

Loop of Awareness

- Loop of Awareness is a practice, which involves placing your attention on one experience of something inside yourself, then placing your attention on one quality you notice of someone or something outside, then continuing to oscillate your attention in and out.
- Short Form of Loop of Awareness:
 - Turn your attention out to the room or another person with an internal hmmmmm.
 - Turn your attention to yourself generating curiosity with hmmmmm.
 - Continue shifting.
- The purpose of Loop of Awareness is to free your attention. In the openness to learning scale, while you are below the line in the negative numbers, your attention is captured, you're convinced of your point of view, how it is. Rather than your attention getting caught by one thing, or at one end of the in/out spectrum, you have a choice of where you place your attention, and whether your focus is narrow or wide. For instance, noticing the quality of light in the room, then your breathing, then the movement of your partner's hand, noticing your posture, your partner's posture.
- Loop of Awareness refreshes energy, and is also a fundamental skill in facilitation.
- Notice your own pace and pattern of shifting attention. Do you send attention out more often than in? Do you focus in more than out? What is it you shift when you shift your awareness? Your eyes?
- What is the rhythm of your oscillation? In other words, if you were to count along with the time you spend focusing attention on the participant as compared to focusing attention on yourself, what would the ratio be?
- Play with shifting your attention quickly and slowly.

- What are the themes in what you notice in participants and in yourself? Examples: what hurts, what's not moving, the participant's face.
- What captures your attention and stops the loop? Examples: critical thoughts, a frown or grimace, loud noises.
- What do you characteristically add to curious attention? Examples: needing to do it right, evaluations, approval-seeking.
- How can you promote a flow of curious attention?
- Loop with two other people. Loop with the space between two people. Loop with the entire room.
- Eventually place attention inner and outer at the same time: what's going on out there AND my process. Attention big enough to do both, like riding a bike and writing a poem.

Developed by Kathlyn Hendricks, Ph.D., A.D.T.R.
CEO and Director of Training
The Hendricks Institute
www.hendricks.com