

E. Coming Out

Sentences preceded by OR are alternative ways of making the same suggestion. Words in {brackets} are alternate words.

And we have about {five} more minutes...

OR In a little while we might need to begin looking for a comfortable stopping place...

So you might check in your body if it's OK to stop soon, or if something more wants to happen{come} {be heard} first {before we stop}.

And you might acknowledge what has come {what's here now}

[Sometimes:] Take some time to sense any changes that have happened in your body, especially anything which feels more open or released.

[Sometimes:] You might take some time to sense if there's a word or symbol or metaphor or movement that would capture how this feels, so it's something you can come back to.

[Sometimes:] You might take some time to sense back over what happened in the session, sensing for what feels important or you'd really like to remember.

And just let it know that you're willing to come back (if it calls you).

{You might sense what kind of contact it would like from you, even after the session is over.}

See if you'd like to thank and appreciate your body and the parts that have been with you.

OR your body and your body's process.

OR all the parts that came.

OR your process and all that's come.

[if needed:] **Leading Out**

Let your awareness expand to include the room around you, the sounds outside you, and when it feels right, let your eyes come naturally open.

OR Take some time to bring your awareness slowly outward again, feeling your hands and feet, being aware of the room and the sounds outside you, and when it feels right letting your eyes come naturally open.