

What does your body know about a question you want answered?



Focuser – choose a meaningful issue in your life. Something you are moderately attached to but can stand back from a little.

When you have a question or are curious about something you can check inside and notice if your body knows more than your mind.

Get into pairs and each person has a turn

Listener: Bring to mind your question?

Now encapsulate this in one sentence and write this down.

Focuser: after writing the sentence down say it to your listener.

Listener: Reflect back what your partner has said. Using exactly her/his words – no judgements (no agreeing or disagreeing) – not offering any suggestions. Change nothing except the work “I” into “you”

After the listener has said it back Ask the focuser: To take a moment to check if the words fit?

Does the original sentence you started with still seem right?

Or has something changed or shifted?

Focuser: If something has changed let your partner know.

Listener: reflect back again.

Do this as many times as you need until the words feel just right.

You may notice that of its own accord, the issue changes as you perform this matching procedure. Let both sides the issue and the words do whatever they do until they match just right.

When you get a match that seems right between the words and your meaning....

Pause and notice how your body holds this whole thing now.

You may want to write this down.