



Introduction to Intentional Presence

Intentional Presence Glossary (Abridged)

Compiled by Rhonda Mattern

I created this glossary to support newcomers to intentional presence to navigate our work. It's a shortened version of the complete intentional presence glossary, which currently contains over 100 entries. An asterisk () indicates that a given term isn't fully integrated into our work yet; we're "trying it on" for the moment to see if it sticks. Definitions for terms in BLUE appear in either the abridged or complete intentional presence glossary. A question mark appears in the "Source" section if I'm not sure where I picked up a given term.*

Action parts (n.) PARTS of our REACTIVE AWARENESS that carry emotions, NEEDS, DESIRES, memories, and other INNER INFORMATION retained from past experiences. The function of this information is to motivate and inform our actions, ensure our safety and well-being, and help us to realize our potential. Action parts are the specialized FIELDS OF AWARENESS that the PSYCHE uses to organize and communicate our many differing—and sometimes conflicting—emotions, viewpoints, needs and desires. **Non-exact equivalents:** Protective parts (Internal Family Systems Therapy); spontaneous management behaviors (Hakomi); defenses (Freud, psychology); coping mechanisms (psychology); conscious compensatory identities (Welwood); Surviving and Strategic Selves (Eisman); anti-symptom, problem, and solution constructs (Coherence Therapy); will fragments (DeRohan). **Source:** Intentional presence

Activate (v.) To TRIGGER one or more PARTS of our REACTIVE AWARENESS and the emotions, needs, memories, beliefs and other INNER INFORMATION they carry. **Sample sentence:** When my mother criticized me in front of the family, an angry part of me got activated that completely took me over, and before I knew it, I was yelling at her. **Equivalents:** Trigger (colloquial, some psychologies, intentional presence). **Source:** Hakomi?

Activated (adj.) The state in which a part of your reactive awareness is currently attempting to influence your actions. **Sample sentence:** Two different parts are activated right now, a part of me that's trying to figure this out, and a part that wants to give up. (See also TRIGGERED.) **Equivalents:** A complex is constellated (Jungian Analytical Psychology); a part is up (Internal Family Systems Therapy, intentional presence); hooked (Voice Dialogue); stimulated (Scientology, Nonviolent Communication); core material is activated (Hakomi). **Source:** Hakomi?

Activation (n.) The STATE OF CONSCIOUSNESS we experience when the SUBCONSCIOUS MIND activates one or more PARTS of our REACTIVE AWARENESS in response to our daily experiences. During activation, parts often flood us with emotionally charged memories, NEEDS, and beliefs that can drive us to say and do things that we don't consciously intend. Non-exact equivalents: Acting out (psychology, colloquial); enactment (psychology). **Source:** Intentional presence

Anchored (adj.) The condition in which one's inner state is firmly fixed in either MINDFULNESS or PRESENCE. **Sample sentence:** Are you anchored enough to be with this angry part of yourself right now and listen to what it's trying to communicate? **Equivalents:** Self-led (Internal Family Systems Therapy); disidentified (non-dual psychologies and spiritual teachings). **Non-exact equivalents:** Grounded, centered. **Source:** Intentional presence

Anchoring (n.)/to anchor (v.) The act of intentionally shifting into MINDFULNESS or PRESENCE and firmly fixing your attention there, even as intense emotional reactions arise. Anchoring allows you to act in greater alignment with your conscious intentions, values and aspirations. It also allows you to listen to the INNER INFORMATION that different PARTS of your REACTIVE AWARENESS are trying to

communicate in a calm, compassionate and inclusive manner. **Sample sentence:** I need to anchor; I'm getting completely taken over by the sadness that's coming up right now around my sister's death. **Equivalents:** Shifting into self-leadership (Internal Family Systems Therapy). **Non-exact equivalents:** Cognitive defusion (Action and Commitment Therapy); clearing a space (Focusing); self-regulation (psychology). **Source:** Intentional presence

Attunement (n.), to attune to (v.) The act of entering into a state of deep, energetic connection with others that you can experience when you shift into [PRESENCE](#). Attunement is an inner process that allows you to directly sense other peoples' emotions and other inner experiences in your own body. This state of deep presence allows you to reflect back what others are experiencing in ways that help to validate, deepen, and [CARRY FORWARD](#) their experiences. **Equivalents:** linking (mentioned in John Rowan's book Subpersonalities); the fifth inner sense, becoming knowledgeable essence (Seth/Jane Roberts); knowing something by becoming it (Paul Twitchell/Neville Goddard). **Non-exact equivalents:** Rapport (NLP/Leela Therapy); resonance or harmonic resonance (non-dual psychology); attunement (psychology). **Source:** Psychology

Automatic awareness (n.) A [STATE OF CONSCIOUSNESS](#) in which our [SUBCONSCIOUS MIND](#) leads our actions instead of our [CONSCIOUS MIND](#). When we're in automatic awareness, the subconscious mind shifts our attention and our states of consciousness for us in response to different inner and outer experiences in much the same way an automatic car shifts gears on its own. **Example:** A friend mentions Morocco, and you automatically launch into a story about a vacation you took in Morocco without having consciously intended to do so. **Equivalents:** Ordinary awareness (Hakomi), exogenous attention (neuroscience, Daniel Siegal). **Source:** Intentional presence

Behavior pattern (n.) A repeating, predictable action or set of actions driven by often unconscious needs and/or beliefs. In [INTENTIONAL PRESENCE](#), we often use this term (or its shortened version, [PATTERN](#)) to refer to repeating behavior that doesn't support our conscious intentions. That said, some universal patterns of behavior, like smiling when we're happy or lowering our head when we feel shame are genetically programmed into us, in much the same way that birds are genetically hardwired to build nests. (See also [PATTERN](#).) **Example:** Routinely complaining about people instead of asking them for what we need. **Equivalents:** Habit (colloquial); pattern (intentional presence); habitual behavior (psychology, applied behavioral science); pattern of behavior (colloquial). **Source:** Applied behavioral science

