

# CLASS 1 PRACTICE CARD

Focuser	Companion
<p><b>COMING IN</b></p> <p><b>If you are sitting down:</b></p> <ul style="list-style-type: none"> <li>▪ I'm bringing my awareness into my body...</li> <li>▪ Sensing my feet, my legs, my seat and the support holding me up, my hands, my arms</li> <li>▪ Sensing the inner area of my body: my throat....chest....stomach....and belly...</li> </ul> <p><i>Begin with a specific issue in mind, by talking about it. Or just sense what wants your awareness now. <b>Pause often so your companion can reflect.</b></i></p> <p><b>MAKING CONTACT</b></p> <ul style="list-style-type: none"> <li>▪ "I'm sensing [or "I'm aware of, seeing, hearing, realizing, noticing, remembering, understanding] something..."</li> <li>▪ "I'm describing it"</li> <li>▪ "I'm checking the description with my body"</li> <li>▪ "I'm acknowledging I know it's there"</li> <li>▪ "I'm sensing how it would like me to be with it"</li> </ul> <p><b>DEEPENING CONTACT</b></p> <ul style="list-style-type: none"> <li>▪ "I'm sensing if it's OK just to be with this"</li> <li>▪ "I'm sitting with it with kindness and openness"</li> <li>▪ "I'm sensing how it feels from its point of view"</li> <li>▪ "I'm sensing if it has its own emotion or mood"</li> <li>▪ "I'm letting it know I hear it"</li> <li>▪ "I'm inviting it to let me know more"</li> </ul> <p><i>If you sense more than one guest: "I'm sensing if it's OK to turn to the other guest now"</i></p> <p><i>If you feel "checked out": ground your feet; breathe into your heart; say your name and the date; say, N"I am the space where all this can be as it is"</i></p> <p><b>COMING OUT</b></p> <ul style="list-style-type: none"> <li>▪ "I'm letting my body know we need to stop soon"</li> <li>▪ "I'm sensing if there's some last thing that wants to come here"</li> <li>▪ "I'm sensing if something has changed in my body or about my issue"</li> <li>▪ "I'm letting my body know I'm willing to come back to this Focusing space"</li> <li>▪ "I'm thanking my body and my body's process"</li> </ul>	<p><b>SET UP THE SAFE CONTAINER</b></p> <p>Ask the Focuser:</p> <ul style="list-style-type: none"> <li>▪ "Are you sitting comfortably?"</li> <li>▪ "Can you hear me OK?"</li> </ul> <p>[In person: "How is this distance between us?"]</p> <ul style="list-style-type: none"> <li>▪ "Is there anything you'd like from me as your Companion?"</li> <li>▪ "How many minutes signal would you like before your time is up?"</li> </ul> <p><b>COMING IN</b></p> <p>As the Focuser brings awareness to their body, do the same inside yourself, finding your calm place</p> <p><b>HOLDING THE SPACE</b></p> <ul style="list-style-type: none"> <li>▪ Be comfortable in the silence</li> <li>▪ Say hello internally to your own feelings</li> <li>▪ If the Focuser pauses, wait a bit before reflecting</li> </ul> <p><b>REFLECTING</b></p> <ul style="list-style-type: none"> <li>▪ Use Presence Language, adding the focuser's body, emotion, or felt sense words: "You are sensing...[OR "You are aware of, seeing, hearing, realizing, noticing, remembering, understanding"] something in you..."</li> <li>▪ <i>If the focuser has said a lot about a situation:</i> "...and there's something about that..."</li> <li>▪ <i>If there are two guests:</i> "You are sensing something in you... and you are sensing something else in you..."</li> <li>▪ <b>If the Focuser requests help: Try offering something from the Focuser's list</b> <b>Example:</b> "...you might sense if it's OK just to be with this..." <b>Example:</b> "...maybe you could feel your feet on the floor..."</li> <li>▪ <b>If you sense life-forward energy, reflect that:</b> "...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..."</li> </ul> <p><b>GIVE THE TIME SIGNAL</b></p> <ul style="list-style-type: none"> <li>▪ "...and we have about ____ more minutes."</li> </ul>