

Conscious Completion

The Context

Taking time for conscious completion is one of the many ways we create the world around us. A completion conversation celebrates what was good. It favors resolution and peace without skipping over what may have been difficult. And where resolution is yet unfinished, it provides room for acknowledgment of that as well.

The emphasis of the process is on appreciation and on loving attention to your whole experience. With that guideline in mind, adjust the wording to the situation as needed.

- I fondly remember...
- I miss (or mourn)...
- I learned...
- I appreciate...
- I feel...
- Going forward, my wish (or my intention) is...

We constantly complete small and large experiences with people; the time needed for completion depends on the situation. It might call for 7 seconds after a walk in the neighborhood, 7 minutes at the completion of a project, or a number of years after a death or divorce.

Ideally this is a process that is shared with the other person or group. When that is not possible, it's still healing and meaningful to do it by yourself or with a loving witness.

Workshop Steps

1. Choose a relationship or situation, past or present, for which you would like a deeper sense of completion.
2. Find a partner; choose who will be first explorer. If someone is in the room who you would like completion with, that's a great choice. You will each have about 5 minutes.
3. Facilitator, have the explorer stand up and find her YES breath. Have her signal you when she feels flow. Then ask her to connect with the relationship or situation she has chosen.
4. Facilitator, state the first of the 6 prompts above and have the explorer repeat it and complete the thought. Repeat with the first prompt as long as there seems to be energy there. Allow lots of space.
5. Repeat the process with each of the six statements, listening consciously and giving both your partner and yourself loving attention. (no comments, just attention)
6. As a final step, invite the explorer to allow her body to express whatever is there. Allow for integration through movement.
7. Switch roles at the signal.
8. Share your experiences as completer and as witness.