

Unat we're up



Pulse Check

Agilities In depth

Frictors

Subtracting the Frictors (Techniques)



Demo of 2 Techniques



Calling forth your own development



Pulse Check



What have you evoked since our last session?
What happened as a consequence of that 'evoking'?
What are you now aware needs to be evoked?



The 6 Agilities

- 1. Presence The Source
- 2. Sensing Acuity Quantum Entanglement
- 3. Saying What Is What is calling to be heard
- 4. Provocative Inquiry What is calling to be asked
- 5. Illuminating Awareness What is already present
- 6. Aligning with Appropriate Action What is there to do



Saying What Is

Sensing Acuity

Presence

Aligning with Appropriate Action

Provocative Inquiry Illuminating Awareness



Key Definitions:

Agility: the power of moving quickly and easily; nimbleness:

Acuity: sharpness; acuteness; keenness of sense perception i.e. visual acuity

Frictor: a factor of friction that impedes, impairs or inhibits the natural presence



The tools for subtraction



GAP



Feeling into the Core of the Most Intense Part of the Energy of the Feeling

CORE



WAIT



SEE



SANYAMA



Intuitively knowing what, when, how, where, and if

The ability to spontaneously respond to the needs of the moment with the fullness of one's being

ensing Acuity

Saying What Is

Presence

Sensing

Acuity

Provocative

Inquiry

Aligning

with Appropriate

Action

Illuminating

Awareness

Sensing Acuity Is:

Natural knowing making itself known



Timeless, 'feels' the simultaneous presence of what is called past, present and future

Saving What I

Saying What Is

Presence

Sensing

Acuity

Provocative

Inquiry

Aligning

with Appr<u>opriate</u>

Action

Illuminating

Awareness

Saying What Is:

Works from speaker having no attachment



Occurs naturally when the speaker is free from any need to maintain, protect or present an image in any fashion

hevocative Inquiry

Provocative Inquiry Is

Surfacing what needs to be known

Provocative Inquiry Illuminating Awareness

Saying What Is

Presence

Sensing

Acuity

Aligning

with Appropriate

Action

Asking the question of most depth as required by the moment.

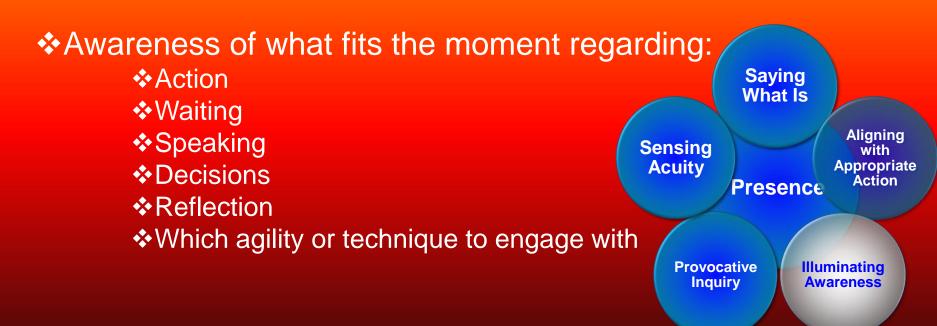
Being unafraid of consequences that may be provoked such as emotional reactions.

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Illuminating Awareness Is:

Subtracting that which obscures Awareness

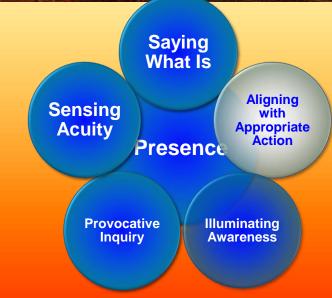
Cognizant that Awareness is always present although often hidden by frictors



Mo Aligning With Appropriate Action

Aligning with Appropriate Action:

Born of the Law of Least Effort



In harmony with the sensing of the emerging future

Attuned to the moment, the situation and the resources that are apparent, available and necessary



Saying What Is

Presence

Sensing Acuity Aligning with Appropriate Action

Provocative Inquiry Illuminating Awareness

Without Being - Doing is Pointless

Attine to Your own Frictors



Have your awareness call forth the frictors within you Let them make themselves known Then collect them so we can subtract them







The client is...



...more than they regularly experience