

NOTE TO GUIDE: Bring your awareness into your own body, follow along with what you're suggesting. Speak from the lower part of your body. This will help you slow down and get the timing right. Also practice sensing the Focuser, where they are, when they're ready for the next suggestion. [brackets] indicate phrases for the longer version (ie for new people or if people need longer to get inside)

{curly brackets} indicate alternative phrasings.

"So, take your time

to begin letting awareness come into your body.

Maybe first being aware of the outer area of your body—
your arms, and your hands.

[Noticing what your hands are touching, and how they feel.]...

Being aware also of your legs... and your feet...

Noticing what your feet are touching, and how they feel....

Bringing awareness up through your legs, your lower legs, your upper legs...

Being aware of the contact of your body on the chair {couch, what you're sitting on}... Letting it support you. Letting yourself rest into that support...

[Bringing your awareness up through your back, sensing your back... Sensing your shoulders, your neck, your head on your neck... and letting movement come there if it wants to... And being aware of your head, and your face...]

"And then letting your awareness come inward, into the whole inner area of your body, into the whole area that includes your throat, your chest, your belly {stomach and abdomen} {stomach and below}.

And just be there.

Let your awareness rest gently in that whole middle area.

[And any part of your body may be calling for your awareness, and that's OK, and we'll just *start* in this middle area, throat, and chest, and belly.]

*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?"

{or "What feels ready for some company?"}

and then wait.

[and when you're aware of *something*, you might let me know.]

{alternate if the focuser is working on an issue:

*And remember that issue, [that whole issue about _____,]

and invite your body to give you its feel of that whole issue right now

{and take some time to sense how your body feels with that whole issue right now}

{Take some time to invite your body's sense of that whole thing about _____}.

and then wait.

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