

## Co Presencing

Way of the Warm Heart Class July 19 2020

### Some notes on Co-Presencing.

Co-presencing is informed by processes from various practice communities that involve the offering or sharing of interhuman attention with others.

**1--Focusing** - the felt sense, and Focusing Attitude [www.focusing.org](http://www.focusing.org)

**2--Transparent Communication** from Thomas Hubl.

Here is a 20 minute video about some of the mystical principles behind this:

[https://www.youtube.com/watch?v=1n\\_edmKhwjc](https://www.youtube.com/watch?v=1n_edmKhwjc)

<https://www.transparent-communication.com/> You can see the general principles from this link even without going to the paid materials.

**3--Stephen Busby's work** <https://www.guidanceforlife.info/>

He offered a few public retreats this year and last year

### **4-Constellations:**

Camille Adair has described this as "representing ourselves".

She adds: "I had a sense that we are each a unique system - waiting to be seen, and given a place of belonging."

### A few other descriptions:

A. It feels as if our encounter is an offering - a kind of prayer, in a way:

- showing up,
- centering,
- making the intention to be of service (either out loud, or quietly offering ourselves - in the spirit of "How do You want to shape us/create with us today?")
- Then opening, tracking and allowing the energies and movements that come in response to each other and to our intention....

Those of you familiar with Constellations can recognize the similarity to a "blinded" constellation:

- We enter into the shared field of the Zoom room or in-person, feel what we feel, and follow our movements.
- We don't know what we are 'representing' or supposed to do, and we do not have to know that.
- We just show up, offer ourselves into the space and time, allowing a larger Field to direct the encounter. We follow our movements.
- ongoing checking for consent/trustworthiness. Does this feel ok? What is showing up? Can we honor our impulses and hesitations?

[B.This description was adapted from some writings of Terra Brooke:](#)

-We often **pause and allow time to feel, allowing fresh formation, what is arising now**

-focus on what arises in the mind, body, and what emotion may be there including numbness .

-we notice what we have an impulse to share, which may not be in words.....

-We offer things into the space and don't give one another advice, although we might ask a question that does not require an answer, but may open something in the space.

-share it **knowing it is a reflection of the energetic field being explored and is not personal.**

-Sometimes, we feel different energies which we call representing something, and these are also included .

It is not personal but an interesting unfolding of what is arising to be seen and may become meaningful over time.

C. We show up, and we presence what is there in the field.

What comes is different each time.

Sometimes, we shift through 3-5 different 'relational asanas' in one session.....

-It may be a support role of offering love and care to a young place in someone else.

-It may be sharing nervous systems, feeling the energy circulating through all of us, rather than staying in our separateness. Allowing a joy or suffering to have space in our 'shared body', open and release....  
It may be a welcoming of intensity that was previously judged, and feeling that energy integrate in their system.

-It may be a sense of being present and 'blown away' by the goddess energy coming from someone, and just appreciating and encouraging it, without trying to interact with it (the experience was between her and Her, not me, and that felt very clear)

-It may be a delighting in interactive sharing, mutual attunement, energetic membrane contacting energetic membrane....

-and others.....

D. A very rough map of the territory:

Often, what shows up first is distress, trauma, stuff.

So we may direct our attention towards difficult 'stuff', that gets in between us and our full functioning. As we do this, the difficult material may untangle, decompress, release, or be carried differently within our systems.

This is the essence of many **support and therapy processes.... Healing work.**

We can also presence lovely and expansive experiences - this brings us into the realms of **Positive Psychology.**

In presencing with others, at times it seems that, **“If I hold/be with you, it (the stuff) can flow through.....”**

And, under that, is soul.

Sometimes, we can let ourselves open or sink into our Soul Nature, deep qualities of being, more central to the ‘bardos’ of difficult and lovely stuff.

As if the difficult and lovely realms are what comes out of our fountain. We can follow the fountain as it flows into these expressions, or, we can point upstream, towards the source of the fountain.... Towards soul/essence/.....

When soul meets soul back and forth in the transmitting and receiving each other directly, something profoundly magical and powerful can occur.

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E. Two descriptions of fascinating (unusual) occurrences during shared spaces of attentional encounter

<https://whatsustainsme.com/nayowith-2/> has two 10-minute videos of conversations/interviews by a Focusing-oriented therapist friend of mine. One occurred in a Wholebody Focusing session years ago; one occurred in February at Findhorn in a private retreat with Stephen Busby and 8 others.