

AN INTRODUCTION TO
THE INTERNAL FAMILY
SYSTEMS (IFS) MODEL

IFS

INTERNAL
FAMILY
SYSTEMS



ORGANIZED BY:

robertfalconer.us

POEMS

*to be forgotten
I see still:
faithful to
beauty from
in the morning
me through
meet thee as
arms my
et voice
me to memory
I see
I see thee*

INTRODUCTION
TO THE IFS MODEL

ROBERT
FALCONER

POEMS

We Are Many by:
Pablo Neruda.

The Guest House:
Rumi.

Bluebird:
Charles Bukowski.

The Healing Time:
Pesha Gertler.

IFS



We Are Many



Pablo Neruda

Pablo Neruda

We Are Many

Of the many men whom I am, whom we are,
I cannot settle on a single one.
They are lost to me under the cover of clothing
They have departed for another city.

When everything seems to be set
to show me off as a man of intelligence,
the fool I keep concealed on my person
takes over my talk and occupies my mouth.

On other occasions, I am dozing in the midst
of people of some distinction,
and when I summon my courageous self,
a coward completely unknown to me
swaddles my poor skeleton
in a thousand tiny reservations.

When a stately home bursts into flames,
instead of the fireman I summon,
an arsonist bursts on the scene,
and he is I. There is nothing I can do.
What must I do to distinguish myself?
How can I put myself together?

All the books I read
lionize dazzling hero figures,
brimming with self-assurance.
I die with envy of them;
and, in films where bullets fly on the wind,
I am left in envy of the cowboys,
left admiring even the horses.

But when I call upon my DASHING BEING,
out comes the same OLD LAZY SELF,
and so I never know just WHO I AM,
nor how many I am, nor WHO WE WILL BE BEING.
I would like to be able to touch a bell
and call up my real self, the truly me,
because if I really need my proper self,
I must not allow myself to disappear.

While I am writing, I am far away;
and when I come back, I have already left.
I should like to see if the same thing happens
to other people as it does to me,
to see if as many people are as I am,
and if they seem the same way to themselves.
When this problem has been thoroughly explored,
I am going to school myself so well in things
that, when I try to explain my problems,
I shall speak, not of self, but of geography.

The Guest House



Jelaluddin Rumi

Jelaluddin Rumi

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.

Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

AN INTRODUCTION TO THE INTERNAL FAMILY SYSTEMS (IFS) MODEL

Bluebird



Charles Bukowski

Charles Bukowski

Bluebird

there's a bluebird in my heart that
wants to get out
but I'm too tough for him,
I say, stay in there, I'm not going
to let anybody see
you.

there's a bluebird in my heart that
wants to get out
but I pour whiskey on him and inhale
cigarette smoke
and the whores and the bartenders
and the grocery clerks
never know that
he's
in there.

there's a bluebird in my heart that
wants to get out
but I'm too tough for him,
I say,
stay down, do you want to mess
me up?

you want to screw up the
works?
you want to blow my book sales in
Europe?
there's a bluebird in my heart that
wants to get out
but I'm too clever, I only let him out
at night sometimes
when everybody's asleep.
I say, I know that you're there,
so don't be
sad.
then I put him back,
but he's singing a little
in there, I haven't quite let him
die
and we sleep together like
that
with our
secret pact
and it's nice enough to
make a man
weep, but I don't
weep, do
you?

AN INTRODUCTION TO THE INTERNAL FAMILY SYSTEMS (IFS) MODEL

The Healing Time



Pesha Gertler

Pesha Gertler

The Healing Time

Finally on my way to yes.
I bump into
all the places
where I said no
to my life
all the untended wounds
the red and purple scars
those hieroglyphs of pain
carved into my skin, my bones,
those coded messages
that send me down
the wrong street
again and again
where I find them
the old wounds
the old misdirections
and I lift them
one by one
close to my heart
and I say holy
holy.

