



# RESTORING RESOURCEFULNESS PROGRAM GUIDE

## Module 6: Introduction to Matching

### Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.



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## Module 6: Introduction to Matching

Matching is a way of bringing congruence between our inner experience and our outer expression. Matching helps us feel centered, gives us a way to increase our inner awareness, and expresses coherently when we may not have the words. As we match our experience, we feel more connected with our emotions and with others.

### Steps

1. With gentle curiosity, turn your attention to your inner experience, saying *"Hmmm..."* either out loud or inside.
2. Notice any of the following:
  - a. Breath
  - b. Body Sensations
  - c. Words
  - d. Sounds
  - e. Speed of Thoughts
  - f. Emotions
3. Begin to move your hands and arms to sculpt or paint what you notice inside. As an example, you might notice that the speed of your thoughts is fast and jagged, that could be expressed through fast, jagged movements of your hands and arms.



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4. Continue to allow your body to move until you feel complete. The end result of matching is a natural settling of your breath and a sense of being more connected to yourself.

### Additional Information

- Matching with body

With your attention on your chosen focus (breath, sensations, emotions, pattern of thoughts) ask yourself how you would use your hands to match what you're noticing. For example, maybe you feel like your mind is scattered, so you wiggle your arms and legs all over the place.

- Matching with sound

What sound would match how you feel inside? Anger might be matched with growling. Joy might be matched with high pitched bubbly sounds. If emotions arise, there's nothing more needed than to continue feeling, breathing and matching.

- Matching with words

Maybe you give voice to your inner experience by saying out loud any images you see, descriptions of sensations that you feel, or thoughts that are running through your head. These do not need to be complete sentences, nor do they need to make sense. They can just be whatever comes into your mind.

### Resources

Foundation for Conscious Living [www.foundationforconsciousliving.org](http://www.foundationforconsciousliving.org)

Big Leap Home Online Programs

<https://foundationforconsciousliving.org/big-leap-home-online-programs/>

Restoring Resourcefulness Program

[https://foundationforconsciousliving.org/big\\_leap\\_home/restoring-resourcefulness/](https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/)