INside-OWT Individual Focus Sheet.

As we use the principles in the process of I.N.O.W.T we approach any aspect of ourselves – a difficult emotion, situation, illness, or symptom like a friend, with quiet presence, openness, acceptance, honour and respect. We listen and observe.

Below are ALL possible starting places for an INside-OWT Journey. Whatever draws your attention most strongly is a good place to start. Breathe & bring your awareness to the energy/feeling/images & observe.

- ✓ **Sounds** (inner or external) eg. Inner ear clicking, birds, washing machine, music. Let it remind your of an internal 'pattern
- ✓ **Images internal or external.** eg. I kept dreaming of Lions and seeing them in my bathtub tiles/magazine images.
- ✓ **Symptoms & Illnesses** Anything. eg. ***Migraine Headaches, Colds,*** Back Pain, Blood Pressure. Jaw stiffness etc.
- ✓ **Statements** Positive Affirmations or words that draw your attention repeatedly.
- ✓ **Memories - Flashbacks**
- ✓ **Body Sensations— aches, dizziness, nausea, stiffness, etc.**
- ✓ **Smells that invoke a memory or feeling**
- ✓ **Dreams.** Any portion of a dream one image or feeling is sufficient.
- ✓ **Human Need List**
- ✓ **Feelings List**
- ✓ **Arguments, annoyances and avoidances.**
- ✓ **Images, Feelings or Memories of God, Spirit Guides, Pets, Family Members - Ancestors or those still living.**