



Guidelines for INOWT Meditation Buddy Work:

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Notice and take Response-ability for what you are learning.
In Buddy work you are literally co-creating your experience.

Responsibility of the MEDITATOR:

It is your responsibility to aid your buddy and let them know what helps you or hinders you. Notice if you feel uncomfortable with this. It means it is an important growth area for being able to express your truth....

Experiments and suggestions can be modified or completely ignored if they do not serve you or deepen your experience. After each mediation, you will note and track yourself, as to what stage in the process you are able to get to and whether or not you came 'full circle'. Be honest, it will help you find 'starting points for other meditations. TRACK yourself and watch for repetitive images.

Responsibility of the BUDDY:

TAKE NOTES; Write down the meditators initial intention and whatever they say during their process. After they are done with their own process of journaling they may appreciate you reading back your notes so they can write down anything that is important to them.

As a buddy, accept, honour and trust your own feelings. Be honest, if you are uncomfortable with the meditators' feelings or images and find it difficult, start to judge or try to 'help or fix' or you are being 'triggered'. Your acknowledgment is a great gift in the process. It is a teacher of present moment awareness and Truth and your acknowledgment builds TRUST.

NOTE it does not matter how much time you take to recognize or communicate your feelings or insights. Often we do not notice our uncomfortable-ness right away. The point is being aware of it and communicating it at ANY TIME.

The type of support you offer is very important. The meditation is not about your 'logical' understanding. We are not interrogating or probing, we are supporting another to fully experience their inner world. When we offer support by way of questions, its important the intention is either to a) clarify what you heard the meditator says or to deepen their inner experience by posing questions in and around the metaphor they are experiencing. We don't need to understand it, fix it or change it.





Questions, Experiments and Suggestions:

Questions, experiments or suggestions relate to the metaphor, image or sensation the meditator is experiencing. Eg. if the meditator is experiencing 'spinning'... and can't seem to stop... ask them about the spinning. A natural question might be: What direction are you spinning – how fast, sideways, up, down? Etc.

- ✓ "Can I make the suggestion of ..." or I have an idea for an experiment"

GUIDING Comments and Reflections:

- "Key WORDS to watch for: I **"Think** **"Try**" or **Trying'** to **DO** something

If these words arise or you feel that the meditator is stalled or stuck try these statements:

- ✓ I notice you are 'thinking' because I heard you say...
- ✓ I notice you are really trying to do X, are you able to let go of trying and see what happens? Just be curious, notice and watch.
- ✓ Repeat back key words or feelings.
- ✓ Invite them to feel X more fully
- ✓ "What do you Notice?" or What are you aware of now?"
- ✓ Encourage play by being playful Yourself.
- ✓ Remind them: in a meditation anything can happen. Remind them that they can ask questions to any of the images' in their meditations.
- ✓ "Good Awareness"
- ✓ "REMEMBER to "Accept, Honour and trust"
- ✓ Keep Breathing, Breath makes space, as you breath into what your body is presenting it is able to move.
- ✓ Laugh with them and Cry with them. Feel. The process is a wonderful journey into the breadth and fullness of being alive.

Watch for NON-VERBAL Cues.

- Facial Expression
- Body Twitches or holding
- Breath. Watch for erratic or shallow Breath
- Deep Integration Breath.

*A Meditation is complete or has come **FULL CIRCLE** when there is a resolution to the pinnacle/'conflict/fear or struggle that occurs within. REMEMBER TO 'CHECK BACK" to an original intention or other important aspects/images within the meditation. eg. If the first focus was a body ache or pain, check in with that – is it as strong or completely Gone?... If the original intention was an image see if the image has shifted or changed. This will give you a clue as to the level of resolution that has occurred.