Carry forward (v.)* The act of moving any experience a step or more closer to fulfilling more of your needs, desires, or potential for [SELF-ACTUALIZATION](#). Any given experience can carry forward automatically (i.e., implicitly, without your conscious awareness) or you can explicitly, intentionally support it to carry forward. One way to support an experience to [CARRY FORWARD](#) is to listen to (and eventually act on) the [INNER INFORMATION](#) communicated by different [PARTS](#) of your [REACTIVE AWARENESS](#). For example, if you feel stuck in a dead end job, you can listen to parts of yourself with differing opinions, needs, and suggestions about the situation. **Equivalents:** Change, grow, transform (colloquial). **Source:** Gene Gendlin

Connecting awareness (n.)* The [FIELD OF AWARENESS](#) within the [SELF](#) that allows you to deeply and compassionately connect with yourself and others. Your connecting awareness enables you to do this by allowing you to access [ESSENTIAL QUALITIES](#) like compassion, connectedness, holistic perspective, and appreciation (among others). When our connecting awareness leads our actions, we're in the state of consciousness known as [PRESENCE](#). **Non-exact equivalent:** Mindful awareness (mindfulness-based psychological and spiritual practices). **Source:** Intentional presence

Core parts (n.) [PARTS](#) that carry core beliefs about yourself, others, and the world. These beliefs can either support your intentions or keep you stuck in self-defeating [PATTERNS](#) of behavior. Core parts are often characterized by strong emotion, [EPISODIC](#)

MEMORIES, childlike vocal or facial expression and gestures, and/or the impulse to freeze, run away or hide. **Equivalents:** Exiles (Internal Family Systems Therapy); the child (Hakomi); compromised partial-selves (Inner Relationship Focusing); alienated parts (Polster); Hurt Child/Spirit in Exile (Eisman); early maladaptive schemas (Cognitive Behavioral Therapy); presence fragments (DeRohan). **Non-exact equivalent:** Inferiority complex (one type of core part; Jungian Analytical Psychology); unconscious, deficient identities (Welwood); master constructs (Coherence Therapy). **Source:** Intentional presence

Creative tension (n.)* The inner energy and momentum that builds and pushes forward toward action as we **HOLD THE TENSION OF OPPOSITES** created by a group of **POLARIZED PARTS**. Because we can sometimes experience intense inner energy as uncomfortable, one important skill for taking actions aligned with the whole of your being is learning to tolerate creative tension. (See also: **HOLDING THE TENSION OF OPPOSITES, TRANSCENDENT THIRD.**) **Source:** Jung? Robert Fritz?

Desire (n.) The impulse to do something or experience something that we believe will help us to meet one or more of our **NEEDS**. Needs and desires are often viewed as something wrong, lower, or unspiritual. **INTENTIONAL PRESENCE** sees needs and desires as impulses toward growth and wellbeing that help us to actualize our unique potential and gifts. (See also: **NEEDS, STRATEGY.**) **Source:** Colloquial

Direct experience (n.) The act of perceiving inner experiences freshly in the present moment instead of talking about what you *think* you might be experiencing based on past experiences. Example: If someone asks you how you're feeling, and you immediately reply, "I've been feeling kind of sad lately," you're not speaking from direct experience, because it usually takes at least five or ten seconds, if not more, to freshly experience your present-moment emotions. To enter into direct experience, you need to shift out of **AUTOMATIC AWARENESS** into **MINDFULNESS**, take at least ten or twenty seconds to check inside, and then report what you're noticing *right now* inside your body. **INNER INFORMATION** gained in this way helps **CARRY FORWARD** painful and stuck situations in our lives. It also supports fulfilling experiences to carry forward, supporting us to realize more of our unique potential. **Source:** Leela Therapy

Direct access (n.)* Intentionally **ACTIVATING** a **PART** and letting it speak freely and spontaneously through your body to surface unseen information it carries (memories, beliefs, emotions, unmet developmental needs, etc.). **Equivalents:** Coherence Therapy, Gestalt Therapy, Hakomi Therapy, and Jungian Analytical Psychology all use this practice at times, though none of them has a specific name for it as far as I know. **Source:** Internal Family Systems Therapy

Disidentification (n.), to disidentify (v.)* The act of shifting from **ACTIVATION** to **MINDFULNESS** to break free of your **IDENTIFICATION** with a **PART**. **Example:** A part of you wants to start dating, and another part of you doesn't. You are identified with the part of you that wants to date and as a result, you push down the part of you that doesn't want to date. Disidentification allows you to shift your attention into **MINDFULNESS** so you can experience a separate **OBSERVING AWARENESS** that can interact with these two **PARTS** of yourself and listen to the **INNER INFORMATION** that each is trying to communicate to support your growth and well-being. **Equivalents:** Disidentification (spiritual practice; non-dual therapies), **GETTING SEPARATE FROM A PART** (intentional presence); unblending (Internal Family Systems Therapy); establishing a witness (Hakomi Therapy); disembedding or unhooking (Safran and Moran). **Source:** Leela Therapy

Essence (n.) 1) The unique mix of **ESSENTIAL QUALITIES** that gives each human being a unique energy signature or energetic "feel." For example, compassion is a strong element of Mother Teresa's essence and playfulness is a strong element of comedian Robin William's essence. 2) Another term for **SELF-ENERGY**, the non-physical substance of which the **SELF** and **SOUL** are made. **Equivalents:** Essence (ancient philosophy; A. H. Almaas; Essence Work); spirit (religion); holy spirit (Christianity);

life force (new age, colloquial); libido (Jung); energy (neurobiology/Daniel Siegel); the ECK (Eckankar); self-energy (Internal Family Systems Therapy); prana (Yogic traditions); élan vital (Henri Bergson). **Source:** Spiritual teachings/early Greek philosophy

