

THREE LEAD-INS

At the Focuser's request, the Companion can help the Focuser bring their awareness into their body at the start of the session, using a process we call 'Leading in.'

A SHORT FORM OF LEADING IN:

Let your awareness come to your body... your arms and hands...your legs and feet... and the contact of your body on what you're sitting on...

And let your awareness come inward, into the inner area of your body: throat, chest, stomach, belly...

And take your time, to invite or sense what wants your awareness now.

A MEDIUM FORM OF LEADING IN:

Take your time to let your awareness come to your body. Maybe first being aware of the outer area of your body, like your arms, and your hands...

Being aware also of your legs, and your feet... Being aware of your body's contact on what you're sitting on... And noticing the support that's there... resting into that support...

And letting your awareness come inward, into the whole inner area of your body, the area that includes your throat... your chest... your stomach and belly area...

And give yourself a gentle invitation in there, like you're saying:

“What wants my awareness now?” Or:
“What wants to come and be known?”

And wait...

(And when you're aware of something, you might let me know.)

A LONG FORM OF LEADING IN:

Take some time to bring your awareness into your body...

You might want to start with your feet, sensing them on the ground...

Now bringing your awareness up your legs, noticing how your calves feel... and your thighs...

Now sensing your hips and buttocks, sensing how they are being supported...

Bringing your awareness up your back...

Now sensing your hands... and arms...

Noticing how your shoulders are feeling...

And your neck... and your head... and face...

Now bringing your awareness down into the whole inner area of your body.

Sensing your throat...and your upper chest... your lower chest... your stomach... and your belly...

Let your awareness rest in that whole area... and gently invite whatever wants your awareness now... and wait...

(And when you're aware of something, you might let me know.)