I really hope they serve you.

There are two audio files:

- 1) Compassionate Self-Connection Introduction
- 2) Compassionate Self-Connection Meditation

I recommend listening to the introduction first after reading the tips here. There are a few things to keep in mind as you listen to the following audio files.

When we're learning about who we are and what our reactions are to things, it's important to zoom out and observe ourselves – how am I feeling about the process? Are there certain words that trigger me? Am I doing some hard eye-rolls when it comes to telling myself certain phrases? Do I have trouble keeping focusing and want to distract versus spending time with myself? Are there certain things that really resonate with me and impact me?

If you grew up without experiencing a lot of love, interest or tenderness from your caretakers, listening to these tracks or saying these things to yourself may feel completely alien to you. You may have parts that want to run away or get angry. See if you can stay with the process and lovingly observe your reactions because these are clues to your own blocks to love. If love was always intertwined with pain, it may feel difficult to begin to

trust yourself because your younger parts may be seeing you as your parents.

Consistency and kindness can help you to build a better relationship with yourself. You can let these younger parts know that you are not your parents and that you are here to learn about them and to fill in the gaps of things they may have unconsciously missed. Each of us is different and how we react to getting to know ourselves is different. That being said, not every modality is for everyone, but it's helpful to keep an open mind and enough space for compassion and curiosity.

These audio files are designed to help model how you can begin an inner dialogue between an empowered and emotionally mature part of ourselves with the younger parts that haven't been caught up to the present moment or emotionally matured yet. It's designed to be something you can practice as long as you'd like, or until you decide you'd like to begin creating your own practice once you learn what your younger selves really need from you. Again, everyone has different needs. You may discover that you really like certain parts and know that you need more of one thing and less of other things. My hope is that you'll explore and add it to your growing skillset in emotional intelligence as you offer a safe place within yourself to open up communication between your conscious and subconscious mind.

I'd love to hear from you if you enjoy the audio tracks or if you'd like to share more about your experience with them as well as other things you'd like to see. You can reach me here: angela@epicinitiator.com, @epicinitiator on Instagram or connect with me on my website at www.epicinitiator.com

Wishing you all the best that life has to offer,

Angela