Essential qualities (n.) Inspiring and universally valued characteristics and capacities present in the **SELF ENERGY** of all human beings (e.g., courage, calm, compassion, honesty, determination, etc.) but unevenly developed and accessible across individuals. The degree of relative absence or presence of each of these qualities gives each of us our unique **ESSENCE** or “flavor” as an individual. Learning to consciously access and develop essential qualities and inspire them in others is one of the central aims of **INTENTIONAL PRESENCE**. **Equivalents:** Virtues (Christianity, Judaism, Islam, Bahai, Eckankar, Aristotle and other philosophies), modes of Sattva (Hindu), names of God or divine attributes (Islam), essential aspects or qualities (Diamond Heart), essential traits (archetypal psychology), bramavihara, perfections, or the Ten Perfections (Buddhism), character strengths and virtues (positive psychology), non-technical competencies or “soft skills” (corporate training/leadership development); inner values (Dalai Lama-Beyond Religion). **Source:** The Diamond Approach/A.H. Almaas

Felt shift (n.) A palpable, recognizable easing, relaxing, softening, sense of expansion or opening in the body in response to words, actions, thoughts or other events that move the individual in the direction of greater wholeness, **SELF-REALIZATION**, and **SELF-ACTUALIZATION**. **Source:** Focusing/Gene Gendlin

Field of awareness (n.) A unit of intelligent, conscious awareness, (a.k.a. **SELF-ENERGY** or **ESSENCE**) that’s formed into a distinct and recognizable energy field within the **SELF** in much the same way that cells differentiate into organs in the physical body. Fields of awareness can be thought of as “psychic organs,” distinct and recognizable energy fields within the **SELF** that possess their own unique functions, qualities, abilities, and modes of perception. To qualify as a field of awareness, an energy field must demonstrate four characteristics: 1) *Autonomous functioning*: the ability to independently perform its unique functions as needed (in much the same way that physical cells can “do their own thing” without our conscious awareness), 2) *Autonomous leadership*: the ability to overpower other fields of awareness and assume complete leadership of the individual’s actions as needed to perform its functions, 3) *Unique present-moment awareness*: the ability to be conscious of areas of the individual’s experience, inner process, and/or **INNER INFORMATION** that other fields of awareness within the **SELF** aren’t capable of perceiving 4) *Distinct essential qualities*: each field of awareness within the self tends to demonstrate a unique mix of **ESSENTIAL QUALITIES** that its specialized function has led it to develop. **Source:** Intentional presence

Flooding (n.), to flood (v.), to get flooded (v.) The act of entering into a state of intense **ACTIVATION** that deluges you with such overwhelming **INNER INFORMATION** (e.g., troubling thoughts, intense emotions or memories, strong action impulses, etc.) that your **CONSCIOUS MIND** is unable to focus its attention in the present moment and guide your actions in accordance with your conscious intentions. **Equivalents:** Emotional flooding (psychoanalysis); abreaction (psychoanalysis/NLP); re-traumatization (psychology); traumatic re-experiencing (psychology); sympathetic nervous system activation (neuroscience); activation (psychology); activation of core material; deeply accessed (Hakomi therapy); riding the rapids (Hakomi therapy); emotional hijacking (emotional intelligence); hyperarousal (neuroscience); labile mood (psychology); emotional dysregulation (psychology), hyper-activation; dissociation; traumatic reactivation; re-enactment (psychology). **Source:** Different psychotherapists I’ve interacted with in classes over the years

Getting separate from a part (n.), to get separate from a part (v.) The act of **DISIDENTIFYING** with a **PART**, firmly fixing your attention in **MINDFULNESS** until it becomes your **LEAD STATE OF CONSCIOUSNESS**. Once in mindfulness, you’ll have the clear sense that the part that you’re observing is a separate **FIELD OF AWARENESS** from the

“you” observing it, and just a part of you, rather than the whole of your awareness or identity. You’ll also experience a sense of detachment, distance, and separation from the emotions, needs, desires that different parts of your reactive awareness are communicating. (See also: [DISIDENTIFICATION](#), [ANCHORING](#).) **Equivalents:** See equivalents under [DISIDENTIFICATION](#). **Source:** Intentional presence

Getting into relationship with a part (n.); to get into relationship with a part (v.) 1) Getting to know and appreciate a [PART](#) of yourself more fully by sensing its [ESSENTIAL QUALITIES](#), getting to know its function, intentions, and contributions to the whole of your consciousness, and listening to and understanding the [INNER INFORMATION](#) it’s trying to communicate. 2) Building trust with a part of yourself by a) [REFLECTING BACK](#) its essential qualities, functions, intentions, and contributions, b) reflecting back the inner information it’s communicating, c) apologizing for any unconscious actions that have adversely affected it, and d) taking small, consistent actions to support it to meet its [NEEDS](#) and/or shift its limiting beliefs. Taking these actions allows you to build mutual appreciation, teamwork, and trust with different parts of yourself, and provides a concrete, practical way to love and respect yourself more fully. **Source:** Intentional presence

Getting taken over by a part (n.); to get taken over by a part (v.) The situation that occurs when one or more [PARTS](#) of your [REACTIVE AWARENESS](#) take leadership of your consciousness, driving you to act in ways that contradict your conscious intentions or personal values. Parts lead our actions continuously throughout the day in ways that support our conscious intentions and meet our [NEEDS](#). That said, when we ignore the emotions, needs, and/or unseen beliefs of a given part of our awareness, it will often resort to [STRATEGIES](#) that are unlikely to help us to meet our needs (e.g., complaining about a friend instead of directly asking him for what we need.) (See also: [IDENTIFICATION](#).) **Equivalents:** Falling out of self-leadership (Internal Family Systems Therapy); getting hooked (Voice Dialogue, certain Buddhist teachers); getting stimulated (Scientology, Nonviolent Communication; emotional hijacking or amygdala hijacking (Emotional Intelligence); acting from the mind or ego (many spiritual and new age teachings). **Non-exact equivalents:** Being “possessed” by an archetype (Jungian Analytical Psychology). **Source:** Intentional presence

Growth (n.) A term we use to refer to the processes of [INDIVIDUATION](#) and [SELF-ACTUALIZATION](#). (See also: [INDIVIDUATION](#), [SELF-ACTUALIZATION](#)) **Equivalents:** Spiritual development (spiritual practices, psycho-spiritual practices); psychological development (psychology, psycho-spiritual practices); individuation (Jungian Analytical Psychology); self-actualization (Maslow, other psychologists, transpersonal psychology); learning (colloquial); fulfilling your potential (colloquial). **Source:** Colloquial

