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A Guided Focusing Exercise for **Saying “Hello” to “Something”**

(A FREE downloadable mp3 file version of the exercise is available at: <http://snipurl.com/mp3hello>)

Fill in the blank [using as few words as possible to “name” the issue you’re wanting to explore].

I have been having an issue with _____.

So... Hoping you're sitting comfortably (or standing, or even lying on the floor)... If there's something you're holding in your hands, or your lap, you might want to consider setting that down for awhile....Taking your time to simply pause.....and check into how you are in this moment.... Letting your body show you how it would like to be even more comfortable..... And beginning to be more and more aware of your whole body....Finding a sense of your arms and hands, your legs, your feet.....Being aware of how you're sitting.....And how you're supported.... Sensing your body's contact on what you're sitting on.....and allowing yourself to rest into the support that's there.....

And to kind of slow down, inviting your awareness to come inward, toward your inner world, your inner sensing.....your body-heart-mind.....Being aware of your breathing - with no need to change anything.....just noticing how it is right now. Sensing in that whole inner area that includes your throat, your chest, stomach and belly.....So you're just kind of arriving, within yourself, within your body-heart mind. It's not so much those specific body organs or locations, but kind of that whole inner field.

So you have how your body's supported, your whole body, and then coming inside, sensing in there. And maybe first taking time to sense how you are, right now. Not just how you are - "I'm fine"—not just the first level of how you are, but that level of how you are that's not so easy to describe.....that's more like a texture, or a feeling quality, a tone.....

And if you're feeling maybe distracted, or like it's hard to come inside for some reason.....noticing that.....And maybe just saying a gentle Hello to whatever is distracting you.....Acknowledging whatever seems to be between you and coming into Presence with yourself.....Just acknowledging that.....and then noticing if that acknowledging lets you come into yourself again, more fully.....

So, in that inner area, remembering that issue, that concern you've been having. Maybe saying to yourself a sentence or two about it. Like you're remembering what happened.....And then imagining that you're taking all of that, all that's included in that, and not trying to think about the details of it, but just calling it "that whole thing," "all that," or "what happened."

And then asking your body for a sense of it.....As if to just say, "How am I with all that... right now?" or "How am I with what happened... right now?" Letting go for awhile of all the words, all the ideas, all the ways you could have explained this, letting go of all of that, just letting your body give you the feel of it.....And that could come in images, or movements, or memories. It's still from your body.....It's still here and now.....

And then, letting one word come back, and that one word is "something." Seeing if it would feel true to say, "I feel something..... Something is here."...

And then once you can say, "I feel something, something is here," then describing it. Describing it freshly, as if you'd never felt it before.....And noticing whether with the descriptions you offer, you can get a feeling of "yeah, that fits just right," or "maybe it feels partly right, but there's more.".....Just noticing.

And checking again, noticing what you're still being aware of in your body. Noticing ... "Does it feel like I'm just being with what's here, without judging it, or evaluating it, or reacting to it?" Just being with it....with interested curiosity....as if you'd never noticed it before..... Without needing to blame anything or anyone for causing it. Gently letting go of "the story" surrounding all that.....And if not, then saying Hello to something in you that is having a reaction to it. Noticing what happens when you say Hello to something in you that has a reaction to this.....Noticing if when you say Hello, you feel something.....whether something shifts inside.

And, if there's still something that feels like judging or evaluation or reacting.....noticing again your outer body - how it's sitting and how it's being supported....maybe even wiggling your fingers or your toes...noticing your breathing.....and then dipping back inside.

And this something that you're feeling, noticing if it can be OK that you don't quite know what it is yet, you're not quite sure how to describe it yet. And noticing if you can feel that it is somehow about that situation.....It's somehow from that, or connected to that.....And noticing if you can feel that there's more to it....That if you stayed with it longer, there would be more.

And, in a moment, we'll bring this exercise to a gentle completion. And first, taking a moment to acknowledge what's come.....and inviting one last thing to come if it needs to be heard.....And also maybe just thanking your body. Taking a little time to thank and appreciate your body-mind and its process. And letting your awareness slowly expand to include the room around you.....

Want / Need more individualized help?

Schedule a 1-1 Guided Focusing Session

What you can expect:

- Receive respectful, confident, unobtrusive guiding throughout the process
- Feel deeply understood and understand yourself more deeply
- Experience some movement or fresh perspective on your issue or problem, even in one session
- Get some ideas to continue the process on your own and/or in further sessions

<http://askmehouse.com/irf/guided-focusing/>