Talk

Angela 2 — Week 5, Day 5, Session 6 — 61 minutes

Summary: Russell opens with a brief weather-report check-in, then teaches languaging for embodied listening. He sets up triads — a focuser, a partner, and a note-taker — and puts warm-hearted presence ahead of technique. He offers phrases that keep an I with a something, and asks the group to trust the living process, mistakes included.

Check-in

[Russell:] I need to take a moment. Keep your eyes open, to drop down and kind of check in. First, connecting — just kind of pausing and connecting yourself. And you kind of ask, gently in there, how am I right now? What's happening?

You know, kind of the short version. But it sometimes might be called a weather report. It might actually be a weather report. Sunny with clouds coming. Cloudy with sun coming.

Or I'll ask — actually, we're going to go around the room and just kind of check in. If you really don't want to say anything, just bow. If you can give some words, they can be a weather report. They can be just — but pretty short.

And as you know, as I've said before, it's not uncommon for the inner life to have opposites at the same time. So it's okay. It doesn't have to be logical. It just has to be true. So you're just kind of doing a brief check-in as to what would kind of summarize you at this time.

We'll just go around the room and check in. If you want to say something — if the timing's not right for you, just say that.

[Participant:] When I arrived here, I had a sense of overwhelm —

[Russell:] Yeah, I really don't want stories and sentences. Really brief. Really, like how you are in thirty seconds.

[Participant:] I was tired, and now I feel revitalized, and more alive from my feet — really starting from my feet on up. And there's something very reverent and poignant about my feet, and it feels very powerful to me. Like, very — I've shifted. Thank you.

[Silence 33 seconds]

[Participant:] Mostly peaceful, with little bits of tension.

[Silence 2 minutes]

[Silence 56 seconds]

[Participant:] I feel amazed by something I discovered today — that relationship between being centered and being connected. And this is — it's really easy.

And I am also — there's a part of me that's worrying, because this week is close to its end. And so that's it. I'm feeling questions. The relationship between the internal and the external, and I'm not sure about the balance, and how that can —

So it's just kind of a curiosity. It's not like a challenge. It's like a good — but it's full of questions. Full of questions.

[Participant:] Went for a walk down by the water. A sense of impermanence, fragileness. Two coots diving in the water. A mimosa tree, soon to bloom. And the absolute beauty of all of it.

[Silence 34 seconds]

[Participant:] Mama bear. Tender. Anger.

[Silence 34 seconds]

[Participant:] Immediate response to your weather report. Hazy, with a chance of lightning.

[Participant:] Resourcing. Deeply social silence.

So there's a kind of gratitude and surprise at the aliveness of the resources. And there's also a recognition of the acceleration of this week and this group, and a desire for play and laughter together.

[Participant:] Maybe a happy spring rain. Spring rain.

[Participant:] I'm in one of these really beautiful Sonoma County mornings, where the sun's coming through a foggy ocean mist. And it's not for sure whether it's going to be bright sun, or whether the mist is going to cover — but it's the unknowing place that makes it exciting weather.

And I'm happy with whatever direction it goes. If it gets sunnier, I'll probably go for a run. And if it gets mistier, I'll probably play my shakuhachi. So all is good.

[Russell:] Yes. Oh, yeah.

[Participant:] So I didn't bring it. I'm going through my phone — she did send. Really a blessing. She's missing. Really holding light and heart. Anyway. Thank you.

[Russell:] Oh, it's good to hear that. Thank you.

[Participant:] I didn't realize that there was something feeling incomplete, not having that. It feels good to hear that. She has the flu, but we're hearing from her — that she feels some sense of connection to us.

[Russell:] Great.

Groups of three

[Russell:] So what I'd like to spend some time with is getting a little bit further with some of the languaging choices when we're in a listening process. Because I'm hearing from a number of you that you're feeling like you would like that. You're feeling you're not sure what to say in different —

So what I'd like to do is look at my sense of the overall embodied listening, and some of the frequent responses. And then what I'd like to do is, we're going to get into groups of three.

One person is going to take a subject that they want to learn about, and spend some time with it. And one of their partners will join them in that investigation, feeding back. They'll be their partner in that.