Helping habits (n.) Automatic and often unconscious actions we take to provide emotional or spiritual support to others. People frequently report that certain common helping habits are unsupportive (e.g., giving unsolicited advice, telling people how they should feel or react, sharing spiritual platitudes.) [INTENTIONAL PRESENCE](#) helps you to cultivate more skillful helping habits that create more trusting and supportive relationships. **Source:** Intentional presence

Holding the tension of opposites (n.), to hold the tension of opposites (v.) The act of remaining [ANCHORED](#) in [PRESENCE](#) with two or more [POLARIZED PARTS](#) without any opinion of what action to take until an action that satisfies the needs of all [PARTS](#) spontaneously arises. (See also: [CREATIVE TENSION](#), [POLARIZED PARTS](#), [TRANSCENDENT THIRD](#).) **Equivalents:** Holding creative tension (Robert Fritz); resisting the urge to move to solutions (organizational psychology). **Non-exact equivalents:** Resting in not knowing (Leela Therapy). **Source:** Jungian Analytical Psychology

Identification (n), to identify with a part (v.)* Another word for [GETTING TAKEN OVER BY A PART](#). The process in which one [PART](#) of your [REACTIVE AWARENESS](#) dominates your inner attention to such a degree that you become temporarily hypnotized into

believing that its **NEEDS**, beliefs, **STRATEGIES**, viewpoints, and action impulses are the whole and absolute truth of your being. Identification takes place when **ACTIVATION** is our **LEAD STATE OF CONSCIOUSNESS**. To **DISIDENTIFY** with a part, you can use different **ANCHORING METHODS** to shift into **MINDFULNESS** and **PRESENCE**. (See also: **GETTING TAKEN OVER BY A PART**.) **Equivalents:** Blending with a part (Internal Family Systems Therapy); identification (Eastern spiritual teachings, Eckankar, Leela Therapy); getting taken over by a part (intentional presence); falling out of self-leadership (Internal Family Systems Therapy); getting hooked (Voice Dialogue, certain Buddhist teachers); getting stimulated (Scientology, Nonviolent Communication, emotional hijacking or amygdala hijacking (Emotional Intelligence, neuroscience)); getting identified with the mind/ego/little self/false self (spiritual and new age teachings). **Non-exact equivalent:** Possession by an archetype (Jungian Analytical Psychology). **Source:** Eckankar

Inner Information (n.) Data that the **SUBCONSCIOUS MIND** communicates to the **CONSCIOUS MIND** in response to our daily experiences in order to inform our actions and ensure our survival, growth and wellbeing. Examples of inner information include physical sensations, postures and gestures, dreams, daydreams, emotions, memories, thoughts, beliefs, symbols, needs, desires, intuition, and action impulses. **Equivalents:** Information (Daniel Siegel); psychic contents, mental contents, the contents of consciousness, or contents (psychology); the spectrum of experiences (Hakomi); the five building blocks of experience (Sensorimotor Therapy); derivative experiential content (Eisman). **Source:** Intentional presence

Integration (n.), to integrate (v.) 1) The process by which new awareness, experiences, beliefs, learning, and/or potential becomes established in the **PSYCHE** and in the nervous system through the creation of new and/or stronger neural connections. Actions that support integration include deep breathing and/or silence after a **FELT SHIFT**, reviewing key insights gained during a period of inner exploration, listening to tapes or re-reading notes of inner exploration sessions, or coming up with small actions to repeat to reinforce a new, **LIFE-FORWARD** experience or belief. 2) The process by which two or more previously separated and isolated parts of your consciousness come into harmonious connection and communication. This results in improved inner collaboration that helps you to actualize more of your unique potential. **Sample sentence:** You might want to take a minute right now to breathe and allow your body to integrate this new realization. **Equivalents:** Integration (Hakomi Therapy, Coherence Therapy); assimilation (Jungian Analytical Psychology). **Source:** Hakomi Therapy

Intentional activation (n.)* Using established practices to activate different **PARTS** of our consciousness so we can study them, interact with them, get to know them better, listen to the **INNER INFORMATION** they carry, and/or support the limiting beliefs they carry to shift. (See also: **ACTIVATION, EXPERIMENT**.) **Equivalents:** Enactment (Jungian Analytical Psychology); focused activation (Brain Spotting); experiments/accessing (Hakomi); creating discovery experiences (Coherence Therapy). **Source:** Intentional presence

Intentional friendship (n.)* An alternate name for **PRESENCE-CENTERED FRIENDSHIP** that several practitioners of **INTENTIONAL PRESENCE** have started using. We might define intentional friendship as friendship with an expanded intention: not just comfort or companionship, but the shared commitment to use the skills of intentional presence (or another presence-centered method) in your relationship. Doing this allows friends to support one another to live more conscious, fulfilling, and authentic lives and realize more of their unique potential. **Equivalents:** Presence-centered friendship (intentional presence). **Source:** Students of intentional presence

Intentional presence (n.) A set of learnable, teachable life skills drawn from spiritual practice, psychology, and various life sciences. When practiced regularly, these skills can help you to: 1) Build more compassionate, conscious and connected relationships with yourself and others, 2) Break free of action blocks, inner conflicts,

and unproductive habits caused by limiting beliefs, 3) Provide yourself and others with more skillful emotional and spiritual support, 4) Live in greater alignment with your personal values, and 5) Actualize more of your unique potential. **Equivalents:** Methods that share at least some common ground with intentional presence include Jungian Analytical Psychology, Big Mind, Buddhist psychology, Coherence Therapy, Eckankar, Focusing, Hakomi Assisted Self-Discovery, Hakomi Therapy, Inner Empathy, Inner Relationship Focusing, Internal Family Systems Therapy, Leela Therapy, Nonviolent Communication, Psychosynthesis, and Voice Dialogue. **Source:** Rhonda Mattern's partner Dick suggested the name "intentional presence" after expressing appreciation for the term [INTENTIONAL TRANSPARENCY](#) and the [RELATIONSHIP REPAIR](#) practice it was part of. Rhonda liked the name, her students and colleagues liked it, complete strangers liked it, and it eventually "stuck."

