

Jessie INOWT Example March 2011.

J = Jessies' responses

S= Summers' guidance/suggestions and 'experiments

Summers Notes: are Notes about using INOWT and why I did what I did in that particular instance that were not a part of the actual dialogue/session

INTENTION: Being Present, Showing UP for Myself.

J: Instant Feeling of Fear.. Oh my god I hear a whiny voice – a cranky little girl. .. “No. I don't want to, its to hard” ... Under the fear is – I'm not Good Enough.

J: Instant Image. Me under 10 years.

I have my back up on a wall my knees drawn up , arms tucked on knees, face buried in my hands. It's a sad Black and White picture.

j: I have a sensation that my head is attached to my neck and I'm bordering on hysteria – Begging and Angry. I have a sense of my mom in a room somewhere.. I could never get it right or be enough. I put my hand on my neck and head instantly feels soothed

J: I try to pick her up I a rocker, cradling her on her lower back – *sending her the message shes' enough... but she is stiff... J'm confused.*

Summer NOTE: Notice the word “TRY” in the above sentence This is one of the indicator words that she has jumped to her head.... (Jessie is stuck because sending the message she is enough is CONTRIVED!!! – Jessie is a Counsellor and has been trained to offer a message of this nature i.e) send the message she is enough)

(Although the intention seems 'good' it is still a method of 'force or fixing or what I may call a psychological 'trick' or a typical psychological or clinical counseling method. The result (the child being stiff) is a clear indication that Jessie is not being present, not trusting and is a subtle attempt at forcing or fixing the child and into feeling something she does not) (Using the process of INOWT, We NOTICE and OWN and are WILLING to pay or simply observe the child with Acceptance, Honour and Trust. So I redirect her to FEELING.

S: Check in and she how she feels.

J: OH!.. She's stiff. OH! She needs to Move. She really likes her Shawl and to have it on her body... I have a feeling of INTENSE TENSION and Confusion and ***I don't know what to do with it.***

Summer NOTE: Jessie does not opt to skip out or avoid the feeling - but a) notices and b) OWNS she doesn't know.... and stays with observing and trusting.

S: Experiment. She what the little girl knows.

J She doesn't want to be interrupted dancing. (NOTE: J: Changes my 'suggestion)

J: O.K now, when I ask the Tension what its doing...

Tension: I'm always Here, I Help you. I am the part that's alert and aware and on guard – hyper vigilant. I feel it on my neck – it's a defensive stance – not trusting. Part of me believes the world is not safe.

S. Good AWARENESS:

J: Sudden Image Shift. I'm baking bread at my house and have a slight headache (Tension) Part of me wants to Scream and my niece is home and sleeping... It's a familiar tension and ***I want relief I want to resolve it , and do something with it.*** I have a Low tolerance. I get an image of shedding my skin. The skin is alive and grey and hanging on to my head – its pulling. And says "Your not going anywhere"

I can't breath , its suffocating and in my face. Let me go ... let me go.. (STRUGGLE)

_____Pause what might 'YOU do?

S: Experiment. See if there is any relationship between how hard you struggle and how hard it hangs on to you:

J: As soon as I stopped struggling, it slipped right off. Felt just right. **SHIFT**

j: Now I see myself hugging that part of me that was alert and hyper vigilant (Thanking it)

J: Feels like being honoured, I'm ready to retire... like a dignified military person...

J: I'm tired too – I'm ready to lighten up.

J:He's Glad the War is over. (END OF STRUGGLE)

S. "CHECK BACK" Check in with the little girl..

J: She is Dancing AND Giggling

S. Check in with your neck and head tension

J: Tension is Gone.

S. Get your Journal and write down whats important to you feel free to draw the girl or the retired military man.

J Wrote the words: Decorated with Diligence, Bravery, Perseverance, commitment, Reliability, Loyalty and ready to be relieved of his duty. I see Energy and light in colour... Summer Note: VS Black and White image at the beginning. A clear indication of an Energetic Shift.