

Acknowledging IT

I'm noticing there's a little stiffness in my neck, and I'm acknowledging that...

Acknowledging helps you move into Self-in-Presence, the You that is bigger than any need, as you make contact with something in your awareness. It begins the relationship in which you, the Focuser, are developing an environment through which this inner part of you can feel safe enough to communicate with you.

Every time you acknowledge something, you are strengthening Self-in-Presence.

Ah, yes, that's there... and oh, it's easing a little

And take time to notice how acknowledging feels before you go on. It is important that you don't just say the words "I'm acknowledging it". Can you tell that IT feels seen by the bigger you? Acknowledging is actively sensing how it is for that which is reaching out to communicate with you. If there is no change in your body, then you are probably just passing by without really acknowledging.

Use Acknowledging:

- At the beginning of a session thoughts or sensations already here
I'm acknowledging that's there.
- When something new comes
I'm acknowledging this has come here now.
- If there's more than one thing, acknowledge each one
I'm acknowledging the heaviness in my shoulders and I'm acknowledging the buzz around my head.
- If you feel overwhelmed, overloaded, cluttered, confused, notice quantity
I'm acknowledging this is so overloaded it might burst any moment.
- When you feel something really vague, faint, or unclear
I'm acknowledging something is here.
- If something feels too intense, scary, big
I'm acknowledging how very big this is.

Typical Difficulties:

1. If it feels hard to acknowledge it, this means another part of you doesn't like what has come in some way. And this needs to be acknowledged too.
2. Acknowledging the something that wants this to change. This is not You.
3. When acknowledging physical pain or painful emotions, it is especially helpful to pause and notice how it feels after you've done so. Also be sure to sense whether there is also something there wanting to make the pain go away and acknowledge that too.