Intentional transparency (n.) A step in process of [RELATIONSHIP REPAIR](#) practiced in intentional presence that's intended to build closer, more authentic, and more trusting relationships. Intentional transparency requires you to a) shift into [PRESENCE](#), 2) name your unintended, unconscious actions to the recipients of those actions, and 3) transparently disclose recently [ACTIVATED PARTS](#) that motivated your actions and any relevant [INNER INFORMATION](#) they activated inside of you (emotions, needs, desires, etc.). After taking this step, the relationship repair process ends with a final step: identifying, apologizing for, and making amends for any unintended and unwanted consequences that your unconscious actions unwittingly created. (See also: [RELATIONSHIP REPAIR](#).) **Non-exact equivalents:** Self-disclosure (colloquial); apologizing (colloquial); relationship repair (couples/group psychotherapy). **Source:** Intentional presence

Lead state of consciousness (n.)* The [STATE OF CONSCIOUSNESS](#) that's leading your actions at any given time. For example, when an angry [PART](#) of you is yelling at someone and saying things you don't consciously intend, [ACTIVATION](#) is the lead state of consciousness. When you're compassionately connecting and interacting with an angry part of your [REACTIVE AWARENESS](#), [PRESENCE](#) is the lead state. Intentional presence theorizes that the lead state of consciousness corresponds to the specific brain center leading our actions in any given moment. For example, we consider it likely that limbic brain leads our actions when activation is the lead state of consciousness, the pre-frontal cortex leads in mindfulness, and the "heart-brain" (a large mass of neurons in the heart as large as some brain centers) leads in presence. (See also: [DUAL CONSCIOUSNESS](#).) **Source:** Intentional presence

Life forward (adj.)* Containing a spark of aliveness, potential and/or movement towards fulfilling your needs and desires. **Sample sentence:** This dream has a life forward quality; I'd like to take some time to explore it. **Source:** Gene Gendlin

Life forward energy (n.)* Momentum we sense within certain experiences that seem to contain a spark of aliveness, potential, and/or forward movement. Sometimes an emotion or other [INNER INFORMATION](#) contains life forward energy. Sometimes a gesture we've just made, a story we've just told, or a dream that keeps coming back to us seems to contain it. When life forward energy appears, we [SAVOR](#) it, allowing our body to integrate it. At times, we even conduct [EXPERIMENTS](#) with it to see what wisdom or insight it might reveal. **Equivalents:** An inner resource (NLP, some psychologies); aliveness (colloquial); an inner strength (colloquial). **Source:** Gene Gendlin

Mindfulness (n.) A [STATE OF CONSCIOUSNESS](#) that allows us to observe whatever comes into our awareness with calm, detachment, clarity, non-judgment, and a marked lack of agenda. Mindfulness feels slow, spacious, relaxed, and non-urgent and it's always present-focused. **Example:** Moving your attention inside of your body and calmly noticing that you're angry without judging your anger as wrong or bad, and with no desire to fix or change it. **Equivalents:** Metacognitive awareness or meta-awareness (some psychologies); vairagya (Hindu philosophy); executive function of the brain (neuroscience); the radical middle (Polster); creative indifference (Perls); unprejudiced objectivity (Jung). **Source:** Buddhist psychology

Missing experience (n.) Nourishing experiences that we offer to different **PARTS** of our **REACTIVE AWARENESS** to help them shift limiting beliefs formed earlier in our lives. Because we innately know what we need for our own growth and well-being, we naturally long for these experiences and sense them as “missing” if we don’t receive them. An example of a common missing experience is someone listening to your feelings with acceptance and non-judgment. **Equivalents:** Corrective emotional experience (psychology); corrective selfobject experience (Bacal); antidote or antidotal interaction (Pesso); juxtaposition experience (Coherence Therapy); corrective experience (Castonguay and Hill); dissonance induction (Tryon and Misurell); mismatch experience (neuroscience); prediction error experience (neuroscience). **Non-exact equivalents:** The act of triumph (a type of missing experience popularized by psychologist Pierre Janet); powerful enactment (another name for the “act of triumph” (Coherence Therapy); corrective relational experience (psychology); corrective empathic experience (Emde). **Source:** Hakomi Assisted Self-Discovery

Need (n.) An organic, universal requirement for a living organism’s survival, safety, growth, and well-being. All life is “programmed” for basic survival and safety needs like water, food, and protection from harm. In addition, animals share well-being needs like the need for connection and love. Human beings also demonstrate higher-order well-being needs such as individuation (the desire to fully be and express your own unique self), self-actualization (the desire to realize your own unique potential) and transcendence (the desire to experience realities beyond the physical world). **Equivalents:** Need (colloquial, psychology, Nonviolent Communication); Organic Wish (Eisman); what the body implies (Gendlin). **Source:** Colloquial

Observing awareness* (n.) A **FIELD OF AWARENESS** within the **SELF** that’s capable of observing whatever comes into your field of attention with calm, non-judgment, clarity, (non-distortion) and detachment (i.e., lack of agenda). When your observing awareness leads your actions you’re in the **STATE OF CONSCIOUSNESS** that we call **MINDFULNESS**. **Equivalents:** Metacognitive awareness (some psychologies); the inner observer (Palmer); mindful awareness (some Buddhist teachings); the pilot (Pesso); the witness (Hakomi); the proximate I (Wilber). **Source:** Intentional presence

