

WEEK 2 PRACTICE CARD

Focuser	Companion
<p>PAUSING to find a CALM PLACE IN YOURSELF</p> <ul style="list-style-type: none"> ▪ I'm taking time to be here in my Guest House ▪ 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, DESCRIBING, RESONATING</p> <ul style="list-style-type: none"> ▪ I'm inviting inner guests, sensing what wants my attention now ▪ I'm saying hello to this guest ▪ I'm finding the best way to describe how it is in my body: <i>"I'm sensing something in me that feels..."</i> ▪ I'm listening to my companion's reflection of my felt sense words, checking the words with my body <p>GOING DEEPER</p> <ul style="list-style-type: none"> ▪ I'm seeing if it's OK to just be with this guest ▪ I'm sitting by the guest with interest and kindness ▪ I'm sensing if it has a feeling or emotion ▪ I'm listening to my companion's reflection of my felt sense words ▪ I'm checking with my guest: do the words fit? ▪ I'm letting it know I hear it ▪ I'm inviting my guest to let me know more <p>AFTER THE SIGNAL</p> <ul style="list-style-type: none"> ▪ I'm letting my guest know we need to stop soon ▪ I'm sensing if there is some last thing my guest wants to convey or receive before we stop ▪ I'm letting it know I'm willing to come back ▪ I'm noticing any new sense of possibility or "fresh air" ▪ I'm thanking my guest and my body ▪ I'm opening my eyes and thanking my companion ▪ I'm letting my companion know how their reflection supported my process, and if there was something different I realize I would have liked 	<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 minutes' 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, take time to find a calm place in yourself <p>LISTENING AND REFLECTING</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 ▪ When the Focuser pauses, wait for a few breaths. If they don't go on, reflect back any felt sense words: <i>"You are sensing something in you that feels_____"</i> ▪ <i>If the Focuser corrects your reflection, that's great: it means you helped them connect to their felt sense.</i> ▪ 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 to give the signal, 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; if you like, you can share that with the Focuser ▪ Refrain from advice, sympathy, judgments, information, etc., or from talking about the content of the Focuser's session in any way.