The third person will be making some notes of what's going on between you. You may not write every word, but you'll keep a flow of the session. And then you'll spend time kind of looking at the process of the process.

And I will very much encourage you to have all your good listening skills when you're looking at the process of the process, because you're not looking at the content. As in, "When you said this, I was concerned." It's not content.

It's about how — the movements in the process. When there seemed to be something that was opening. When something maybe got confused.

We'll have the person who was on the journey speak first. And if the person who was on the journey really doesn't want any conversation, you don't even have to be there for it. You could, but it's nice to look together.

Most of the time, this is a very helpful process for learning different styles of being in your process. Because you get to be with, over the next two days, two different people.

I want to encourage an atmosphere of questioning gently. What was helpful, what was not so, what might have been more helpful.

In some triads it can work. You'll have to see. It all depends on the person who is going on the journey. They get complete say over everything. If you don't want any words coming back, that's fine.

But generally, you'll have one person being your main word person, and if it's okay with you, that person could consult with the other person. If they're feeling stuck — "I don't know what to say" — and you'll see if that's okay in your process.

Okay? But mainly what'll happen is kind of a normal listening session, a focusing-type session. There'll be some notes on it, and then you'll look together at the process of the process. And then we're going to gather together and learn all together about all that.

Any questions about that part so far?

[Participant:] Yeah.

[Russell:] Yeah. I'm going to recommend a twenty-five-minute session. I mean, a lot of people who teach focusing are rather strict about time. I am not.

Sometimes I wouldn't want a twenty-five-minute session to have become a forty-minute session. But it could be — if the person needs some more time to really feel complete, some more minutes is fine. So it's not uncommon that the twenty-five, by the time they come out and feel settled and all like that, is closer to thirty.

And then the person will complete. That person who's on the journey — we're absolutely respecting this.

See, what we're navigating — I'll take a step back — is it's a learning process for all three, but it's an authentic listening process for that person, and that's the priority. So it's not about making it a didactic session, and you're kind of analyzing. Nothing like that.

It's a gentle way of lightly looking. How was it when this — you know. But they will speak first.

[Participant:] Yeah, go ahead. That's what I was going to ask — in the after session.

[Russell:] Right. In the triad, the focuser speaks first. Unless they don't want to. In general, that's where that works best.

[Participant:] And if the main listener wanted to consult, they would probably ask, "Would it be okay? Can you stay there, be by yourself for a little bit, while I ask?"

[Russell:] And then don't whisper. Speak out loud, because there might be a three-way consultation. It's okay.

Right — but as long as the person on the journey can stay in touch with whatever is alive for them.

[Participant:] Yeah.

[Russell:] Yes. So the focusing session itself is twenty-five minutes, and then plus, right? It's going to end up being pretty close to an hour, is my experience, once it's looked at and worked with. There's usually a lot that comes.

Yes. Over the next couple of days, that's what we'll work with.

[Participant:] In the notes — a person taking notes — can you speak to that, just briefly?

[Russell:] Yeah. So, you know, I used to only do this in the graduate groups, but it was so helpful that I've started bringing it in earlier.

And some people are really easy, and love to take notes, and they take almost every word down. Others — you're taking quite a bit, but especially the main shifting moments. And you're trying to get, if you don't get the whole sentence, the kind of dominant way it was structured. You know, the noun-verb kind of.

And so then you can look over it and see if we're getting more articulate.

Okay, so then I need to back up. You can have more questions about that later, but I want to back up, because I want to talk about the process itself.

Presence first

[Russell:] As I said from the very beginning, and have repeated many times — but it's really easy to forget — I really stand for the quality of warm-hearted presence as being healing. Being conducive for people to allow whatever is living in them to come forward. What Gene was saying in his quote yesterday, about awareness as a process.

And it's why I don't teach so technique-y. Because even — I've noticed in groups where things are taught, even when every time you're saying, "It's not technique, it's not technique, it's about being present," the technique takes over. That's what I've noticed.

So I'm so committed to that warm-hearted meeting that I don't want our further investigation of language to feel crippling to your heart. Right?

So the first thing is the presence and the meeting, and that you're really interested and curious, and you can relax as the listener. You're not on edge as the listener. That you're there because you're hopeful for their learning, and it's not on you to make learning happen. It's not your responsibility. But you are giving your presence.

