

Go ahead and answer the Companion's four questions as it feels right.

Then begin Focusing in the way you already know.

When you come to a place where you sense your process needs something, ask your Companion to give you an invitation (reminder).

For example:

"Could you give me a reminder here?"

"I could use an invitation now."

This time you don't need to say what specific reminder you want (although you can if you prefer).

If the invitation (reminder) you hear isn't one that fits, tell the Companion what you would prefer to hear.

As in past weeks, if you are just describing how you feel, your Companion will reflect that back to you so you can check it inside.

This week it is also OK to give yourself reminders. Notice the difference between giving yourself a reminder, and receiving one from your Companion.

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- (1) "Are you sitting comfortably?"
- (2) "How many minutes signal would you like?"
- (3) "What would you like from me as your Focusing companion?"
- (4) "Would you like me to lead you in?"

- Reflect unless the Focuser asks for a reminder.
- When the Focuser asks for a reminder, give one. You may not know for sure what reminder would be right, but just use your felt sense and what we learned in class to make your best guess. It's OK to have your handouts in front of you.
- Use "cushions" like:
 - "You might..."
 - "Maybe you could..."
 - "Take your time..."
- After reminding, wait again...
- After the Focuser speaks, reflect again... and keep going on this way.