

## Clearing a Space – Guiding Suggestions

Allow your eyes to close (or lower them) so that you can pay better attention to your body

Notice how your feet are making contact with the floor. Notice how your body is making contact with the chair. Notice if it's even on both sides. What sort of pattern would your body leave on the chair? Now notice your breathing, observe your breath going in and out of your body. (You can do a body scan if it is helpful)

Become aware of your body from the inside. Allow your attention to rest inside your body. In that area which includes: your throat, chest and lower abdomen.

In a friendly, gentle way you can ask yourself:

- *“Is there anything in the way of me feeling really good”*
- *“What are the issues in my life that are bothering me”*
- *“What wants my attention now”*

Say hello to it.

Then *check and see what would be just the right distance between you and it* you might imagine setting the whole issue with the feeling aside. Perhaps, put ‘it’ on the floor in front of you, or on a bench beside you or out side of the room or on an island in the middle of a big ocean. Using whatever image or metaphor feels right to you. Checking where it might like to go. And if you find you can't set it aside, that's ok too. Just be with it in any way that feels right for you.

Allow your awareness to come back into your body and sense *and just see how it feels inside without that issue, maybe there's just a little more space.* Or perhaps you could ask your body “How would I feel inside if I didn't have that whole issue?”

Stay for a moment with the feeling that results from having found some distance from that issue. And now in friendly, gentle way, once more place what is bothering you on the outside. Do this until all your issues are on the outside.

If you sense that nothing is standing in the way of your feeling all ok right now, then sense into whatever is there for you and spend some time becoming familiar with that.

Now bring your attention back into your body and sense *how it feels inside without those issues, maybe it's just a little clearer in there, maybe a little more space...lighter, warmer. Just notice how it is for you –notice it ... and welcome it if that feels right.*

We have placed aside some of the issues of our everyday life. Some of things that you set aside may need some attention a little later. If there is something like that for you maybe let it know that you'll come back to it. Gently bring your attention back into this room. After you have cleared the space, you can choose one thing to Focus on now (adapted from Jane Quayle).