Now, in addition to your presence, there are some kinds of reminders and reflections and guidances that can be helpful.

The organism keeps time

[Russell:] So, the key — I wrote a few down. There are other ones that I use a lot. Let's look over here for a minute.

There's space. So you really don't need to write. I just want you to know, coming toward our closing time — but you still have time to let this unfold a little further. Listen, and listen to your inner world, how it wants to bring us to a conclusion. But don't rush.

So I'm giving the message. And what's amazing to me — organisms. We're such organisms. And I'm saying it's not just true of humans. Systems are really brilliant at creating closures, at creating wholes.

But we need some knowing that the conclusion is coming up, for that preparation to take place.

[Participant:] Thank you. So, introducing it without having a strict number.

[Russell:] Yeah. That's really helpful. Just introducing that we're moving in that direction.

And then, you know, you can see this with so many things. You see it when I used to do Feldenkrais trainings. I would sometimes do a training that was two months long in the summer. There was usually a week off in the middle. I would then sometimes do a training that was one month and one month — winter, summer. I would sometimes do a training that was two weeks, two weeks, two weeks, two weeks. They were all eight weeks.

I even did a training that was Wednesday nights, and one three-day weekend a month.

Okay, so I did trainings that were very small in length, to very long. And what I discovered was phenomenal. This really got my attention. In the two-month trainings, at about five weeks, five to six weeks, people hit a wall. Then they came through it and came out.

In the one-month training, that happened in three weeks. In the two-week training, that happened at about six days, six or seven days. In the three-day training, it happened — yeah, we start on Friday, all day Friday, all day, and by either Saturday or Sunday morning I said, boy, this is getting long.

It was like the organism was calibrated according to what was coming. And I'll see that with meditation times. I'll see that with runners.

How long is something, how short is something — the organism is brilliant at preparing itself.

You know, I fly overseas. I mean, I have a number of twelve-hour flights, right? And if you do that a number of times, then people who rarely do — "God, I could never do a twelve-hour flight." But a twelve-hour flight, you start getting tired at a certain point.

But then if you have to go on a six-hour flight a number of times, the first six-hour flight feels short. But then after a little while, your six-hour flight, at the end of four hours, you go, "Man, this is long." When you're on the twelve-hour flight, four hours is nothing.

The organism calibrates. Isn't that interesting?

And that's true on so many levels. It's actually part of our incredible wisdom and flexibility. That's why I don't believe in words like "that's long" or "that's short." Compared to what?

You know, people say, "What, you sat all day?" Well, be with some Korean practice period, where they sit for ninety days and don't lie down. Sitting all day is not so long.

[Participant:] Yeah. I certainly — yeah.

An I with a something

[Russell:] So, a couple of things I want to say that I've been noticing, as I've listened a little bit in your comments during sessions.

The key point. There are many things that make focusing, or embodied listening, different than a lot of ways of listening. But one of the real key points — besides all the obvious presence, and there's a warmth, and all that stuff that we all already know — is that there is this creation of an I and a something.

There's a presence that's with something. It's like a healthy duality.

And what interferes with that healthy duality is when a person's getting lost in identifying with a part. Identifying the I with a feeling, usually.

Okay, so as a partner, that's one of your main functions. Helping them remember that they are presence. And if they don't want to be presence, it's okay. You're not going to force it on them.

But you'll say things like — they say, "Well, I'm really angry about this." Notice if it would feel okay to say, "You're sensing something in you that's really angry." Or, "You're sensing a really angry place in you." Or, "You're noticing a part of you that's really angry."

As soon as there's an I that's in presence, noticing something, the potential for unfolding is there. As soon as the I gets wedded to something, it's a different kind of process. Not necessarily a bad or unhelpful process. It's different.

And I want to encourage that, in addition to your basic ground of being a presence for their presence — you are presence for their presence, as the listener — that you're listening for: have they merged with a part of themselves?

And I think you've all experienced that by now. The difference of a simple linguistic change — and it's not, of course, just language. It changes the feeling inside.

