

## Inner Bonding Buddy Course

### Class Three partnership instructions

#### Setting up the time

- **Speaker and Listener: divide your time equally, leaving a few minutes transition time.** Decide who would like to go first.
- **Speaker decides what to work on: either choose an issue, or simply tune in to what is going on for you right now**

#### Starting the session

- **The Listener adds a new fourth question for the Speaker:**
  1. "Are you comfortable?"
  2. "Can you hear me OK?"
  3. "How many minutes signal would you like?"
  4. **"What would you like from me today?"** (Silent listening? Reflection? Silent listening with reflection upon request? And/or: reminders to breathe into heart?)
- **Listener calculates when to give signal, sets timer, and signals Speaker to start**

#### The session

- **Speaker goes through the 6-Step Inner Bonding process** (see next page)
  - **Start with a minute of heart breath to get connected**
- **Listener accompanies Speaker as requested:**
  - Silent listening, OR reflection, OR some combination of listening and reflection; AND if Speaker has requested it—
  - **Listener senses if/when it feels right to offer a new suggestion:**

**"You might sense if it would be helpful to pause and breathe into your heart..."**

- **Note to the Listener:**
  - **When sensing whether to suggest a heart breath, remember: the heart breath is helpful to strengthen LA Presence and to connect to guidance. Use it sparingly.**
  - **Remember the heart breath is a *suggestion*:** it is up to the Speaker whether to do it or not. If the Speaker does pause to breathe, *join them as they do the heart breath.*
  - **If you are not sure what to do, do the heart breath yourself.**
  - **As always, if Speaker says more than you can reflect, remember you have three choices:**
    - You can gently stop the Speaker and say "Let me reflect that back so far."
    - You can ask, "Could you pause more often for me to reflect?"
    - You can simply choose to reflect back just the last sentence of what the Speaker said.

#### Ending the session

- **Listener gives the signal as requested:** when the signal time is reached, the Listener says, "You have about "x" more minutes"
- **Once the Listener gives the final signal, it is the Speaker's responsibility to finish up** in the remaining minutes of their turn.

#### After the session

- **As always, refrain from commenting on the content of the session**

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### Summary of Class 3 instructions:

- Listener accompanies the Speaker, using the requested combination of
  - Silent listening
  - Reflection
  - Heart breath reminders

### The 6-Step Inner Bonding Process

- ❖ Step 1: Be willing to feel your feelings
- ❖ Step 2: Move into the intent to learn
- ❖ Step 3: Dialogue with your Inner Child and Wounded Selves
- ❖ Step 4: Dialogue with your guidance
- ❖ Step 5: Take loving action (or imagine taking action and see how that feels)
- ❖ Step 6: Evaluate the action (or the imagined action)