

# PENDULATION EXERCISE

## Adapted from Peter Levine

This is a way to allow the client to practice changing state by noticing a mild disturbance and then going from that disturbance to a place of calm or relaxation.

This needs to be done very slowly and mindfully so the person can tolerate the experience. The therapist is slowly guiding the client through the experience of noticing this contraction and expansion.

1

"I'd like to invite you to bring up something that is mildly disturbing, maybe some recent irritation, and focus on how you are experiencing that in the present moment. If we were to scale the hardest thing at a 10 and the easiest thing at a 0, it may be something like a 3 on the disturbance level.

2

"I'd like you to do this very slowly and gently and how you are experiencing this in your body. If this is too big or overwhelming, just notice the edges of the sensation in your body."

3

"I would like to invite you to gently feel into this experience of disturbance noticing whatever is here...

physical sensations like tension, pain, tingling, heaviness.....

or emotions like sadness, grief, anger...

Or energy like tingling, pulsating or vibrating...

4

"Whatever is here, I'd like to invite you to welcome it by saying (sadness, pain, etc) you are welcome here, you are welcome here." Invite them to repeat this a few times.

5

"Notice what changes as you welcome what is here".

- "You may notice sensations like hot, cold, tingling, tightness"
- "You may notice visual images like colors, shapes or images"
- "You may notice a motion or a direction"
- "You may notice textures like rough, smooth or jagged"

"Here is a list of words that may help: foggy, frozen, heavy, crushing, light, contracted, piercing, stagnant, empty.."

6

"If you would like you can come up with a word that describes this experience, if so, what would that word be?"

7

TRUTH of the Moment:

"Focus on what is happening now in the present moment. If you can, be really honest with yourself about what is here and the true sensation of each moment, observing it moving or shifting. If possible, observe it with curiosity as if you are watching water move through a stream."

8

Finding the Oasis

"Now I would like to invite you to notice a place in your body that feels totally different, a part that is not experiencing the disturbance, that feels calm, neutral, peaceful, settled, grounded, connected, comfortable or any different more pleasant experience."

"Spend some time feeling into this part of your body, even if it is only a tiny spot on tip of your toe or nose."

"Begin noticing the felt sense of experience with this part of your body and sense into this part as you did with the activation."

"Here is a list of words that may help: calm, relaxed, peaceful, content, neutral, warm, light, still, expansive, flowing..."

9

"If you would like, you can choose a name for this sensation or experience, like "Calm" or "Peace".

10

"Now I would like to invite you to go between those two places using the name to connect to them if that works for you."

(Allow them to spend some time going from one to the other.)

- "If it works for you, slowly move your awareness back and forth between those areas of .....and.....(If they reported the name you can use it here... ie. "Fear and Calm"
- "Pay attention to what happens"
- "Notice if your body automatically has a release like a breath or a movement or any other change.

The clinician is noticing any physiological changes that are happening and encouraging the client to "notice" and encouraging the slow gentle pacing.

When the clinician appears to be complete the clinician may say something like:

"Good, I notice your breathing is slowing down and you appear more relaxed. What are you noticing?"

The client can then report the experience.