

#1 PRESENCING TOOL

WHAT IS THIS TOOL?

A collection of visualization exercises that help the storyteller access a state of embodied presence. The gift of this state is that the storytelling can respond from a place of minimal bias.

WHAT IS THE ROLE IN RESTORATIVE STORYTELLING?

Before the storyteller speaks, they need to be attuned to the room. They want to serve the room as it is rather than what they believe the room "should be". To do this they need to be embodied and present.

HOW DOES THE TOOL WORK?

To become present in their body, the storyteller shifts their attention away from their conscious mind and its way of assessing the environment. They do this initially by shifting the mind by engaging the imagination. The imaginative exercises help the storyteller become aware of their body, and then better open their awareness to sensory information through smell, hearing, taste, touch, balance, wellness, temperature, and energy. They ultimately feel present in the here and now, and can better attend their environment and what is happening.

HERE ARE THE PARTS OF THE TOOL IN BRIEF:

CHOOSE AN IMAGINATION

Options for imaginations include a chrysalis, whale logging and the "rock plant"

START WITH ONE SENSE

Depending on the imagination, one of the senses will be the most appropriate place to start.

INCLUDE OTHER SENSES

include as many senses as possible, often leaving the sense of sight for last. Our brains prioritize sight.

ENJOY THE FEELING

To enjoy the experience will better insure you will continue to use the tool.

WAYS TO IMAGINE

PARTS OF A PERSON

- People are part rock, plant, and animal.
- The rock is the physical, mineral part. Our bones and skin.
- The plant is the life part - the growth and wellness.
- Transformations happen in the rock-plant of a person.

ROCK-PLANT

- Feel your body, your bones, and your skin. Feel the physical.
- Feel the energy moving through your body.
- Keep it simple: stay with sensations.
- This is physical and energetic - the place where habits are formed.

CHRYSLIS

- In between the caterpillar and butterfly is pure potential.
- The chrysalis is contained and protected.
- It is all magic and possibility with no labels.
- The goo that is inside has no agenda - it is merely present.

SLEEPING WHALE

- When whales sleep, they are upright and still.
- Half of their brains are asleep, the other is present.
- They feel the entire ocean with their skin.
- They hear everything with their skin.