Parts (n.) Separate, recognizable **FIELDS OF AWARENESS** within our **REACTIVE AWARENESS** that our **SUBCONSCIOUS MIND ACTIVATES** in response to life experiences. Parts contain different mixes of capabilities, **INNER INFORMATION** and **ESSENTIAL QUALITIES** that sometimes cause them to function like separate sub-personalities. (For example, a part of us can be rebellious, with qualities of power and courage, and another can be polite and compliant.) Parts allow us to experience multiple viewpoints, reactions, emotions, needs, and desires at the same time, for example, the part of you that wants to leave your job (because it has a need for creativity), and the part of you that doesn’t (driven by a need for financial security). Parts communicate information to the **CONSCIOUS MIND** that helps us to make decisions, see and change limiting beliefs, clarify our needs and desires, and take actions to fulfill them. If we ignore the emotions, needs, and other **INNER INFORMATION** parts communicate, they can **TAKE OVER** and eclipse our conscious mind, driving us to act in ways that contradict our conscious intentions. **Equivalents:** Sub-personalities (Psychosynthesis, Voice Dialogue); selves (Pathwork, Voice Dialogue, William James); sub-selves (Shapiro, O’Connor, Goertzel; Eisman); partial selves (Inner Relationship Focusing); complexes (Jung/Hillman); self-states (Kohut; Eisman); sub-identities (Eisman); selfobject states (Kohut); ego-states (Transactional Analysis); ego, false self, or lower self (some spiritual teachings); alter ego (psychology/hypnosis); alter (psychology); fragments (DeRohan); sub-egos (deGros); I-positions (Herman); positions (Coherence Therapy); potentials (Mahrer); energy patterns (Voice Dialogue); echoes (Matrix Re-Imprinting); wavicles (R. Goff); the many I’s (Gurdjieff); the swarm of entities within us (Twitchell); parts (colloquial, Satir, Internal Family Systems Therapy, Neurolinguistic Programming); schemas (Schema Therapy, Coherence Therapy); emotional constellations (Alexander); psychic splits (Janet, Ferenczi, Jung); self-

organized processes (connectionist cognitive science). **Non-exact equivalents:** Stopped processes (Gendlin). **Source:** Colloquial language used by Rhonda Mattern's early clients

Part truth (n.) A viewpoint or a belief that part of you sees as absolute truth, but other parts of you might see differently. **Example:** A part of you might think that someone is intentionally being mean and trying to hurt you, while another part of you knows that the person is frustrated, stressed and acting unconsciously and unintentionally. Both viewpoints may contain an element of truth, but no one viewpoint, taken alone, represents the whole truth of the situation. **Non-exact equivalents:** blind spots (colloquial), cognitive distortions (psychology), trances (Leela Therapy), burdens (Internal Family Systems Therapy), karma (some Eastern spiritual teachings see karma as the thoughts and attitudes that create either positive experiences or stuck points in our lives); irrational beliefs (psychology/behavioral science); the emotional truth of a situation (Coherence Therapy); blocking beliefs (EMDR). **Source:** Intentional presence

Pattern (n.) A shortened version of the term [BEHAVIOR PATTERN](#). **Source:** Colloquial

Pattern catching (n.) Noticing and immediately stopping a familiar [BEHAVIOR PATTERN](#) that you've previously named and judged as unhelpful or out of alignment with your personal values. Noticing unhelpful behaviors signals you to shift into [MINDFULNESS](#) so you can take actions that stand a better chance of meeting your [NEEDS](#). Repeatedly interrupting behavior patterns supports the brain to reprogram the neural circuits that keep unhelpful habits in place. It also signals to family, friends and colleagues that you're serious about living in alignment with your personal values. This tends to build peoples' trust and respect for you, and can even inspire them to reflect on and change their own behavior. **Example:** You notice that you're complaining about your boss and say to yourself and/or others, "Oh, I just noticed that I'm complaining. I'm sorry; that's something that I don't find helpful, so I'm going to stop right now." **Equivalents:** Stopping (Leela Therapy); being vigilant or practicing vigilance (Leela Therapy; the spiritual teacher Papaji). **Non-exact equivalents:** Dismantling defense mechanisms (psychology); busting the defenses (Leela Therapy); jumping out of the system (Hakomi); the Friday Fast (Eckankar). **Source:** Intentional presence

Polarized parts (n.) Two or more [PARTS](#) of your [REACTIVE AWARENESS](#) with seemingly conflicting emotions, [NEEDS](#), [DESIRES](#), and viewpoints. Getting [IDENTIFIED](#) or [TAKEN OVER](#) by one side of a pair of polarized parts tends to create [ACTION BLOCKS](#) and a feeling of "stuck-ness" in your life. Intentional presence offers concrete steps for disidentifying with polarized parts, listening to them openly and compassionately, and helping them to fulfill their creative potential by finding small actions to take that meet their needs. By [HOLDING THE TENSION OF OPPOSITES](#), the seemingly conflicting needs and views of polarized parts spontaneously resolve into a [TRANSCENDENT THIRD](#), a joining or merging of two seeming opposites into a fresh new solution that harmonizes and integrates formerly "conflicting" parts. **Equivalents:** Opposites (Jungian psychology); polarized parts (Internal Family Systems Therapy); conflicting parts (NLP, Leela Therapy; intentional presence). **Non-exact equivalents:** Ambivalence, the state you experience when polarized parts are active (psychoanalysis). **Source:** Internal Family Systems Therapy

Pouring out (n.), to pour out (v.) The unconscious spilling out of rambling, emotional, tense, urgent, and/or run-on verbal expression (i.e., speech, writing, or inner dialogue) while one or more parts is activated. Pouring out is driven by the urge to relieve the pressure of intense emotions or unmet needs, but when it blocks us from sensing deeper emotions and needs, it can create [ACTION BLOCKS](#), relationship disconnects, and other unintended consequences in our lives. Pouring out is a form of [SPEAKING FROM A PART](#). **Non-exact equivalents:** (representing specific types of pouring out): Storytelling (Leela Therapy, non-dual therapies and spiritual practices); preaching; saga, treatise, spinning, propaganda, and lamentation (Jaxon-Bear Enneagram talking styles); run-on speech (colloquial); dumping on people

(colloquial); leaking emotions (colloquial); acting out (psychology/colloquial).
Source: Gene Gendlin, *"Fitting In, Pouring Out, and Relating"* (unpublished article)

