

Focusing 2 for Sensitive People

CLASS 6: ADVANCED FOCUSING

Focuser	Companion
<p><i>Offer yourself or ask your companion for the lead-in you prefer.</i></p> <p><i>Focus in the way that suits you, while keeping in mind these 6 Recommendations from Ann Weiser Cornell and Barbara McGavin:</i></p> <p>1—Being in Presence</p> <p style="padding-left: 40px;">“I’m sensing something in me that feels...”</p> <p>2—Going slowly</p> <p style="padding-left: 40px;">“I’m taking time to...”</p> <p>3—Sensing in the body</p> <p style="padding-left: 40px;">“I’m sensing how that feels in my body now”</p> <p>4—Staying in contact with the unclear edge</p> <p style="padding-left: 40px;">“I’m sensing for what is vague, fuzzy, or not yet clear”</p> <p style="padding-left: 40px;">“It’s <i>something</i> about....</p> <p>5—Holding a space for change by being with what is</p> <p style="padding-left: 40px;">“I’m letting it know it can be <i>as it is</i> for as long as it needs to be”</p> <p>6—Whatever feels like “fresh air” is a step, no matter what it looks like</p> <p style="padding-left: 40px;">“I’m saying “Yes” to what’s come and I’m letting it know it’s welcome here too.”</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?” [In person: “How is this distance between us?”] ▪ “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 before your time is up?” <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 style="padding-left: 40px;">“...and there’s that whole situation with _____sensing how that comes in you now...”</p> <p><i>If the Focuser doesn’t have a specific issue:</i></p> <p style="padding-left: 40px;">“...and when you are ready, sensing what wants your awareness now...”</p> <p>REFLECTING</p> <ul style="list-style-type: none"> ▪ Use Presence Language to reflect: “You are sensing (aware of, seeing, hearing, realizing, noticing, remembering, understanding)” ▪ <i>If the Focuser is identified:</i> “You are sensing something in you...” OR “You are sensing it [that place, he, she, etc]...” ▪ <i>To point towards the unclear edge:</i> “...and there’s <i>something</i> about that...” ▪ Say back present emotions (no need to reflect past experiences or doubts about the process) ▪ Say back anything the Focuser says twice or says with emphasis ▪ <i>Acknowledge life-forward energy:</i> a wanting, a new energy, something that feels possible now, that didn’t feel possible before ▪ <i>Check in if something sounds like a deeper knowing</i>