

Level 2 Crib Card – Class 3

COMPANION

1. "Are you sitting comfortably?"
2. "How many minutes signal would you like?"
3. "What would you like from me as your partner?"
4. "Would you like me to lead you in?"
5. (if yes) "what kind of lead-in would you like?"

Leading-In...*(feel free to adapt and change; follow along in your own body, leave pauses, speak slowly and gently)*

"So take your time to let your awareness come into 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 with what you're sitting on... And noticing the support that's there... resting into that support... And being aware of your breathing, letting it deepen if it wants to...

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

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

"What wants my awareness now?"
(or "What wants my awareness about that issue?") And wait.

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

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FOCUSER

Coming In

Let the Companion know if you want a Leading In, and if so, what kind of Leading In you would like.

Making Contact

"I'm noticing something...."

"I'm acknowledging this something"

"I'm sensing how it would like me to be with it."

"I'm finding the best way to describe it."

"I'm checking the description with my body."

Deepening Contact

"I'm seeing if it's OK to just be with this."

"I'm sitting with it, with interested curiosity."

"I'm sensing how **it** feels from **its** point of view."

"I'm sensing if it has an emotional quality."

"I'm letting it know I hear it."

"I'm open to any more it wants to let me know."

Coming Out

"I'm sensing if it's OK to stop soon."

"I'm letting it know I'm willing to be back"

"I'm thanking my body and my body's process."