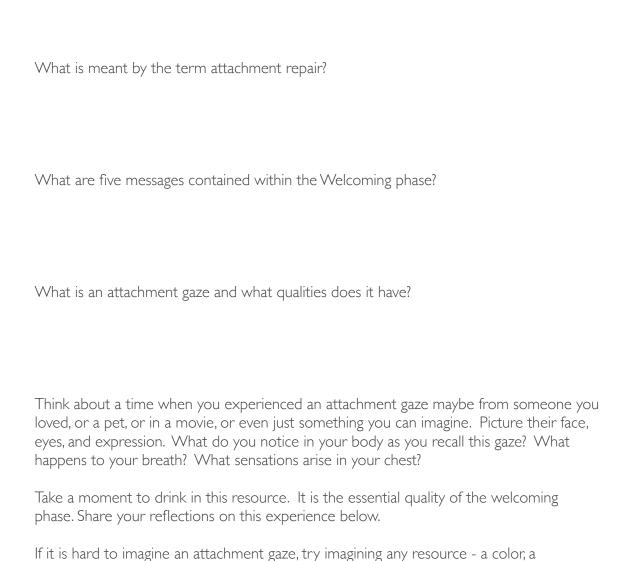


Jonathan Grassi, LMT, CPTMI, Instructor

Lesson 39:

Supporting Attachment Healing

Fostering self-connection



landscape, a supernatural presence - that has a deep positive regard for you. The loving

holding of that resource is what this exercise invites you to orient to.



Jonathan Grassi, LMT, CPTMI, Instructor

When a client seeks to make eye contact from within the Welcoming phase, the eye contact will feel natural, health giving, meaningful, and nurturing. The gaze will be organic, having a deep intimacy that will feel like a gift to both of you. When that sense of positive regard begins to integrate within the client, they will naturally close their eyes in a contented state of connection.

If a client directs an opening they are experiencing overly toward you - which can happen when their is attachment confusion - it may feel as if their eyes are reaching toward you. In this situation it is helpful to be reassuring in your presence as you gently guide that client toward self-connection. Begin by inviting the client to put their hand on their heart and gently breath into their chest. After a few breaths, cue them to open to any sensations there. They may begin to feel things they have never felt before - the warmth of their own heartbeat or a fulness arising from within. Ultimately, we are holding space for the client to experience self-love, a deep attachment to themselves.

Be sure to respect your boundaries and intuition around eye-gazing and this client process.

