

WEEK 6 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>Think of a creative project you want to embark on, or to make more progress on; or something you want to do; or a way you want to be.</i></p> <p>"I'm describing this project [or vision]... "I'm inviting the whole felt sense of this project and how that is in my body now..."</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 it feels from its point of view" ▪ "I'm sensing if it has its own emotion or mood" ▪ "I'm sensing what it wants or needs" ▪ "I'm inviting it to show me what wants to happen next" ▪ "I'm letting it know I hear it" <p>COMING OUT</p> <ul style="list-style-type: none"> ▪ "I'm sensing if something feels possible that didn't before..." ▪ "I'm sensing if there's more clarity about what is wanted here..." ▪ "If actions are wanted, I'm making a note of them so I can take them later..." ▪ "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" 	<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, reflect, using Presence language: <i>"You are sensing..." or "You are aware of..."</i> ▪ Use the Focuser's words and/or words that come to you from the shared field ▪ Listen particularly for anything that sounds like life-forward energy, and reflect that back (no need to use Presence language for positives) "...and it sounds like there is a wanting to____" "...and there's a new energy that comes when you describe ____" "...and it sounds like ____ might feel possible now, that didn't feel possible before..." "....and you are really happy about that..." <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.