To go from, "God, I'm so anxious about that thing that's coming up." The difference between that and — oh. I don't have to minimize it. I can go, "Oh, I'm really in touch with a whole lot of anxiety. Oh, I need to step back a little bit to give it some space, or I'll be pulled right into it."

So I don't need to say, "Oh, there's a little bit of —" There's a whole lot of anxiety, but I'm not inside of it. I'm with it. That's the key move.

Now, in that giving it space, you don't want to get distant from it either. Especially for people who easily leave their feeling. You don't want to get so — "Oh, yeah, it's a little anxiety. I see it over there." That's why the body is so helpful.

So then that's the next one. We help the people come into the sensing of what's living in them.

Helpful phrases

[Russell:] So maybe you might — did I put it up there? Probably didn't. Okay, that should be up there anyway.

It's something like — maybe. I like those soft statements that are not demanding. "Maybe notice, if it feels right." Something like that.

"Maybe notice how that is in your body right now." Or, "If there's something that you're sensing in your body that stands out."

"Well, there's a kind of tightness. I don't know if that's connected."

"Yeah, we don't know yet. And maybe just be with that a little bit. Let's see. Maybe describe what that's like."

And then that brilliant move from Gene. Maybe, once you describe it — "Oh, it's a kind of tight, dark place." Maybe take those words. "You're sensing something that's tight and dark in there. Maybe bring those words back to that place, and see if it's just right."

And then the body gets to resonate with the symbol. Symbol being the word, or the picture, that resonated.

That's worth a million bucks, because the body will then go, "It's not dark." And that's so great when that happens, when somebody self-corrects. They said it's tight, and — "It's not dark. It's actually — oh, it's actually like a deep pool. And it's not so much that it's dark. I can see a little — it's just that it's really deep."

And now they're really with something, and the process is going to take them someplace, because they're in touch with something. They've got some kind of what Gene would call a handle on it. A word or phrase, some kind of handle that identifies it. And now you can just bet that something is going to be revealed that's helpful.

And so: you're sensing, you're noticing, you're aware of something. That's so helpful. It doesn't have to be "something." It could be "a place in there." Could be "a part of you."

That one I like: "You might take some time to sense how you would describe it." So you're sensing into it.

Take that word back to the place and see if it fits. Again, you don't have to use these exact words, but this flavor.

Saying hello. "I know you're there." When you get in touch with someone — "Hello, I'm with you."

And I will often like to add, "And maybe notice how it would like you to be with it."

Think of a kid, or think of an animal, something that can't speak yet in words, and you kind of sense: does it want you holding it? Does it want you in the room, but not too close?

And you can shift your attention with something inside of you. And your partner can help you do that. Let's say, "Well, I'm bringing my attention to it, and it seems to be getting tighter."

"Oh, notice if it might like a little bit more space from you."

You get it? If you think of it as something that's alive and real, you'll know what to say. If it's constricting in your presence — "Oh, maybe notice if it needs a little more space."

Now this is a pretty nice one that I sometimes use. I'm not sure I've given it to you before. Sometimes, especially when there's a tender kind of place, it's good to ask it if it's okay to be with.

You might want to ask it, "Is it okay to spend some time with it?" And if it says no, really honor that. And you might want to spend some time with the part that's saying no. The part that's saying this is not safe, or scary. And let that call your attention.

This is a great move. It's like turning the light around. It's sensing from its point of view.

We're so used to controlling things. "Well, let me see what it's like." It's like not trying to figure out what your child is feeling, but really going into them and letting them come out to you.

And so it's like just sensing what it feels like from its point of view. And that's a nice invitation.

[Participant:] How do you start off with that?

[Russell:] I would put it directly like that, often. I'll go, "Okay, you're with that place" — and this is after they've been with it for a little while. "You're sensing that place in your belly, and it's kind of opening." And maybe it stayed like that for a while.

So they're in touch with something alive. It hasn't been shifting lately. And just with it — "Maybe sense how all this feels from its point of view. How it is to be it. How it feels to be it." Right?

And sometimes something really new will emerge, that you can't see as the presence, but when you ask it to show, it does something that reveals itself. It's alive. It's alive in there.

Wow, that's amazing. That's amazing, when you get confidence that you're not making this stuff up. It's alive in there. And if you just keep pulling on that thread, it will lead you to something that is surprising, usually, and that is true.

