

Use short form whenever you have a feeling that is clamoring for your attention. Also use it when you just want to check in.

- a. Ask yourself, "what feels like it most needs listening to inside me right now?" Take time to notice what that is. Notice where you feel it and how it feels in your body.
- b. Then ask yourself: "Is it OK to be with it right now?" If the answer is yes, continue with (c) and (d). If the answer is "NO", ask, "Can I be with my feeling of not wanting to be with this?" If this is still not acceptable, then ask: "What can I be with?"
- c. If the issue is one that doesn't feel good, sense if you can give it some caring-presence.
(If this place feels so hurting, scary, stuck or blocked that you want to run away, then take some time to create a caring-feeling openness, gentleness or kindness in a way that can feel that presence from you: e.g. hold it like a crying child, use a word or phrase that is soothing. Put your arm around it or place your hand on the part of your body where you feel this part most.)

Notice how it feels to be with it this way. Then ask yourself:

- d. "Can I let myself feel the whole thing in an open, gentle way, waiting for something to come – a word, a feeling, a physical sensation, an image, a memory – that fits the way it feels?" If the answer is YES go to (e) if "NO" Ask yourself: Is it OK to be with the feeling of not wanting to get near it?"
- e. If something comes, notice how this feels in your body (don't just try to figure it out with your head). If it's OK to continue, Stay with the body feel of whatever came, allowing your inner story to unfold until it feels right to stop
- f. If nothing comes, or you have to stop before finishing, always promise this unfinished place that you will come back to listen again. If it helps, ask whatever feels incomplete inside: "How do you need me to be with you until you are ready to tell me your story?"
- g. If something has unfolded, take time to notice the difference in how it feels now as contrasted with how it felt when you started. Allow time to savor and especially note the body-feel of that change. Finally, you might want to linger in gratitude with the feel of this gifted movement before stopping.