



# Zen Focusing

**A Contemplative Way  
to Intimacy and Wholeness**



The Zen  
Garland  
Order

# LESSON 4:

1

## The Role of The Companion in the Focusing Process

The Companion is here to:

- ▶ Maintain the agreed-upon format of the work together.
- ▶ Support the focusers self-inquiry and process.
- ▶ Bear witness.
- ▶ Connect empathically, emotionally, intellectually and bodily, listen “with ears all over the body.”
- ▶ Being with the focuser with complete bodymind engagement.
- ▶ Keep the focuser in the Zen Attitude and HeartMind Presence with what they are experiencing.
- ▶ Intensify the focuser’s experience by reflecting essences of their process back to them.

# LESSON 4:

2

## The Beginning of a Session – a Verbal Contract

- ▶ How is the distance between our chairs? (or the framing of our video if online conferencing)
- ▶ Is the volume of my voice right for you?
- ▶ What sort of companioning do you prefer?
- ▶ Would you like an alert a few minutes before the session ends?
- ▶ Would you like a lead-in?
- ▶ Do you have a theme you'd like to explore, or just see what comes up?

# LESSON 4:

3

## Companion's Role Once Session Has Begun:

- ▶ Non-verbal expressions like “Mmmm,” “Ahh,” “Yes,” to let the focuser know you are there.
- ▶ Plain Reflection – reflect with the words the focuser has used.
- ▶ Paraphrase – reflect with a slight, nuanced change in the focuser's formulation in an effort to capture a more precise specific meaning, giving the focuser an opportunity to check-in.
- ▶ Reminding – to suspend judgment and criticism and offer interest, curiosity, and compassion to whatever arises.

Merger can happen when the focuser is becoming too self-critical, guilt-ridden, intellectual, negative.