

CLASS 5: SPIRITUAL INTUITION

Focuser	Companion
<p>COMING IN <i>Do the lead-in that works best for you, or ask your companion to give you the lead-in you like</i></p> <p><i>Invite a specific issue; or what wants to happen; or just sense what wants your awareness now</i></p> <p>MAKING CONTACT</p> <ul style="list-style-type: none"> ▪ “I’m sensing [aware of, seeing, hearing, realizing, remembering, understanding] something...” ▪ “I’m acknowledging I know it’s there” ▪ “I’m describing it” ▪ “I’m checking the description with my body” ▪ “I’m sensing if it knows I’m here with it...or if it feels alone” <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>At some point (most often in “Deepening Contact” but sometimes in “Coming Out” as you sense for fresh air), a deeper knowing may come.</i></p> <p><i>You may initially reflect a deeper knowing as if it came from something in you, then realize that that does not feel quite right: turning towards it, you can sense it has a different quality:</i></p> <ul style="list-style-type: none"> ▪ “I’m sensing if this feels like it is coming from something in me...or whether it feels more right to say, ‘I’m realizing_____’” OR ▪ “I’m sensing if this might be a deeper knowing, coming from the “bigger me...” <p><i>If it does feel like a deeper knowing, give all your guests a chance to take it in AND to respond:</i></p> <ul style="list-style-type: none"> ▪ “I’m taking in this deeper knowing...I’m sensing if my whole self says ‘yes’ to it... or maybe something in me is not sure...” <p>COMING OUT</p>	<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?” ▪ “Would you like a lead-in?” ▪ [If yes] “Do you have an issue?” ▪ “How many minutes signal would you like?” <p>COMING IN AND HOLDING THE SPACE</p> <p>Offer a lead-in if the Focuser requested one. Then—</p> <p><i>If the Focuser has an issue:</i></p> <p>“...and there’s that whole situation with _____ (or “that wanting to...”)..sensing how that comes in you now...”</p> <p><i>If the Focuser doesn’t have a specific issue:</i></p> <p>“...and when you are ready, sensing what wants your awareness now...”</p> <p>REFLECTING</p> <ul style="list-style-type: none"> ▪ Use Presence Language: “You are sensing (aware of, seeing, hearing, realizing, noticing, remembering, understanding)” ▪ <i>If the focuser has said a lot about a situation:</i> “...and there’s something about that...” ▪ <i>Acknowledge life-forward energy:</i> a wanting, a new energy, something that feels possible now, that didn’t feel possible before ▪ <i>If something sounds like a deeper knowing:</i> “You are hearing something in you saying _____sensing if it feels like something in you...or perhaps it feels like you, the “bigger you”, realize this is true...” OR <p>“You might sense if that feels like a deeper knowing...”</p> <p>GIVE THE TIME SIGNAL</p> <ul style="list-style-type: none"> ▪ “...and we have about ____more minutes.”