

Feeling a Feeling Practice GYM:

1st step: Ask client to close eyes & put their attention on the inside of their body. Have them scan inside their body to find the location of their most salient sensations. Have them calibrate this matrix of sensations (feeling): X/10

2nd step: Allow any intense, overwhelming feelings (larger than 5/10) to expand and take up space outside their body. Encourage them to allow anything that is over 5/10 to move out of them, so they clean out what's not theirs.

ie: ask them to un-enmesh: BREATHE IN and collect all the energy/attention that got scattered and focussed outside their body (worrying about other's thoughts/feelings), call those scattered bits of you home with in breath.

Then BREATHE OUT and give explicit permission to let go of whats not theirs. Imagine all the energy, programming, shame, guilt, should floating out of you back to their owners.

3rd step: Recalibrate X/10

Use any regulation tool to consciously ground to calm & generate safety in CNS (resourcing), ie: connect to earth and imagine your life force as your fav. color flowing up into you as strength and resource.

4th Step: Scan inner body for most salient sensations left, recalibrate X/10, hang out, love on them until they soften with your loving attention

5th Step: Interview sensations for wisdom/ breakthrough insight, indicated action, only listen to the loving guru voice within, take that info seriously, as if it was the most important directive for your success

Coach to client:

1/ Coach to client: “Think about an issue that you really want shifted in your life” (<6/10)

The client’s job is NOT to tell the coach anything about their story/ issue at all. Only to track their own inner feelings they have about the issue, silently.

Coach asks client: “Are there any feelings around this that are wanting to be attended to?” Client & coach work to focus on inner feelings, NOT outer story/ explanation/ context.

We’re trying to do some magic coaching w/o any story whatsoever.

2/ Inner Scan: Have the client close their eyes and scan their inner body, ask them:

“As you think of this issue, where are the most salient sensations in your body -what shape, color, texture, location, motion?” Calibrate X/10

3/ Release: Ask client to open their body and allow any aspects of that feeling energy to float out of their body and take up space outside them in the room...that’s all the energy that wasn’t theirs and needs to go back to their owners, give permission for that energy/feeling/ expectation/ obligation/ shame to float out through a door or window up to the sky and return home to its owner (no need to know whose it is). Then invite the client to fill their body with their own light energy/ life force, or their favorite color. Have their life force fill in the gaps left as the energy from others floats out of them

4/ Honor & Interview: Calibrate client sensations X/10, Then ask client to: “Send ‘reverential curiosity’ to that specific area of your body where you feel the most

internal sensations (as you think about this issue)". Have them relate to that area of their body as if the feeling is a guru or zen master, and have client ask that body area "What are you trying to show me, what are you trying to teach me, I'm listening"....see if any profound words, simple message, visual image, epiphany arises (body wisdom will always sound loving and clairvoyant). This message is the client's next most important growth step to practice for success in all areas of their life, and help them integrate the message.

If no message arises, have the client continue to be with, honor and attend to the sensations in their body so it gets the attention it needs. This alone is VERY healing & will reduce the sensation of tension.