

WEEK ONE PRACTICE CARD

Focuser	Companion
<p>PAUSING to find a CALM PLACE IN YOURSELF</p> <ul style="list-style-type: none"> ▪ I'm bringing my awareness into my body... ▪ Sensing my feet...and my legs.... ▪ Sensing my seat and the support holding me up... ▪ Sensing my hands...my arms...my back... ▪ Sensing the inner area of my body: my throat....chest....stomach....and belly... <p>SENSING</p> <ul style="list-style-type: none"> ▪ I'm thinking of a story I want to tell, or a situation I'm in.... ▪ I'm checking inside to sense what feels OK to talk about ▪ I'm sensing any feelings in me about this situation, saying, "I'm sensing <i>something</i> [in my stomach, etc] that feels..." <p>DESCRIBING</p> <ul style="list-style-type: none"> ▪ I'm taking time to describe this story/situation, pausing to sense how my body feels about it... ▪ I'm describing what I sense in my body... <p>RESONATING</p> <ul style="list-style-type: none"> ▪ I'm checking if my description resonates in my body...or maybe different words are needed ▪ Before I finish, I'm sensing if there is anything else that wants to be felt or said... <p>SENSING FOR CHANGES</p> <ul style="list-style-type: none"> ▪ When I'm complete, I'm thanking my body... ▪ I'm sensing if I feel any different now than I did when I started: a new sense of possibility or "fresh air" ▪ I'm thanking my companion, and sensing how it felt to be listened to by my companion ▪ I'm thanking my companion and describing how I experienced their listening and how that supported my process 	<p>SET UP THE SAFE CONTAINER</p> <p>Ask the Focuser:</p> <ul style="list-style-type: none"> ▪ Start your timer ▪ "Are you sitting comfortably" ▪ "Can you hear me OK?" ▪ [In person: "How is this distance between us?"] ▪ "How many minute's signal would you like before your time is up?" <p>PAUSING to find a CALM PLACE IN YOURSELF</p> <ul style="list-style-type: none"> ▪ As the Focuser brings awareness to their body, do the same inside yourself ▪ Find the calm place in yourself <p>LISTENING ATTENTIVELY</p> <ul style="list-style-type: none"> ▪ Bring your awareness back to the Focuser ▪ Listen with gentleness, patience, and calm ▪ Let the Focuser know you are interested and hearing them with murmurs, nods, and facial expressions in whatever way feels natural to you ▪ If feelings or thoughts distract you, acknowledge them internally then come back to listen and be with the Focuser <p>GIVE THE TIME SIGNAL</p> <ul style="list-style-type: none"> ▪ Keep an eye on the time ▪ When the time comes, say, "...and we have about ___more minutes." <p>WHEN THE FOCUSER HAS COME OUT</p> <ul style="list-style-type: none"> ▪ Take in the Focuser's appreciation ▪ Sense how it was for you to listen without helping and share that with the Focuser if you like: Example: "I found it peaceful and absorbing to listen to the way your process unfolded." Example: "A couple times, thoughts and emotions came up about things you expressed, and I got a bit distracted then remembered to acknowledge them and come back to listening." ▪ Remember: your undivided attention is a rare and precious gift. Refrain from advice, sympathy, judgments, information, etc.