Presence (n.) A **STATE OF CONSCIOUSNESS** that allows us to deeply and compassionately connect with ourselves and others. Presence allows us to access qualities like compassion, appreciation, acceptance, curiosity, holistic perspective, connection with the whole, and care for the whole. This is the state of consciousness people experience when they describe themselves or others as acting or speaking from the heart. **Equivalents:** Coherence (Institute of HeartMath); loving presence (Hakomi); unconditional love (colloquial); living from the heart (colloquial); practicing the presence of God (Brother Lawrence, Eckankar, different spiritual practices); being deeply present or unconditionally present (colloquial). **Source:** Spiritual teachings/colloquial

Presence-centered (adj.) Requiring the intentional shift into **MINDFULNESS** and/or **PRESENCE** to achieve its goals. Any technique, practice, skill, or process requiring you to consciously shift into mindfulness or presence can be said to be "presence-centered." **Sample sentence:** Hakomi and Focusing are two presence-centered approaches to personal growth. **Non-exact equivalents:** Mindfulness-based. **Source:** Intentional presence

Presence-centered friendship (n.) A new form of friendship in which two or more people commit to learning and practicing **INTENTIONAL PRESENCE** and/or other presence-centered skills together. Developing these skills allows friends to be more present with themselves and each other, communicate more authentically and effectively, and offer each other more skillful support. **Equivalents:** Conscious friendship (intentional presence); intelligent friendship (Kurtz); true friendship (Jaxon-Bear); spiritual friendship (Tami Simon). **Non-exact equivalents** (representing specific types of presence-centered friendship): Focusing partnerships; co-counseling; intentional presence learning partnerships. **Source:** Intentional presence

Protective behavior (n.) Habitual, unconscious actions that disconnect us from our selves and others by protecting us from sensing or expressing our emotions and **NEEDS**. Protective behaviors are usually driven by unconscious beliefs that judge emotions and/or needs as wrong, bad, fearful, unspiritual, dangerous, or impossible to fulfill. **Equivalents:** Coping mechanisms (psychology, colloquial); strategies, character strategies, spontaneous management behaviors (Hakomi), defenses or defense mechanisms (psychology, Enneagram); protective actions (Depth Oriented Brief Therapy); adaptive responses (Coherence Therapy, psychology). **Source:** ?

Psyche (n.) The sum total of all the **FIELDS OF AWARENESS** within you, the **INNER INFORMATION** they communicate, and the dynamic flow of processes they continually engage in. **INTENTIONAL PRESENCE** uses different words for **SELF** and psyche to clarify that the non-physical self is different from the physical body that houses it, the inner information the self experiences (e.g., emotions, thoughts, needs, desires, etc.), and the inner processes it engages in (e.g., thinking, feeling, perceiving, imagining, acting, reacting, etc.) That said, because we see everything as made of the same life energy or **ESSENCE**, we recognize that the body, the self, and the processes they engage in are all full of conscious, intelligent awareness, each contributing different capacities to the whole of our consciousness. **Equivalents:** The system (Hakomi Therapy); mind (Daniel Siegel); body-mind (Hakomi, new age and holistic health practices), body-mind-spirit (new age and holistic health practices). **Source:** Jungian Analytical Psychology

Reactive awareness* (n.) A specialized type of awareness within you that carries **INNER INFORMATION** gathered from past experiences and triggered by current experiences, such as emotions, needs, desires, beliefs, memories, etc. Reactive awareness tends to break down into many specialized **FIELDS OF AWARENESS** that we refer to as **PARTS**. One of the reasons we believe that our reactive awareness is designed to operate as a number of fluid, diverse, and ever-changing parts is to

allow the **SELF** to experience many different emotions, needs, desires, and viewpoints at the same time. Jung theorized the notion of “parts” (which he called complexes) to explain how human beings learn, build on, and organize their experiences. The concept that different parts of ourselves—and/or different neural circuits in the brain—“organize our experience” is also common to Hakomi Therapy, Coherence Therapy and other psychological approaches. **Equivalent:** Conditioned awareness (Leela Therapy, non-dual therapies). **Source:** Intentional presence

Relationship repair (n.) The act of naming, owning, discussing, and making apologies and amends for your unconscious, unintended actions in ways that build closer, more authentic, and more trusting relationships with yourself and others. **Equivalents:** Resolving alliance ruptures (Safran; psychodynamic therapy). **Non-exact equivalent:** Apologizing for your behavior (colloquial). **Source:** Couples/group psychotherapy?

See-Sawing (v.) Shifting back and forth from one side of a pair of **POLARIZED PARTS** to another, becoming alternately **IDENTIFIED** or **TAKEN OVER** by each. This leads to **ACTION BLOCKS**. To resolve such blocks, practitioners of **INTENTIONAL PRESENCE** shift into **PRESENCE**, listen to each **PART** involved with open-minded, detached compassion, and **HOLD THE TENSION OF OPPOSITES** until a unique solution to each part’s needs spontaneously appears. This simple practice unites seemingly opposite parts of the **SELF**, creating a deeper sense of inner harmony, alignment, wholeness and forward movement in your life. (See also: **CREATIVE TENSION**; **HOLDING THE TENSION OF OPPOSITES**; **POLARIZED PARTS**; **TRANSCENDENT THIRD**.) **Non-exact equivalents:** Looping (psychology); spinning (Leela Therapy). **Source:** Intentional presence

Self (n.) The “you” that exists beyond your physical body as pure energy and potential in a process of constant interaction, learning and growth. This inner you is made up of different **FIELDS OF AWARENESS** that each contain unique **ESSENTIAL QUALITIES**. Your particular mix of essential qualities (such as patience, compassion, and non-judgment, or determination, authenticity, and focus) developed through your individual experiences, imbues you with a unique identity or **ESSENCE** as well as unique possibilities. Each **FIELD OF AWARENESS** that makes up the **SELF** (and the larger **SOUL** of which it is part) contains limitless potential to learn, grow, and evolve, and contribute to the growth and wellbeing of others. **Equivalents:** The pearl (Diamond Approach); the soul (Eckankar, Christianity, new age teachings); Self (Jungian Analytical Psychology, Leela Therapy, Advaita Vedanta, and other Eastern spiritual teachings); self (colloquial; self psychology); the Organic Self (Eisman). **Source:** Advaita Vedanta

