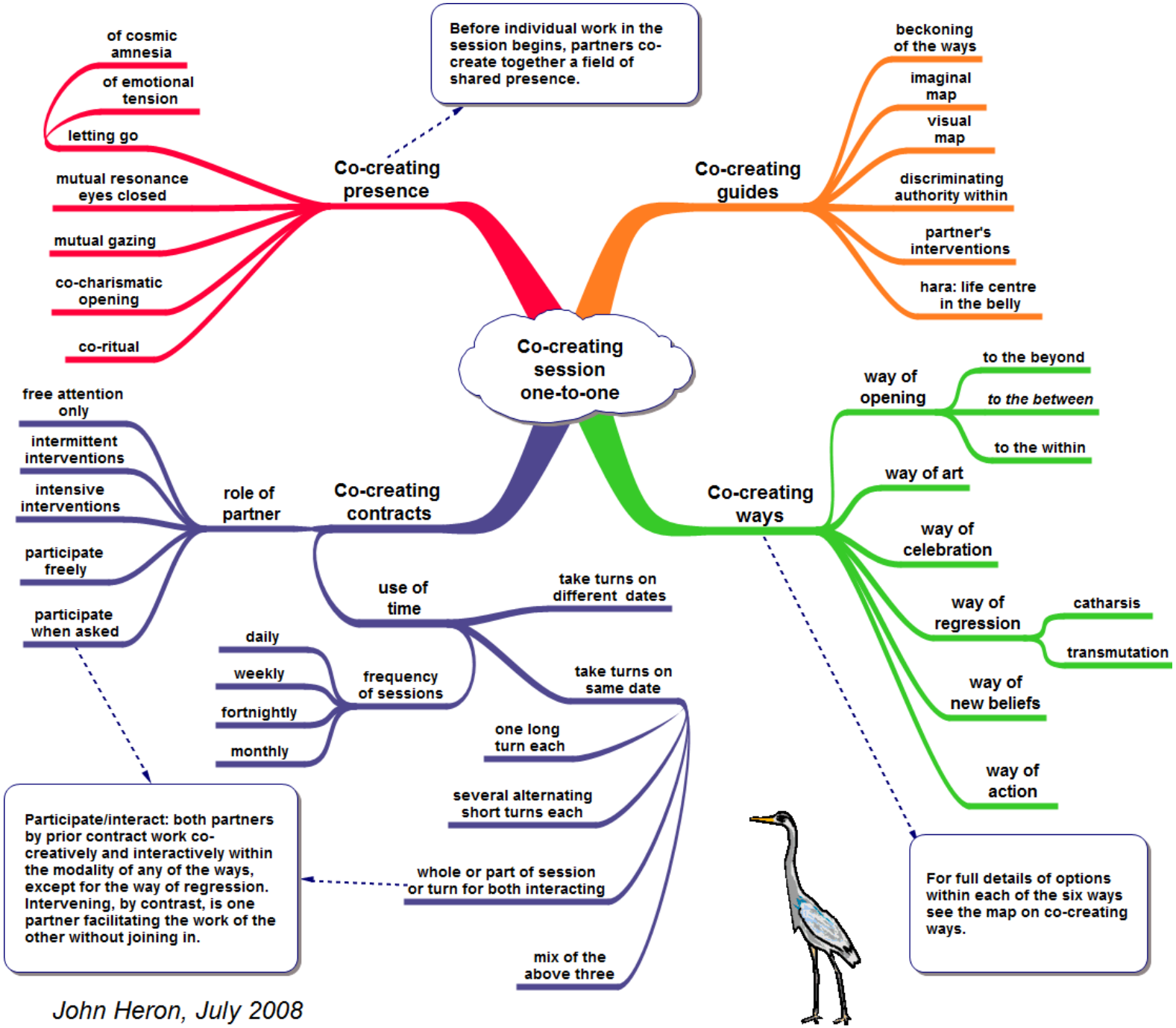
Co-creating session one-to-one
Co-creating presence
Before individual work in the session begins, partners co-create together a field of shared presence.
of cosmic amnesia
of emotional tension
letting go
mutual resonance eyes closed
mutual gazing
co-charismatic opening
co-ritual
Co-creating guides
beckoning of the ways
imaginal map
visual map
discriminating authority within
partner's interventions
hara: life centre in the belly
Co-creating contracts
role of partner
free attention only
intermittent interventions
intensive interventions
participate freely
participate when asked
use of time
take turns on different dates
take turns on same date
one long turn each
several alternating short turns each
whole or part of session or turn for both interacting
mix of the above three
frequency of sessions
daily
weekly
fortnightly
monthly
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.
Co-creating ways
way of opening
to the beyond
to the between
to the within
way of art
way of celebration
way of regression
catharsis
transmutation
way of new beliefs
way of action
For full details of options within each of the six ways see the map on co-creating ways.
John Heron, July 2008