BODY, SPEECH AND MIND APPROACH to CLIENT WORK Copyright Llyn Cedar Roberts, Updated January 2020

This approach is borrowed and adapted from Naropa University Master’s Level Tibetan Buddhist and Western Psychology supervision format. I hope it to be insightful for our Shamanic Reiki client work.

Instead of seeing and being with the person beyond presenting problem of what's **wrong** and what we have to **fix** - we focus instead on the immediate presence and intrinsic goodness and health of the person. This opens our **curiosity** and supports us to have a non-judgmental attitude, as we also remain aware of our own experience and the larger environment.

We strive to *not* conclude that behaviors or situations or symptoms or whatever is presenting is/are ‘bad’. Alternately, we see and experience each person freshly, each time we meet, as we also take the opportunity to *learn about* *ourselves*.

Our awareness opens the space for true exchange, especially when we understand that - healing is environmental and as we are part of the healing environment our presence and our relationship with each client, are perhaps greatest tools.

The questions below give a sense of person's internal experience and "mind", how he or she may orient to 'self' in the larger world. In reflecting on the points below, you bring the client "alive". In this way, you can consider your work and time together a living, moving organism that’s always different - instead of a static focus on alleviating symptoms and problems, and getting stuck in associating your client with only those symptoms and problems.

*The ‘KEYS’ noted below each orientation are the magic elements that open the portals of each area to deeper authenticity and presence*

Physical and Environmental Description:

**BODY** - consider appearance, body type and shape and particular characteristics, how the person moves, how they dress and groom, any mannerisms, what posture is like, gesturing, color and tones of skin and eyes and hair, how they occupy space and anything else you notice.

**KEY: Body Discipline**

**ENVIRONMENT** - what are his or her living circumstances as far as you know, i.e. live with others or alone, in country setting or urban, how they spend work and leisure time, anything you know about the environment that defines their life, etc.

**KEY: Relationship with Nature**

**BREATH** - this relates to breath and communication and relationships, so tone of voice and pace of speech and quality of energy and emotions conveyed through speech, communicative gestures, quality of actual breathing-breath in the body and through talking, eye contact or no, are they focused in their speech or all over the place or what, pronunciation and clarity, is there melody or accent to speech or words used a lot. **KEY: Compassion and Self-Awareness Practices**

**YOU** - how you feel in person's presence, ie when they speak, what’s it like to be with this person, what makes you uncomfortable, what the person's presence evokes for you, what comes up for you and when, how you posture and use your own voice and – how you move and gesture and breathe in their presence that may be different than normal for you. How does this change through your time with the person, and is there anything about what you notice in yourself that you want to reflect on more deeply?

**KEY: Healer’s Contemplative-Awareness Discipline**