

Demo & Questions

Breakout in groups of 3: 1 coach, 1 client, 1 witness who times 14mins

Coaches:

- 1/ Feeling: Ask partner to tell you about a <6/10 feeling that's currently alive for them (delight, joy, anxiety or worry, sadness, anger, upset)
- 2/ Where: Have them close their eyes & locate the phy. An aspect of that feeling in their body
- 3/ Release: Invite them to let the feeling float out of their body (front chest, top of head, or into the ground). Whatever leaves were not theirs, what's left is natively theirs (maybe 0% left)
- 5/ Re-check: Have them check the same body location for reduced intensity X/10 (ask about color/ texture/ shape, they can use metaphors)
- 6/ Safe Attn: Have them send loving, reverential curiosity towards the sensations (so that part feels safe), and imagine sending white healing light to that area
- 7/ Interview: Have them ask the sensation-laden area of the body: "What are you trying to show me, what are you trying to teach me?" & listen w/open-heart
- 8/ Wisdom: See if any insight, wisdom, epiphany arises from the body (will sound wise, like a guru offering)