

The Now Technique© Self-Awareness Process

The Now Technique is a *dynamic non-doing*. We are not willing, manipulating or controlling ANY aspect of our experience (breath, feelings, images, thoughts, etc...). We are just gently shifting our attention between the parts without forcing or changing. Imagine *sensing* with great attention, not making choices or judgments--simply sensing, feeling, seeing, etc. Use the hand diagram as a tool to see how you move effortlessly from one sense to another while maintaining an awareness of The Inner Presence.

Here is the basic process, so that you can do The Now Technique on your own.

First, describe the issue that is bothering you as clearly as possible.

Examples:

- a. I worry about my husband's working situation.
- b. I am angry at my mother because she _____.
- c. I have pain in my chest.

Second, what is my experience of the issue NOW? (This is the *real* issue, your experience or perception of it!)

Experience/Perception Examples:

- a. I am panicking and totally confused.
- b. I am worried, confused and guilty about not knowing what to do with her.
- c. I am really afraid that something bad is going to happen to me.

Third Begin the Process:

First Round: Bring your full attention to the issue and ask yourself the following questions:

- How is my breath Now that I am focusing on this issue?
- What body sensations am I aware of as I focus on the issue?
- What emotions/feelings am I aware of as I focus on the issue?
- What images come up in my mind in relation to the issue?
- What thoughts am I aware of as I focus on the issue?

End first round

Second Round: What is my perception of the issue Now? How I you experience the issue NOW? (The perception of the issue NOW becomes the issue on which you are going to do the second round.)

- How is my breath Now that I am focusing on this experience?
- And, as I hold the breath in awareness, what body sensations am I aware of?
- And, as I hold the body sensations in awareness, what emotions/feelings am I aware of?

- And, as I hold the emotions/feelings in awareness, what images come up in my mind in relation to it?
- And, as I hold the images in awareness, what thoughts come up?

End second round

Third Round... What is my perception of the issue Now?

Fourth, Repeat a round of questions until the answer is: "I am clear now, aware, free."

Kindly note: When you are feeling or sensing something in the body, it can be very helpful to place your hand on the area or body part where you are feeling or sensing the issue. You can also return to the breath as you feel you need to. This model is flexible, so follow your intuition.



Worksheet #1 - Inquiry

This is a meditative inquiry process. Observe the elements without engaging in judgments, interpretations or stories. Note your observations with as few words as possible. If you cannot sense any given element, just continue with the others in the cycle

Remember to inquire with: COAL = Curiosity, Openness, Acceptance & Love (Siegel, 2010)

5 Elements:

What is the quality of my **B**reath now?

What **S**ensations am I aware of now?

What **F**eelings am I aware of now?

What **I**mages am I aware of now?

What **T**houghts am I aware of now?

Observations:

(Example)

shallow, constricted chest, hot

heaviness in heart

grief

my mother

I miss her

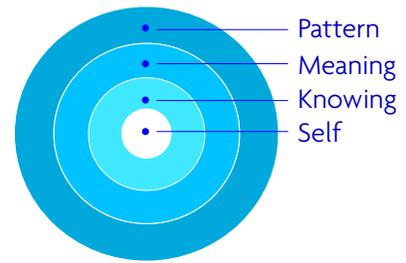
(Now continue below. We have abbreviated the elements to give you more room to note observations.)

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| S | |
| F | |
| I | |
| T | |
| B | |
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(Do more cycles on the back if you need to, until you perceive the emergence of a PATTERN. Once you have a clear, succinct pattern, continue on Worksheet # 2 – The Questions.)

Worksheet # 2 - The Questions

COAL: Curiosity, Openness, Acceptance, Love



Note the **PATTERN**.

No Pattern? Simply return to the elements again, and go through them.

Once you have noted the pattern, count the instances of it in your life. They needn't be chronological, just allow them to arise in consciousness.

Count aloud or silently (no stories).

Note the **MEANING** once the pattern is clear.

Notice beliefs and justifications for continuing the pattern. Be the observer of the pattern.

As you become aware of this meaning, you are further integrating body/heart/brain.

Note the **KNOWING**.

This is not a belief or justification, but an experience of knowing at the deepest level. Allow this knowing to arise. It may arise now or later.

Rest and receive the gift of your session.

There is nothing to do, just BE.

1. The **Pattern** Question:

“By becoming aware of the sensations, emotions, images and thoughts, do I recognize a **pattern**?”
Count the related instances, images or memories in which you recognize the pattern.

2. The **Meaning** Question(s):

“What does this pattern mean to me?”
Or, “What is the meaning I have attached to it?”
Or, “What does this pattern say about me?”
Or, “What is the meaning of this pattern?”

3. The **Knowing** Question:

“Now that I have recognized the pattern and I understand the meaning I have attached to it, **what is it that I really know, in my heart, gut or soul about this pattern and its meaning in my life?**”

4. Rest in the **Self**.