Co-creating session one-to-one

Co-creating presence
- of cosmic amnesia
- of emotional tension
- letting go
- mutual resonance eyes closed
- mutual gazing
- co-charismatic opening
- co-ritual

Co-creating guides
- beckoning of the ways
- imaginal map
- visual map
- discriminating authority within
- partner’s interventions
- hara: life centre in the belly

Co-creating ways
- way of opening
  - to the beyond
  - to the between
  - to the within
- way of art
- way of celebration
- way of regression
- way of transmutation
- way of new beliefs
- way of action

Co-creating contracts
- role of partner
  - free attention only
  - intermittent interventions
  - intensive interventions
  - participate freely
  - participate when asked
- use of time
  - daily
  - weekly
  - fortnightly
  - monthly
  - use of different dates
- frequency of sessions
- one long turn each
- several alternating short turns each
- whole or part of session or turn for both interacting
- mix of the above three

Participate/interact: both partners by prior contract work co-creatively and interactively within the modality of any of the ways, except for the way of regression. Intervening, by contrast, is one partner facilitating the work of the other without joining in.

For full details of options within each of the six ways see the map on co-creating ways.

John Heron, July 2008