

## Experiment 4: Feeling me in us - a reflective practice experiment

### Background

This is a practice for exploring your relatedness: me being me, you being you, both of us being ourselves within 'us'. There are many options. 'You' can be a person, a group, a community, ... 'Us' can be a partnership, family, group, workplace, community, ... all that is, ...

This practice evolved from noticing that I was straining to get an outcome, as I was driving to work, and then exploring experientially, as I continued driving, how to have a different relationship to my wanting and what might be, or come to be, occurring. I have found it a great support for kindness and gentleness (towards myself, towards us) in many contexts.

Often, when we shift to thinking about relationships, we focus on ourselves *and* the people we are relating to – me *and* you. Sometimes we use the frame 'me *and* you *and* our relationship' – where 'relationship' seems to lie *between* us, i.e. when the word 'relationship' is pointing to a felt sense of a *connection* between us. Both these frames invite sensing us as separate from each other, then exploring our coming together.

'Feeling me *in* us' orients in a different way. It orients from each of us sensing into our own experience of us being *us* – togethering – and explores being me *in* us, and being you *in* us.

### Research questions, interests

What do we find when we are letting our experience of being-us be basic?  
(In contrast to letting our experience of being separate be basic.)

Exploring 'being me' and 'being you' as they ... arise in ... express ... come from ... fall out from ... 'being us'.

### Methods

The short form of this practice is in bold, in the left hand column below. The notes in the right hand column may help you get a sense of the experiential moves the practice instructions are pointing towards.

Experimenting with this practice initially, explore it slowly; moving at a pace through the exercise that feels sensuous and easy. *Very slow* movement with heightened sensitivity to one's own process as it is occurring, and an interest in process not in outcomes, is a very good foundation for learning.

Use the practice instructions as a scaffold to support you in your own explorations. Orient from your felt sense of your own process. Follow instructions that feel helpful, and put aside, or revise in some way that suits you, instructions that do not feel helpful ... Let yourself be led by your curiosity, letting go of any sense of *obligation* to follow the practice instructions ...

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| <b>1. Entering into Focusing ...</b>                                   | In any way that is familiar and comfortable ...<br>Relaxing quietly into being here, clearing a space if you need to, ... relaxing into being present and ready to do some exploring ...   |
| <b>2. Let any 'me-you-us' you feel like exploring come to mind ...</b> | Let any being-together you feel like exploring more deeply come to mind ... noticing as you do so your sense of 'me', of 'you', and of an 'us' that feels relevant ...<br><br>'Us' can have many horizons in this practice.<br>A workplace or a work situation<br>A living together (domestically, as being-friends, as ...)<br>A family, an extended family, a community<br>A town or village, a city, a country, our planet, ...<br>An 'all-that-is', all beings, the Is ...<br>Let horizons that fit the exploring and carrying forward that you imply come ...<br><br>'You' can be a person, a group, a community, ...<br><br>'Us' includes, encompasses 'me', I am <i>in</i> us ... |



Take your time ... If multiple possibilities come to mind, sense into which 'me-you-us' you would most like to sit with now ... (Like Gendlin's 'Clearing a Space', you can touch in with each possibility in a preliminary way, noticing which relating you feel most drawn to sitting with now ...)

[If you are practicing with a partner, there is no need to name your 'me', 'you' and 'us', or identify them in any way ...]

### 3. Letting a felt sense of 'us' come

Gently bring to mind the 'us' you will be exploring in this session ..., an us 'me' and 'you' are in ..., and exploring, savouring your sense of 'us', letting a felt sense of 'us' form ... whichever 'us' is right for the exploring you would like to do now ...

Take the time to sense clearly into 'us' ... feel the presence of (a felt sense of) 'us' ...

Let your felt sense of 'us' become clear, letting a handle (phrase, image, kinaesthetic sense, ...) come that resonates with your *felt* sense, ...

### 4. Feeling Me in Us

'Feeling' = felt sensing: we are letting a felt sense of me-in-us come.

Kindly, lovingly,  
feeling *me in us* ...

'Us' includes, encompasses 'me', I am *in us* ...  
I am a presence in us.

Letting a felt sense of  
me-*in-us* come.

(Check that you are not subtly making 'us' something 'other', something you are outside of ... if you find you are, gently explore shifting back to sensing 'us' as a presence you are *in* ...)

Sitting with it,  
savouring it,  
learning from felt  
sensing this, in usual  
Focusing ways ...

What comes for you as you sit with your felt sense of me-in-us ...?

Explore, wonder, ...

Some possibilities to play with if you would like some suggestions:

- let a sense of the *whole* of me-in-us come ...
- let a sense of the *me* in me-in-us come forward ...
- let a sense of the *us* in me-in-us come forward ...
- sensing all about this, what stands out for you most?
- what edges are you curious about?

Sensing into 'us', you may become aware of  
'me' ... your agendas, hopes, implyings ... your being a felt sensing being ...  
your sense of your presence-in  
'us' ... the lives crossing with your own, the being-us that comes with being  
together ... togethering, tensions, a kind of whole ...

Receiving what comes as you 'sit with' your sense of me-in-us with kindness,  
gentle curiosity...



#### 4. Feeling You in Us

'Feeling' = felt sensing: we are letting a felt sense of you-in-us come.

Kindly, lovingly,  
feeling *you* in *us* ...

'Us' includes, encompasses 'you', 'you' are *in* us ...  
We are *both* presences in us.

Letting a felt sense of  
*you-in-us* come.

(Checking again that you are not subtly making 'you-in-us' something 'other', something you are outside of ... if you find you are, gently explore shifting back to sensing 'us' as a presence you are *in* ...)

Sitting with it,  
savouring it,  
learning from felt  
sensing this, in usual  
Focusing ways ...

What comes, sitting with a felt sense of you-in-us ...?

Explore, wonder, ...

Some possibilities to play with if you would like some suggestions:

- let a sense of the *whole* of you-in-us come ...
- let a sense of the *me* in you-in-us come forward ...
- let a sense of the *us* in you-in-us come forward ...
- sensing all about this, what stands out for you most?
- what edges are you curious about?

Sensing into 'us', you may become aware of

'me' ... your agendas, hopes, implyings ... your being a felt sensing being ...  
your sense of your presence-in  
'you' ... their agendas, hopes, implyings ... felt sense-able depths ... your  
sense of their presence-in  
'us' ... the lives crossing with your own, the being-us that comes with being  
together ... togetherness, tensions, a kind of whole ...

Receiving what comes as you 'sit with' your sense of you-in-us with kindness,  
gentle curiosity...

#### 5. Holding the Openness

Sitting with felt  
sensing into me-in-us  
and you-in-us and  
simply holding the  
openness, letting  
whatever comes  
come ...

Sitting with all of  
us  
me-in-us  
you-in-us,  
holding the openness ...  
letting whatever comes come ...

#### Ongoing experimentation

When it feels easy, welcome, joyful, or interesting, (and only then: not when this feels uncomfortable or unwelcome), during the coming week,

let yourself notice your felt sense of  
us  
me-in-us  
you-in-us  
as you relax into conversation ...

Let kindness, gentleness infuse and underly what you do. If you feel a soft 'no' to something you are doing or are about to do, pause, back up, and freshly consider what is actually forward for you here ...

