

Allowing a felt sense to emerge – Taken from Focusing with the Your Whole Body
– Addie van der Kooy and Kevin McEvenue

- Take a moment to notice your connection with your environment. Welcome the support from the ground (and chair if you are sitting) and give your body all the time it needs to open up to this support as it realizes it doesn't have to hold itself up anymore.
- Sense the whole body, perhaps starting from the feet up. As you scan your whole body, welcome all the parts in your awareness, so that you can gradually have a sense of “all of you” present in your consciousness.
- Now take a moment to sense how it is to feel your whole body held and supported. What happens inside when your body recognizes it is being held and supported?
- Notice if there is any movement that wants to happen as the body readjusts itself in the knowing that it is being held and supported by its environment. Welcome this movement and give the body all the room it needs to come more alive in this way.
- When you are ready, you may want to ask inside: “How am I right now, the whole of me?” You are inviting your body to give you a sense of what it is to BE in this particular moment, supported by the environment. A sense of YOU, separate from anything else.
- As you enjoy this sense, bodily sense of YOU separate from anything else, you may gradually become aware of parts of your or parts of your life that want your attention. So there is a sense of “me here”, grounded in your own Presence, and a question “what else is going on?”
- Now simply wait for whatever wants to come. Something may have already presented itself or when it does give it permission to be there. Give it the breathing space to be even “more” in whatever way it needs. It may be a physical sensation. It may be a sense of a specific posture, the stirrings of a movement wanting to happen or some image or work that points to some issue or vague feeling that wants your attention
- See if you can welcome whatever comes, welcome it just the way it is, with openness and curiosity as to why it is there and what it needs. You may need to reassure it from time to time that it's OK for it to be there and let it know that you are willing to hear what it has to say.
- Whatever comes, just receive it without judgment, without any need to do anything other than to listen to it within the context of the whole body sense of You. You are a container grounded and supported by your environment that

creates a safe and solid place to receive what wants to be heard. This makes it safe for you and the part that wants to tell you more about itself.

- Also be open to more things wanting to present themselves. By giving attention to one thing more places inside may awaken and want to connect up and move. For example, inviting a pain in the shoulder to be even more present may actually intensify the pain, or it may begin to expand and reach out to other parts that are involved with the story of the pain. Make room for such meaningful and intentional movements inside
- Keep giving your consent to what is unfolding and arising from the body's own knowing. The places that open up in this way know exactly what they need for themselves as they expand and connect with the whole of you.
- If you don't feel safe, simply go back to the body sense of your Presence. You can always choose to withhold your consent to what wants to unfold if you don't feel safe anymore.
- When it feels the process is coming to a natural resting place, you may want to make and nurture what happened. Or if you are approaching the end of your available time, invite your body to come to a resting point.
- You may want to thank the part or parts of your body for having had the courage to open up and present themselves to you. You may also want to thank yourself for having been willing to dialogue with those parts