

I Group – Brainstorming

- Re-owning exercise (taking back mind, body, feelings)
- Move awareness from right to left...who is moving?
- Tolle exercise – bringing awareness into every part of the body
 - I = whoever it is that you are
 - I = the container – holding
 - I = if our buttons are pushed, the one who is pushed
- Why is I important?
- I feel more authentic, more alive and connected when I am aware
- When I am holding more of myself, I am more alive
- I have a freedom to choose
- Exercise: choosing; choice point
- I is who you are, always and ever
- I feel like I'm getting to "more" of who I am when I am containing more
- What are you experiencing right now?
- Contracted = survival; connected = more authentic, feeling more of my experience
- If distinct from any content, you can hold any content without being afraid of being destroyed.
- I exist no matter what is going on
- A past experience of being not swamped can be referred to when swamped
- Clients: give them the experience, so they can learn to trust it.
- "watch your thoughts"
- Companion, mirror
- Bigger companion = self
- On the journey helps calm and soothe; I'm not alone in the churning – the self is helping the I come forth – "footprints in the sand"
- There is no experience of I
- Trainer needs to be able to break apart the concepts
- "More or less" I.
- Bring them into the present moment
- You, as guide, knowing this; knowing that you are helping them include more and more and they won't be blown away, and it can be trusted.
- Guide not treating them as their problem
- "essence"
- "centered" – RA did not recognize "center" as a term synonymous with I (pure center of con. and will); it is a place of balance
- Can I be more or less in touch with myself?
- When we tweeze it apart, we lose the energy
- Given that there is not experience of I, how can I develop an experience of the I
 - What do you experience? Can you contain your experience?
 - If you help them increase your awareness
 - Think about times when you were swamped; who is the you that experienced this?
- More your awareness – who is moving the awareness?

- Take in your body – aware of feelings/thoughts/the person next to you; who is the container?
- Begin with experience; ask them; call them out
- In the experience, include choosing
- A funny thing happened on the way to the I