

CLASS 2 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, my legs, my seat and the support holding me up, my hands, my arms ▪ Sensing the inner area of my body: my throat....chest....stomach....and belly... <p><i>Invite a specific issue; or what wants to happen; or just sense what wants your awareness now. Pause often so your companion can reflect.</i></p> <p>MAKING CONTACT</p> <ul style="list-style-type: none"> ▪ "I'm sensing [or "aware of, seeing, hearing, realizing, remembering, understanding] 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...or if it feels alone" ▪ "I'm sensing what kind of contact would help it know I'm here" ▪ "I'm sensing something is sending sleepiness (or fog, confusion, etc) <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 letting it know I hear it" ▪ "I'm inviting it to let me know more" <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>If you feel "checked out": ground your feet; breathe into your heart; say your name and the date; say, "I am the space where all this can be as it is"</p> <p>COMING OUT</p> <ul style="list-style-type: none"> ▪ "I'm letting my body know we need to stop soon" ▪ "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" 	<p>SET UP THE SAFE CONTAINER</p> <p>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 minutes signal would you like before your time is up?" <p>COMING IN</p> <p>As the Focuser brings awareness to their body, do the same inside yourself, finding your calm place</p> <p>HOLDING THE SPACE</p> <ul style="list-style-type: none"> ▪ Be comfortable in the silence ▪ Say hello internally to your own feelings ▪ If the Focuser pauses, wait a bit before reflecting <p>REFLECTING</p> <ul style="list-style-type: none"> ▪ Use Presence Language, adding the focuser's body, emotion, or felt sense words: "You are sensing (aware of, seeing, hearing, realizing, noticing, remembering, understanding]" ▪ <i>If the focuser has said a lot about a situation: "...and there's something about that..."</i> ▪ <i>If the Focuser you there are two guests: "You are sensing something in you... and you are sensing something else in you"</i> ▪ <i>If the Focuser needs help finding Presence: "...you might try saying, "I am the space where all this can be as it is" "...maybe feeling your feet on the floor" "...see if it helps to breathe into your heart"</i> ▪ <i>If you sense life-forward energy, reflect that: "...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..."</i> <p>GIVE THE TIME SIGNAL</p> <ul style="list-style-type: none"> ▪ "...and we have about ____more minutes."