



Where Do I Put My Attention: Life or Pain?

Chapter 12 or 13: Liberating Ourselves and Counseling Others



Breakout Room (1): Think of a situation (stimulus) that you have worked on before and that never seems to move or go away. The stickier the situation, the better. Write the stimulus down as concretely as possible.

Stimulus (What happened?)	
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Breakout Room (2): We will have approximately 30-40 minutes per person.

- The processing person will begin by naming the stimulus.
- The guiding person will guide the processing person through steps 1 through 11 with presence.

Welcoming the Jackal Show

1. **Listen to** your thinking. Enjoy and **embrace the “jackal show,”** allowing any reactions (judgments, anger, etc.) to come into awareness. Express these thoughts aloud. Write them down.

Differentiate the thoughts (jackal thinking) from the observation:

2. Repeat your thoughts with energy. Feel them in your body, embody these thoughts (e.g., “I’m not good enough.”).
3. Repeat them again, prefacing each thought with the phrase: **“I’m telling myself that…” or “There is a thought that…”** (e.g., “I’m telling myself that ‘I’m not good enough.’” Or “There is a thought that, ‘I’m not good enough.’”)
4. Notice how you feel in your body now:
 - Do you notice a little distance between you and the thought?
 - Do you experience your thoughts as something separate from yourself?
5. Repeat the original stimulus. Notice how it feels in your body now.



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This is not a linear process, but rather a dynamic and organic one. The processing person can move from one dimension to another, focusing on what is alive right now.

6. Vulnerability

What are your **feelings** around the stimulus? What **need** is up for you?

Do you notice a vulnerability as you shift your attention from your thoughts to feelings and needs?

What are you yearning for?

7. Yearning

Is there something familiar about the sensations that come up? Have you felt this way before?

Is it a young energy/feeling?

(As you sit with this energy, you might imagine a young child coming to you with this feeling.

Can you see/imagine this child? How would you welcome this little one? What would you do?)

8. Mourning

Stay with the mourning until you feel a shift or relaxation in the feelings. If another jackal is stimulated, repeat this process (empathize) and simply sit with the feelings/needs (orphan).

9. Beauty of the Need

Now focus on the **fullness** or **beauty of the need**.

- Imagine what it would be like to have this need met. Or recall a time when it was met.
- Sense/feel the value why this need is so important and precious to you.
- Describe the experience of the beauty of this need to your partner.
- Immerse yourself in your awareness of this beauty.
- Feel the energy in your body. Notice any feelings/needs that come alive.

10. Test

From the energy of the beauty of the need, bring the original stimulus into your awareness. If you find yourself re-stimulated, you may want to repeat the above process, inviting unvoiced and unheard thoughts (jackals/orphans) to surface. If you find some relaxation, you may want to make a request (see step 11).

11. Notice any **request** you might have of yourself. What actions, internal or external, would you like to take to meet your beautiful need(s)?

