

WEEK 4 PRACTICE CARD

Focuser	Companion
<p>COMING IN</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><i>Begin with a specific issue in mind, by talking about it. Or begin by checking in your body until you sense something.</i></p> <p>MAKING CONTACT</p> <ul style="list-style-type: none"> ▪ "I'm sensing something..." ▪ "I'm describing it" ▪ "I'm checking the description with my body" ▪ "I'm acknowledging I know it's there" ▪ "I'm sensing if it knows I'm here with it" ▪ "I'm sensing how it would like me to be with it" <p>DEEPENING CONTACT</p> <ul style="list-style-type: none"> ▪ "I'm sensing if it's OK just to be with this" ▪ "I'm sitting with it with kindness and openness" ▪ "I'm sensing how <i>it</i> feels from <i>its</i> point of view" ▪ "I'm sensing if it has its own emotion or mood" ▪ "I'm letting it know I hear it" <p>COMING OUT</p> <ul style="list-style-type: none"> ▪ "I'm sensing if something has changed in my body or about my issue" ▪ "I'm letting my body know I'm willing to come back to this Focusing space" ▪ "I'm thanking my body and my body's process" ▪ "I'm thanking my Companion" ▪ "I'm letting my companion know how their listening and reflection supported my process" 	<p>SET UP THE SAFE CONTAINER</p> <p>Start your timer and ask the Focuser:</p> <ul style="list-style-type: none"> ▪ "Are you sitting comfortably" ▪ "Can you hear me OK?" <p>[In person: "How is this distance between us?"]</p> <ul style="list-style-type: none"> ▪ "Is there anything you'd like from me as your Companion?" ▪ "How many minute's signal would you like before your time is up?" <p>COMING IN</p> <ul style="list-style-type: none"> ▪ As the Focuser brings awareness to their body, do the same inside yourself, finding your calm place ▪ If feelings or thoughts arise, acknowledge them then bring your awareness back to the Focuser <p>HOLDING THE SPACE</p> <ul style="list-style-type: none"> ▪ Be comfortable in the silence ▪ Bring your awareness into your own body ▪ Say hello internally to your own feelings ▪ If the Focuser pauses, wait a bit before reflecting <p>RESPONDING TO THE FOCUSER</p> <ul style="list-style-type: none"> ▪ When the Focuser pauses, say back the last whole thing they said, using Presence Language and the Focuser's body, emotion, or felt sense words: "You are sensing...or "You are aware of..." ▪ NOTE: there's no need to reflect the Focuser's self-instructions [the ones listed on the Focuser's side of this card] <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..." ▪ After the session, stick to comments about the process, not the content.