

APPENDIX 3

EXAMPLES: LEAD-INS & LEAD-OUTS

Beginning of a Focusing session

The 6 Questions:

1. How is the distance between our chairs? (unless using video conference).
2. Is the volume of my voice right for you?
3. What would you like me to accompany you today?
4. Would you like an alert before the session ends?
5. Would you like a lead-in?
6. Do you have a theme you'd like to explore, or just see what comes up?

FOCUSING LEAD IN - Attunement

Sample LEAD IN 1

Take a moment and feel yourself here in this place.

Look at three objects around us, not so much naming them, as seeing their shape, color, and texture.

Close your eyes if that is comfortable for you. If not, please keep them open.

Feel your breathing in your body.

Listen to whatever sounds you can hear.

Now feel your feet. Feel the support under your feet.

Feel your hands and forearms. Feel the support under them.

Feel the support of the (chair, couch, ???) under you and behind you.

Let yourself settle into these supports.

Now sense your outer body -- your head, neck and shoulders... your arms, legs and torso.

Let's go inside.

Scan the inside of your head for what sensations may be there.

Scan the inside of your throat for what sensations may be there.

Scan your upper torso – shoulders, chest and back.

Scan your middle torso – stomach and diaphragm.

Scan your low belly.

Now give your attention to whatever sensation most wants your attention.

Let it know you are aware of it.

Adjust the closeness of your companionship to suit what you are sensing.

When you have connected with something, give some minimal narration about what you are experiencing to bring me in with you.

Sample LEAD IN 2

Please sit comfortably so you have space to breathe...

Close your eyes and settle in...

Become aware of the room you are in, its sounds, smells and its atmosphere...

And become aware of yourself and how you are today, here getting ready for your session...

Then slowly turn your awareness towards your body, sensing your feet on the floor...

Becoming aware of your legs, including your knees and your hips...

Sensing your seat and the support of the chair that you are sitting on....

Now bring you awareness towards your hands...

See what they are touching and how it feels.....

Sensing your arms, elbows and shoulders...

Bringing awareness to your back and neck...
Becoming aware of possible tension, you might feel...

Then becoming aware of your head and face and the whole front
of your body....

Now slowly turn your awareness inward into your body...
Into your throat, your chest, your abdomen and your belly...
Into this whole inner area there....
Being HeartMIND IN PRESENCE with all of it...

Then gently give yourself an invitation in there, like you were
saying:
“What wants my awareness right now?”

And if there is something, you might let me know....

Focusing LEAD OUTS - Ending

Sample Lead Out 1

Companion reflects the last said:

.....ah, there's this sense of.....

...and we have about 5 more minutes. There's plenty of time..

- a) to stay with this a little longer.
- b) to see what wants your awareness before we end this session.

(Leave the Focuser enough time to really be there a little longer...don't rush)

Ok... now before we are going to end this session, let's see all the parts that
have come up for you in this session and all the information you have
received.

Holding those parts find your own expression of gratitude for your body's
wisdom.

Then slowly...

(after a regular session)

a) bring your awareness towards the outer parts of your body, your feet..., your legs..., your seat..., your back..., neck..., and your head. Become aware of your arms and hands. Now sensing the chair you are sitting on and its support for your body. Bring your attention to the room you are in, with its sounds and smells.

And when you are ready, you can come back to the room and open your eyes.

(after an intense session)

b) take a small step back, bringing just enough distance between you and this whole thing to be able to still hold it. Now bring your awareness towards the outer parts of your body, your feet..., your legs..., your seat..., your back..., neck..., and your head. Become aware of your arms and hands. Now sensing the chair you are sitting on and its support for your body. Bring your attention to the room you are in, with its sounds and smells.

And when you are ready, you can come back to the room and open your eyes.

Thank you!

Sample Lead Out 2

Alert. "We have about 5 more minutes (in 25 minute session)"

"We are coming to the end of our session. Perhaps you might like to go inside again and see if there is anything else that wants to be said or wants our attention...."

(With 2 minutes left) "If you wish you can thank the parts of you that have shared their perspectives and needs with you." (You might "name" the parts by function or sense).

"You might assure the parts that you will stay connected to them and give them attention as they need it."

You might want to thank your HeartMind for holding all of this experience and inter-relationships."

"Feel yourself in the support of the chair/sofa/etc."

"Feel the supports under your arms and feet."

"As you are ready, open your eyes and let yourself slowly return to the room."

Phases of the Focusing process

1. Settling In
2. The Lead-In
3. Coming In and Finding a Felt Sense
4. Holding a Felt Sense, Dwelling, and Emergence
5. Following Emergence and Checking Back
6. Naming and Working with Senses and Parts
7. Shift
8. The Lead-Out
9. Closing