Self-actualization (n.) The process of realizing more and more of your own unique potential. **Equivalents:** Individuation (Jungian Analytical Psychology). **Source:** Abraham Maslow

Self-energy* (n.) The non-physical substance from which all **FIELDS OF AWARENESS** within the **SELF** are made. Self-energy is characterized by awareness, intelligence and **ESSENTIAL QUALITIES** like compassion, appreciation, and non-judgment, among others. The essential qualities within any field of self-energy can exist in “seed form” as potential or can be actualized to different degrees in each individual. (See also: **ESSENCE**.) **Equivalents:** Spirit (religion, spiritual teachings); essence (spiritual teachings, philosophy, Intentional presence, Essence Work); the holy spirit (Christianity); life force; libido (Jungian analytical psychology). **Source:** Internal Family Systems Therapy

Self-leadership* (n.) Ensuring that you’re **ANCHORED** in **MINDFULNESS** and/or **PRESENCE** when taking action to meet your **NEEDS**, whether acting on your own or interacting with others. **Equivalents:** Living from your higher self (new age teachings); living from soul (Eckankar); living from a Focusing attitude (Focusing); resting in the Self (Leela Therapy). **Source:** Internal Family Systems Therapy

Self-realization* (n.) The act of directly experiencing the many **FIELDS OF AWARENESS** within the **SELF**, getting to know them better, learning to love, understand and appreciate them, and developing skills for collaborating with them more effectively. All of these different aspects of self-realization support you to experience deeper **INDIVIDUATION** (becoming more uniquely *you*) and **SELF-ACTUALIZATION** (realizing more of your unique potential). **Source:** Eckankar, Eastern spiritual teachings

Soul (n.) The sum total of all the **FIELDS OF AWARENESS** that together form your non-physical identity. The individual **SELF** that you currently embody is but a small portion of the soul. **Equivalents:** Soul (Christianity, colloquial, Eckankar, Jungian Analytical Psychology); Self (Advaita Vedanta, many psychologies; psyche (ancient Greek psychology)). **Source:** Christianity, Eckankar

State of consciousness (n.) A recognizable mix of inner experiences, **INNER INFORMATION**, and awareness that allows us to access unique qualities and capacities within the whole of our consciousness. **INTENTIONAL PRESENCE** teaches people to intentionally shift into and out of four states of consciousness and use their unique qualities and capacities more skillfully: 1) **MINDFULNESS** (which allows us to observe our experiences with calm, detached non-judgment), 2) **PRESENCE** (which allows us to connect with ourselves and others in a compassionate, appreciative way), **AUTOMATIC AWARENESS** (which allows us to perform skills like talking, driving, or reading with little or no conscious awareness), and 4) **ACTIVATION** (which helps us to avoid danger, express and fulfill our needs and desires, and surface unconscious limiting beliefs). We theorize that most (not all) states of consciousness arise as different brain centers (i.e., reptilian brain, limbic brain, prefrontal cortex, etc.) assume temporary dominance and leadership over others. As different **PARTS** assume temporary dominance and leadership over others, they can also create their own unique sub-states of consciousness, characterized by strong, trance-like emotions, beliefs, and viewpoints.

Strategy (n.) 1) An action you take—either consciously or unconsciously—to meet a specific **NEED** or group of needs. 2) An action you routinely take in response to a limiting belief. (For example, you believe that your emotions are destructive and negative, so instead of listening to your emotions and expressing them appropriately, you unconsciously numb them through overeating. **Equivalents:** Defenses or defense mechanisms (psychology; Enneagram); strategy (Leela Therapy); coping mechanisms (colloquial); coping responses or behaviors (Schema Therapy); spontaneous management behaviors (Hakomi); protective behavior (psychology). **Source:** Leela Therapy

Transcendent third (n.) A creative solution the **PSYCHE** spontaneously generates when you consciously hold the **CREATIVE TENSION** of two or more **POLARIZED PARTS** with seemingly opposing viewpoints and needs. When held long enough from a state pure mindfulness that's free of agenda or preference, this creative tension resolves into a surprising and immensely creative solution that meets the needs of both sides of a group of polarized parts. In most instances, the transcendent third is a solution so unexpected and so uniquely creative that you sense you could have never thought of it on your own: it feels like something that happens *to* you rather than something you consciously create. (See also: **HOLDING THE TENSION OF OPPOSITES.**) **Source:** Jungian Analytical Psychology

Trigger (n.) Someone or something (e.g., an object, a situation, a person, an inner experience, an event) that **ACTIVATES** one or more **PARTS** of our **REACTIVE AWARENESS**. When a trigger activates parts, **INNER INFORMATION** that we carry from past experiences (needs, beliefs, emotions, memories, etc.) floods our awareness. This can: a) distort our perceptions, b) limit our access to our **CONSCIOUS MIND**, and c) cause us to say and do things that we don't consciously intend. Common triggers include other peoples' words and actions, your own thoughts, feelings, and desires, events that you perceive as threatening, including world events. **Example:** A woman mentions something kind that her mother did recently. Her story is the trigger that causes you to think of your mother, who just passed away, and you start to feel sad

and cry. **Equivalents:** Stimulus (neuroscience/Nonviolent Communication); cues (neuroscience); observations (Nonviolent Communication); attractors (Eisman). **Source:** Colloquial?

Trigger (v.) To **ACTIVATE** one or more **PARTS** and the emotions, **NEEDS**, memories and other **INNER INFORMATION** they carry. **Sample sentence:** Seeing that photo of my mother triggered such rage in me. (See also: **ACTIVATE**.) **Equivalents:** Activate (intentional presence, neuroscience, some psychologies). **Source:** Colloquial?

Triggered (adj.) In the state in which a **PART** of your **REACTIVE AWARENESS** is **ACTIVATED**. **Sample sentences:** 1) Every time he criticizes me, the same angry part of me gets triggered. 2) I was so triggered after my boss cancelled the project that I launched into a long list of complaints about the company, which certainly wasn't my conscious intention. **Source:** Colloquial?

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