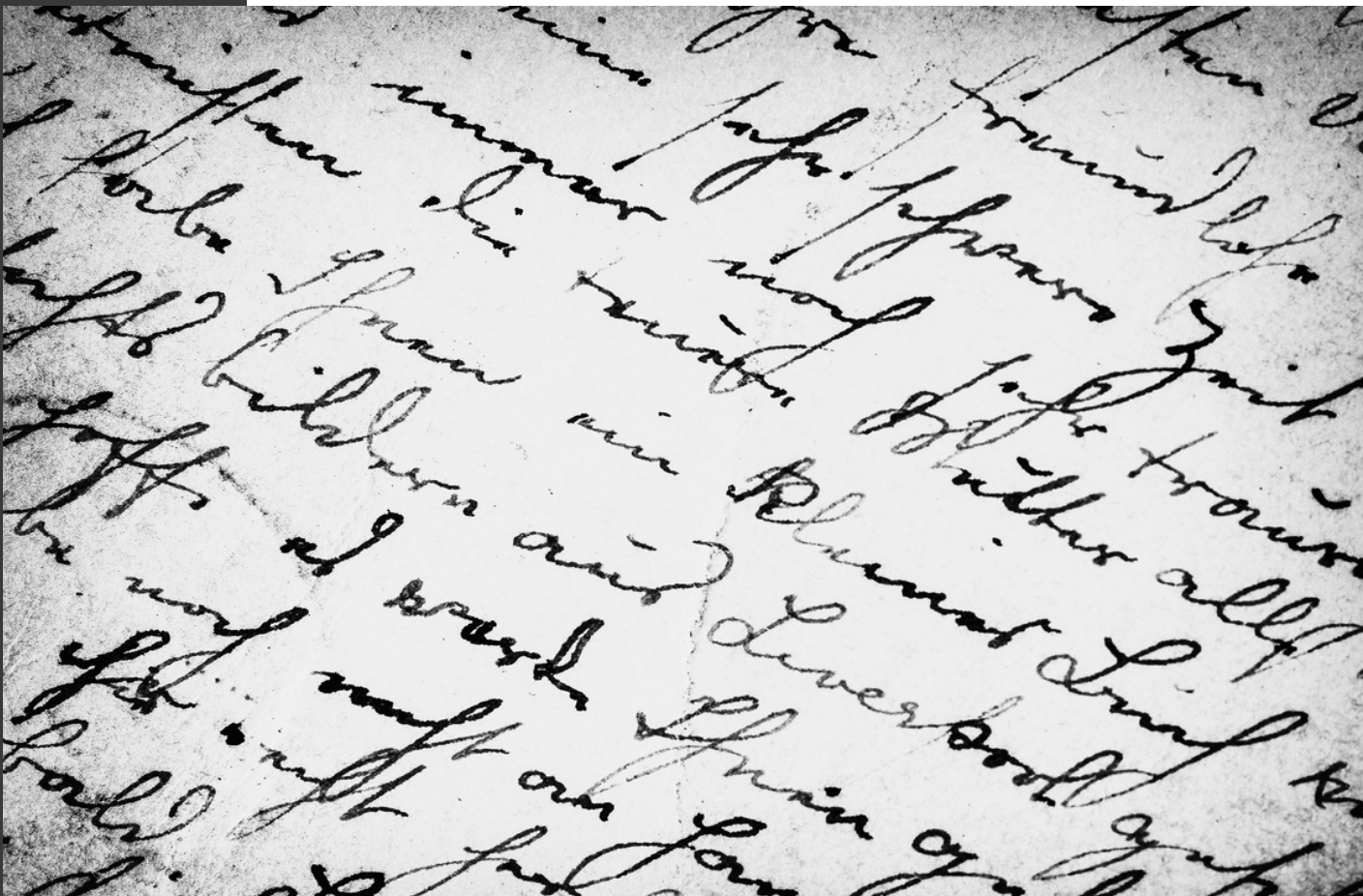
Contact



IFS

WEBSITE:

ROBERTFALCONER.US



Roel & Roji Design

Digital Artist



LAURAROEL@IFS-PSICOTERAPIA.COM

ROJISTUDIO@GMAIL.COM

