The Unburdened Internal System

Mariel Pastor, LMFT with Richard Schwartz, PhD

(Full-color graphic available for download at marielpastor.com/the-unburdened-system)



The Self-led person looks and acts comfortable in her own being, interacting with other from integrated parts and awareness. Parts work more harmoniously together with fewer burdens causing them to overreact. Many parts may be released from protective roles, while others will effectively protect only when needed. Over time the person is less easily destabilized and better able to recover from challenges in general. The inherent gifts of each part are more available, weaving in and out consciously. A Self-led person brings an abiding sense of curiosity, acceptance, and openheartedness to their relationships, naturally inviting others' Self energy to increase. Self energy flows seamlessly within a person, with a sense of connectedness to the Self energy that surrounds him.

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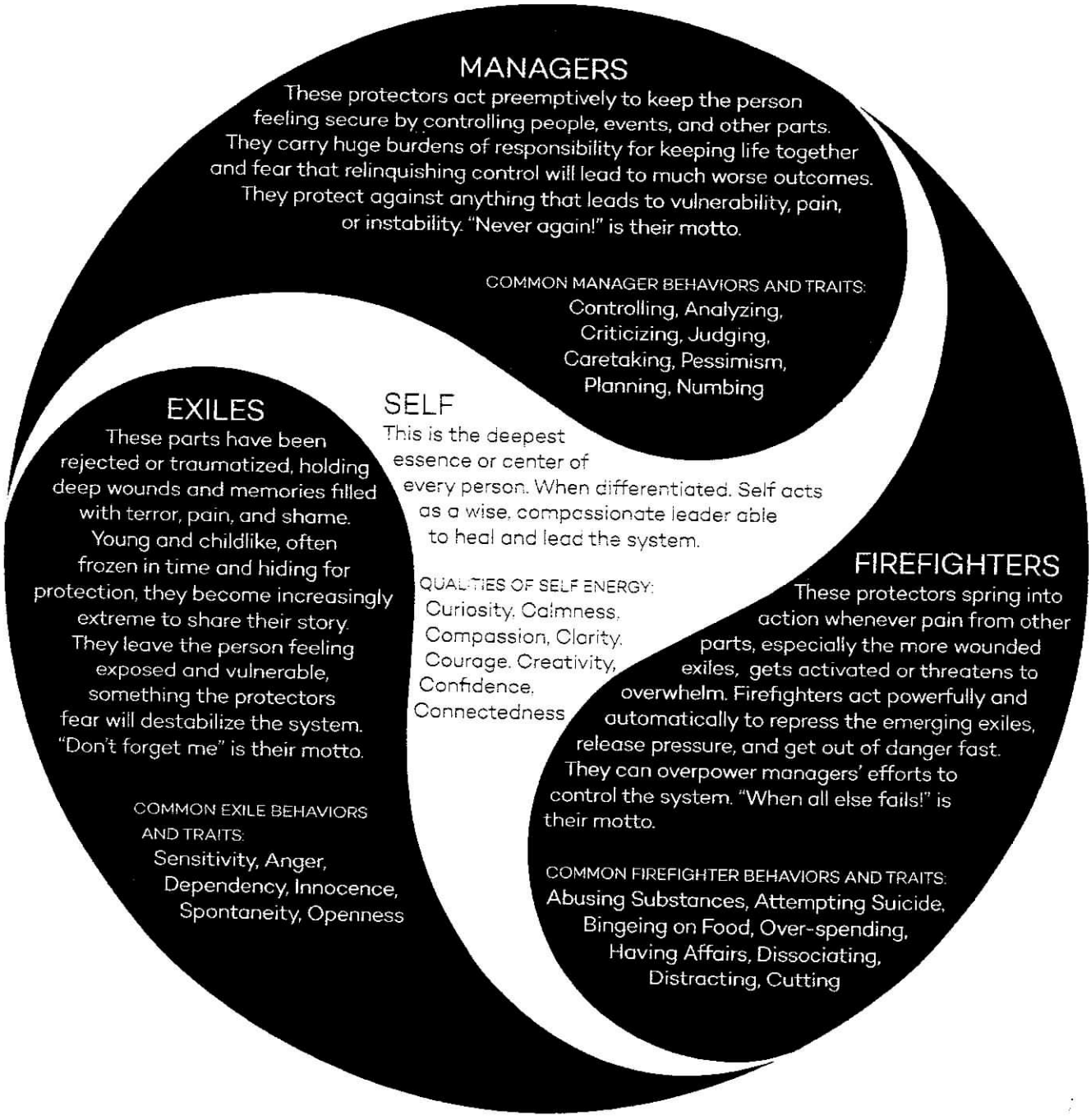

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