

Focusing Instructions: Short Form

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For the Focuser: Short Form

- I'm bringing my awareness into my body
- I'm sensing for what wants my attention now OR
- I'm noticing what I become aware of as I think of this issue
- I'm waiting until something comes into my awareness

- I'm taking some time to feel it in my body
- I'm starting to describe what's here
- I'm acknowledging what's here just as it is
- I'm sensing how it would like me to be with it

- I'm settling down with It
- I'm keeping It company with interested curiosity
- I'm sensing how It feels from its point of view
- I'm letting It know I hear it

- I'm sensing if there's something more that wants to come and be known before I stop
- I'm taking some time to sense any changes
- I'm letting It know I'm willing to come back
- I'm thanking my body and all that came