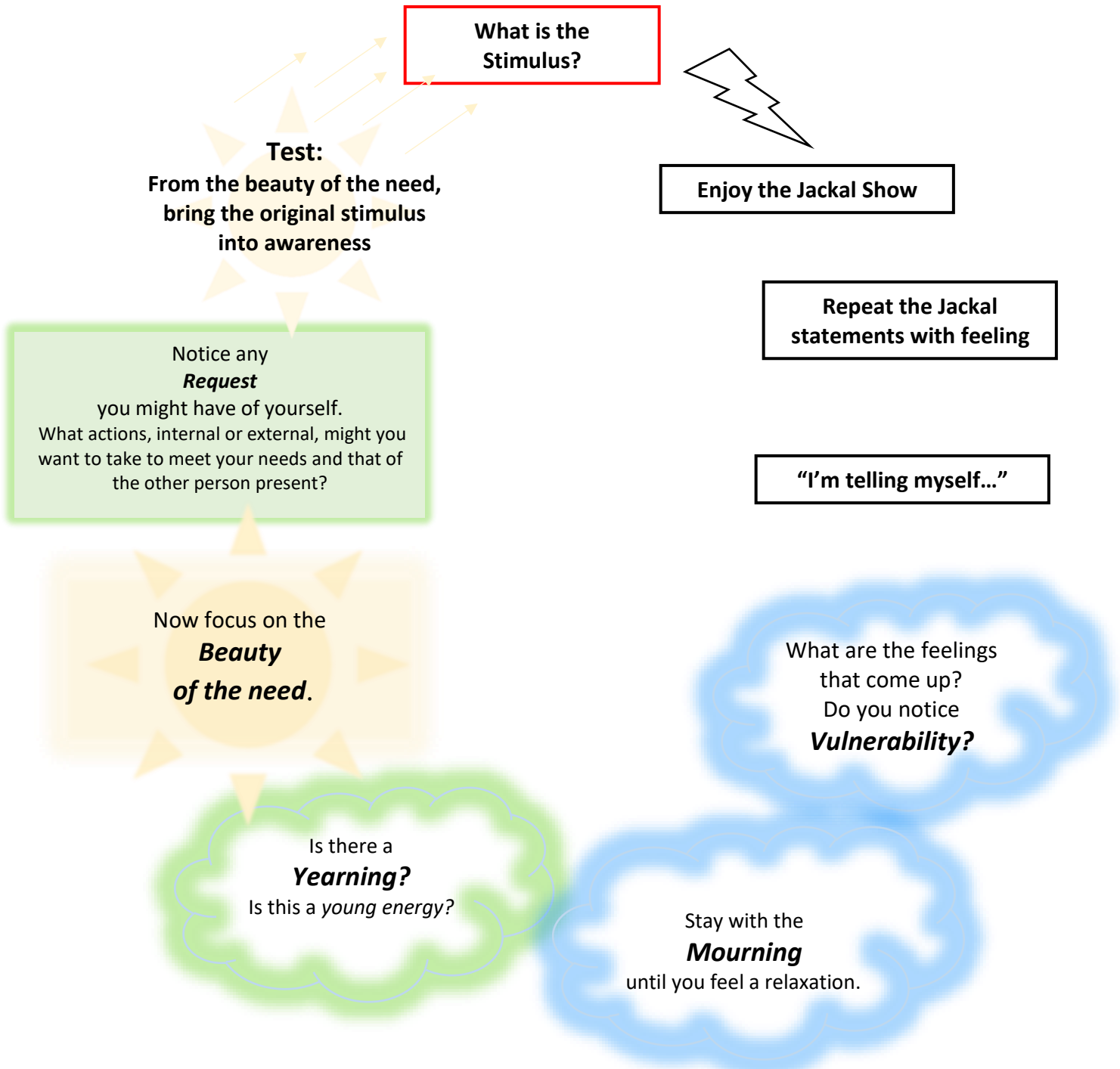


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Stepping Stones Exercise

In this exercise, we work with the experience we call **Unmet Needs**, welcoming the pain and exploring the beauty.



Transforming of the Pain of Unmet Needs into the Beauty of the Needs Process developed by Robert Gonzales and adapted with permission by Mary Kay Reinemann



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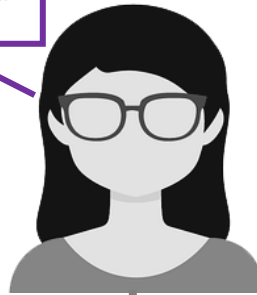
From Robert Gonzales, we learned:

The beauty of wholeness and fullness of our needs are present even if the need is not fulfilled or not met. It's the beauty of the unmet need.

Notice what it's like to turn our attention to the **beauty of the unmet need** even though it's not fulfilled in the experience or in the relationship.

If I don't connect to the beauty, then I'm connected to "the lack."

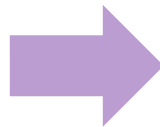
"Something is wrong here. I have to fix it. This isn't right."



My mind says, "Something is wrong here. I have to fix it. This isn't right."

My mind judges myself or the other person. Any time my mind is judging myself or telling the story that this is not right or enough, then I'm in the "lack" or "deficiency" state of consciousness.

Lack of...
Deficiency
Pain-centered consciousness



Fullness
Wholeness
Life-centered consciousness

CHOICE

① Where is my attention: life-alienating consciousness?
(Pain-centered)

② Where is my attention: life-enriching consciousness?
(Life-centered)

The three qualities that come from this process are **clarity, compassion, and empowerment to move forward** in deep self-connection and by meeting needs. So now, where would you put your attention to any given stimulus?