

Focusing 1 for Sensitive People
WEEK 5 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, 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 it: <i>"I'm sensing something in me that feels...."</i> ▪ I'm checking the words with my body ▪ Each time I become aware of a new guest arrives, I greet it, describe it, check the description <p>BEING WITH MORE THAN ONE GUEST</p> <ul style="list-style-type: none"> ▪ I'm sensing what wants to happen next ▪ IF I sense both guests need my Presence: <i>"I'm being with both of these guests"</i> ▪ IF I sense that one of the guests particularly needs my attention now: <i>"I'm seeing if it's OK to just be with this guest"</i> <i>"I'm sitting by the guest with kind interest"</i> <i>"I'm sensing if it has a feeling or emotion"</i> <i>"I'm letting it know I hear it"</i> <i>"I'm inviting my guest to let me know more"</i> <i>"I'm sensing if it's OK to turn to the other guest now"</i> ▪ If I begin to feel overwhelmed or "checked out": <i>"I'm feeling my feet on the floor"</i> <i>"I'm breathing into my heart"</i> <i>"I am the space where all this can be as it is"</i> <i>"I'm saying my name, date, location, etc."</i> <p>AFTER THE SIGNAL</p> <ul style="list-style-type: none"> ▪ I'm letting my guests know we need to stop soon; sensing if there is some last thing that wants to come; letting my guests know I can return to the Focusing space; noticing any new sense of possibility or "fresh air" ▪ I'm thanking my guests and my body ▪ I'm opening my eyes and thanking my companion 	<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?" [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, take time to find a calm place in yourself <p>LISTENING AND REFLECTING</p> <ul style="list-style-type: none"> ▪ Listen with gentleness, patience, and calm ▪ Let the Focuser know you are with them, in whatever way feels natural to you ▪ If feelings or thoughts distract you, acknowledge them internally then come back to listening ▪ When the Focuser pauses, wait a bit. If they don't go on, reflect back any felt sense words: <i>"You are sensing something in you that feels____"</i> ▪ If you sense there are two parts, you can say, <i>"You are sensing something in you____... and you are sensing something else in you ____"</i> ▪ If the Focuser requests help, offer your best guess of which self-suggestion might fit at the moment <p>GIVE THE TIME SIGNAL</p> <ul style="list-style-type: none"> ▪ When the time comes to give the signal, say, <i>"...and we have about ____more minutes."</i> <p>WHEN THE FOCUSER HAS COME OUT</p> <ul style="list-style-type: none"> ▪ Take in the Focuser's appreciation and comments ▪ Sense how the process was for you as Companion, and share that with the Focuser if you wish ▪ Refrain from advice, sympathy, judgments, information, etc, or from talking about the content of the Focuser's session in any way.