



## NATURALLY OCCURRING INOWT MEDITATION PROCESS STAGES:

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**I: Immersion or Intention:** Meditator starts with an intention or focus: (Buddy, Remember to note this so you can “Check Back” )

**N: Notice and watch your Internal Movie:**

Meditator goes through series of image and/or feelings by “following the energy trail”.

**O: Own it: Struggle or conflict:**

Presented with feelings of Fear, Doubt, sadness or feelings otherwise usually avoided.

Goal is to refocus on feelings, sights, sounds – ABSTRACT qualities and Breath... observing how the energy shifts and moves as we observe without judgment.

**Potential STALL:**

Meditator may feel stalled: Meditator may be thinking about what is going on or just be stuck.

Goal is to refocus on feelings and remind of the initial Intention. Find the ‘sticking point’ which is a judgment or thought. Play with it. Sometimes a playful conversation about judgments and thoughts helps to refocus.

**W: Willingness to Play**

**Ideas for PLAY:**

Ask the feeling to become an image

Imagine becoming the image yourself

Just Breath and Watch.

Ask the image a question and watch.

Invite other images or helpful ‘guidance images if they are willing to appear.

**T: Trust THE SHIFT:**

An awareness or shift is followed by sighs. OH!... laughter... and/or often tears.

Usually an inner shift is followed by an “Integration Breath” **“Check Back”** is the term used for *When a buddy or witness can invite the meditator to ‘Check Back’ to the original intension, place of struggle or image. With ‘Checking Back you can confirm a shift and ‘check’ whether meditation has come ‘full circle’ which means the intensity or feeling inner struggle or conflict has significantly changed/transformed.*

**AFTER A SHIFT:**

**Expression of Gratitude:**

After ‘Check Back’, a buddy or witness can invite the meditator to remember what was most important, and to express gratitude or appreciation for their inner resources.

**Journal and Dialogue**

The process of journalling/drawing and dialoguing reinforces the meditation, transferring our inner knowledge to your daily life and often brings about further insights.



# Following the Energy Trail: INOWT Tracking Sheet

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**Immersion** is setting your intention to immerse yourself within your inner being.

MY INTENSION or Focus was: \_\_\_\_\_

Q: How easy was it to immerse yourself into your being this time?

NOTES:

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**Notice** what is in your present awareness and 'follow the energy trail.'

WHAT was in your energy Trail? What images or themes emerged?

NOTES:

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**Own it.** These means to accept and acknowledge whatever the energy trail presents despite how our logical mind wants to dismiss, judge, avoid or discount it.

How is it for you to 'watch your internal movie... What do you notice about yourself? Is there anything you find difficult to accept or acknowledge?

NOTES:

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**Willingness to Play.** The 'energy trail' is open to questions & games. It is not bound by rules of logic.

NOTES: Was there anything surprising that occurred?

NOTES: What things did your buddy do that was helpful to illicit play (ie) what experiments did he or she offer? What was not helpful?

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**Trust.** There are no right/wrong or inappropriate 'answers.' When we Trust our inner guidance system, an interior struggle, repulsive image, or painful feeling becomes a gift of awareness via a surprising shift of thought and/or change in feeling. In INOWT this Shift is called Full-Circle.

\* Trust is perhaps the most important and perhaps the biggest obstacle when a person practices INOWT. Part of trusting is accepting what 'stage' of meditation you are able to achieve. The process is about progress, not perfection. INOWT is about listening to oneself, about the progression of being willing to hear and respond to one's inner truth. By accept and honouring your truth in the moment, transformation occurs. \*\*If you want to be anything or be anywhere other than you are in life, including wishing you could have come full-circle you will continue to 'go in circles' instead!

NOTES: What else did I notice about myself during this process

