



Somatic Inquiry Process

Intention

Simply to “hold space” for the other – shifting from seeing the other as someone that needs “fixing” or someone you must “help” or “advise” to SIMPLY JUST BEING present with the other.

By active listening we go on a journey into the land of the other. We help the other track their sensations somatically. It is our presence that assists the other to go deeper and to stay present to his/her inner process.

This can be done as a partner exercise. It is a great practice to do with your LDT buddy (In addition to the regular LDT Buddy Check-in Protocol), when you have more time. You can either take turns, or you can do this in a way where just one of you is the facilitator and the other is the “client”.

Instruction

Set Up

Sit opposite each other, either in person or over Skype. You can also do it over the phone without visual contact. Have a timer, setting it for 10-30 minutes.

(If you are doing this in partners, divide whatever time you have in half, so that both people get equal time.)

Partner A starts, closes her/his eyes and turns the attention within.

Partner B’s primary object is to BE PRESENT and hold space.



Partner A just reports what is going on inside in a monologue fashion.

Reminder When we hold the space without commenting, guiding, approving or disapproving the other person feels held by pure and non-judgmental awareness and unconditional love. This is very POWERFUL.

HOW TO INQUIRE

Grounding/Presencing

Partner B helps partner A to get grounded, present, and to find a place in the body that feels good. (Resource)

Sharing

Partner A shares something they are present to in their life right now that is somewhat challenging. (If doing it the first few times, make sure this is not too challenging) The sharing often starts with the explanation of something (i.e. I am sad because this and this happened, or angry over this and that, or my mind is chattering over this and that situation at work, etc...)

Somatic Tracking

Once Partner A has shared this, Partner B guides Partner A to SENSE THIS IN THEIR BODY. From talking "about it" which is the first step, Partner A is now invited to turn towards the experience itself. Remind them to USE SENSE WORDS! (i.e. I notice my chest is tight, there is a heaviness in my belly, an emptiness in my solar plexus).

Helpful Questions

Partner B, after some time, or when a longer gap has gone by, can ask:



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- “Where and what are you noticing right now?” (Ask for sensations, characteristics, qualities, etc.)
- “Where in your body do you feel and sense that? What are the sensation in the body?”
- “Does it have a size, shape, temperature, color, texture, beginning/end?”
- “Is it moving or still?”
- “Does it have edges?”
- “What happens next?”
- “As you sense that, what do you notice next?”
- “Say more about that.” (Be open to images, memories, affect [emotion], and behaviors, all of which may be subtle signs of activation and discharge.)

Following the Sensations

Partner A stays with the sensations as much as possible and then follows the changes in those sensations and keeps reporting this to Partner B. If an emotion occurs, Partner A is encouraged to stay with the emotion (i.e. they might cry, experience a wave of anger, or fear, etc.).

Completion/Orienting/Resourcing

When there is about 2 minutes left partner B lets partner A know “You have 2 more minutes...”

Then partner B asks partner A to open their eyes and orient to the space they are in, possibly finding something on the outside or inside that is a resource.

When the time is up, Partner B lets partner A know. “Our time is up now. Thank you”

If You are Taking Turns: Switch roles now.



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