

Grounded Aware Presence GAP

1. Centre attention at your base (grounded), head (aware), and heart (presence)

Settle your body, bring awareness inside your body, drop thinking, bring awareness into your torso

2. Finding the felt sense

Assume an attitude of friendly attending

Notice what your body is holding – “something” or “something in me” or ask “what wants my attention now?”.

Or start with a situation. Recollect the situation freshly for a minute or two

Drop the story line

Sense for the feeling beneath the feeling

3. Bringing the felt sense into focus.

Describe its felt qualities using a word, phrase, metaphor, image or gesture.

Resonate – does the description fit? Does the felt sense like it?

4. Empathic inquiry – Pose a question and wait for the felt sense to respond

What makes it feel so? _____

What is the worst part of all this? _____

What is it fearing? _____

What is it wanting or needing? _____

What is it not wanting? _____

Perhaps you can sense it from its point of view? _____

Perhaps you can see if there is a forward step? _____

5. Appreciate what came

Notice and receive any small steps, felt shifts and insights

After receiving, ask inside, “Is there more?”

Choose to stop for now (journal or draw)

Thank your body

6. Transitioning back to the world

Return to a sense of grounded, aware, presence

Gently open your awareness outward

Notice and freshly appreciate your surroundings

Sense your own presence within and also in your surroundings

(From David Rome)