



En#3 functions as **a past in the present.** And implying is **a future that is in the present.**

(APM, p. 64)

choose a field, a topic, an area on which
you want to do this time-space-journey
such as “language learning”

take a moment and stretch
move smoothly into a position
in which you will feel comfortable for the next
10-15 minutes
relaxed and awake
feel invited to follow me in a way it fits for you

sense
how your eyes want to be: open or closed
sense
the your place: space, sounds, smells, more
sense
the air and how it touches your skin
sense
your skin ... hair ... nails ...
sense
your flesh ... muscles ... bones ... organs
sense
your breathing ... heart beating ...
blood running ... sense all happening now

enjoy ...

see if you find a place inside you
where you feel comfortable right now ... safe
to invite your past and implied future
where you want to hold a gathering
for all what will want to show up
where you want to invite
very loved ones ... complicated ones

enjoy this place ...

invite your body to be with this question:
how did you experience language learning?
how did you experience language learning
how did you experience it ...

what appears to your gathering
... situations ... interactions ... people ...
movements ... words ... emotions ... images

whatever comes up, gently welcome it

maybe it's a lot
maybe there is more
maybe nothing appeared

how is your body now ...
what changed ...
where can you sense something

be with what is now ...

invite your body to be with this question:
how do you want to learn a language?
how do you want to learn a language ...
how do you want to learn ...

what becomes alive
what shows up at your gathering
how is it ... how does it feel like ... look like ...
taste like ... sound like ... act like ...

whatever comes up, gently welcome it

now you are in your gathering with all this
from your past and future
how does it feel like

what is the essence of all this
what is the direction you want to move forward

invite your body
to let a word form, a sentence

your gathering comes to your end
thanks for coming ... take care ...
take your time to come back

feel free to share
what do you want to do now ...