



## Lesson 39:

# Supporting Attachment Healing

Fostering self-connection

What is meant by the term attachment repair?

What are five messages contained within the Welcoming phase?

What is an attachment gaze and what qualities does it have?

Think about a time when you experienced an attachment gaze maybe from someone you loved, or a pet, or in a movie, or even just something you can imagine. Picture their face, eyes, and expression. What do you notice in your body as you recall this gaze? What happens to your breath? What sensations arise in your chest?

Take a moment to drink in this resource. It is the essential quality of the welcoming phase. Share your reflections on this experience below.

If it is hard to imagine an attachment gaze, try imagining any resource - a color, a 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.





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 there 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 breathe 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 fullness 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.

