

WEEK 3 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 style="margin-left: 20px;">You can begin with a specific issue in mind, by talking about it. Or begin by checking in your body until you sense something</p> <p>SENSING FOR CHANGES SENSING, DESCRIBING, RESONATING</p> <ul style="list-style-type: none"> ▪ Use the prompts on the Week 2 practice card to —greet “guests” by describing them —take in your Companion’s reflection to help you check your descriptions in your body and help you sense, describe, resonate, and go deeper <p>ASKING FOR WHAT YOU NEED If you realize you’d like something different your Companion, let them know. It’s OK to say-</p> <ul style="list-style-type: none"> ▪ “That’s not quite right” ▪ “Could you say it this way?” ▪ “Could you wait a bit longer before reflecting?” ▪ “Could you reflect that last part for me?” <p>SENSING FOR CHANGES</p> <ul style="list-style-type: none"> ▪ When you’ve gotten the signal, thank your body ▪ Take time to sense for any changes that have come around your issue ▪ Let your body know you can come back ▪ Thank your body for what has come ▪ Thank your companion ▪ If it feels right, let your companion know how you experienced their listening and how it supported your process 	<p>SET UP THE SAFE CONTAINER Start your timer and ask the Focuser:</p> <ul style="list-style-type: none"> ▪ “Are you sitting comfortably’ ▪ “Can you hear me OK?” [In person: “How is this distance between us?”] ▪ “Is there anything you’d like from me as your Companion?” ▪ “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, do the same inside yourself, finding your calm place <p>RESPONDING TO THE FOCUSER</p> <ul style="list-style-type: none"> ▪ When the Focuser pauses, reflect back what feels most important for them to hear back (If there’s a lot, it’s OK to say back the last thing) ▪ When possible, use Presence Language, reflecting body, emotion, or felt sense words: <i>“You are sensing...or “You are aware of...”</i> ▪ If the Focuser has a request, s/he will let you know ▪ There’s no need to reflect the Focuser’s self-suggestions ▪ If feelings or thoughts arise in you, acknowledge them, then bring your awareness back to 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>REMEMBER—</p> <ul style="list-style-type: none"> ▪ During the session, your presence, reflection and ‘being there’ are the most important things. ▪ During and after the session, remember that you aren’t responsible for the Focuser’s process. If you notice yourself wanting to ask questions or make suggestions, pause and put an internal arm around that part of you. After the session, stick to comments about the process, not the content.