1. Speak to the spiritual part within. What is it?
2. Ask when was the last time it was active and expressive
(childhood etc.)?
3. Ask what motivates it? (music, dance, kindness, art, etc.)
4. Ask what he/she wants to do now?
5. Any other parts stopping that part from expressing itself? (If so, as that part to step back for a while.
6. Have it imagine doing what it wants.
7. Ask the other parts how they feel when the spiritual part is activated?