Since we're so unused to being led like that, we go, "Oh, that can't be true," as the mind says. "I'm not in charge of this."

"Notice if it has an emotional quality" can be very nice for those of us who are very kinesthetic. We notice things in our body very easily, but we don't get the quality of them.

So sometimes I'll start with, "Oh yeah, there's this really big, open place in the belly. There's this big place in the belly."

"Can you describe it a little bit?"

"I don't know, it's really round and full."

So I might start with, "Does it have any other qualities? You're sensing something that's round and full. Does it have any other qualities?"

"Well, it's kind of pulsing a little bit, and yeah, it's just really round and full."

"Maybe notice if there's any emotional quality to that round and full place."

You get how we went from just general qualities to seeing if that was there?

Not only the words

[Russell:] And this reminds me of something I'm wanting to let you know. There's a real difference between just giving the words back.

Like, "Sense of tightness, pressure." And then if the partner says back, "There's tightness and pressure," what happens? You get tighter. More pressed.

But if the partner says, "You're sensing a place that's tight and pressed" — now they can be with it, lifted a little. You get that?

That's a real important one, because a lot of you are cutting off the "you're sensing." Sensing is great, but it can also be "you're noticing," "you're aware of," "you're seeing." "There's a part of you that's —"

[Participant:] Yeah. It's like — what do I want to say? Tight and pressed, if I would say it, is like a sort of negative state.

[Russell:] Right.

[Participant:] It's something like a more positive state.

[Russell:] Okay, so that's a great question. So if it's a more positive state — and I don't want to get into a long discussion of this, but I just want to put it out there.

Many of our positive states are states of being. Are states of presencing. So when someone feels a real openness and warmheartedness, that is connected to who they are. That's not only a part of them, usually.

So you can say, "Oh, there's a real warmth and openness. Let yourself have that." I might even say, "Take your time with it."

Every time I feel something positive in Gene's presence, he goes, "Oh, let's go. Let's just take a vacation there." We've got plenty of time to stay there. He says it loud, kind of blah, blah, blah. And that's beautiful. So we grow that.

If someone's saying, "Oh, I'm feeling really sexy" — that's beautiful, to feel really sexy. But chances are their presence is noticing a sexiness that's coming up. Okay.

Toward the end

[Russell:] "Sense if there's more that it wants you to know," towards the end of a session. You might sense if there's more that it would like you to know before we stop, or would like you to sense.

And then, somebody's with a place that's a difficult place, and they've been with it for a while, and they've really given it some time. You might ask it, "What makes it so hard? What's the hardest part of all this?"

If a session had gone a little bit differently, it could have been a question towards the ending. "And what makes it so hard to be with your mother, and how she is with you? What makes that anger so —? Just feel into that."

And that's not analytical. There's a danger of it being analytical. Right on the cusp. It's right on the cusp.

What I'm looking for is, with some people, an insight comes. "Oh. Oh boy, I feel like I gotta be in charge of it." But if something comes, and it's a real relief.

But really good point — be aware if that's a type of person who's going to make that analytical.

[Participant:] So again, I'm not — yeah, not a good one for me to use. Sort of like, since there's more that it wants — what makes this so — asking it what it needs right now. Are you kind of using it in the same way?

[Russell:] Yeah, well, no. A little bit different. A little bit different. But asking it what it needs right now is great.

I'll tell you other ones. I was going to wait till tomorrow, but maybe I'll put it out now, and we can deal with any confusions about it tomorrow.

You know this premise I've been coming from, in the resource work, and when I was talking about needs a couple of times. That we already know how it feels to be ourselves when we are in our harmony, our presence. And part of what's, I think, a little bit unique about this work is we grow those states in a very conscious way, so they're more available.

And I'm really excited about how people take to that. Most of us really want that, and it's not some delusionary positive thinking. It's really getting it deep in your body. And it's so helpful, because it's not false. It's authentic experiencing of who we are.

Since I know that's in there, in the right moment towards the end of a session, if I'm pretty clear the person's not going to kind of control it or make it happen, I might say — like you've heard me say many times — "And just invite your body to show you how it will be when this is all resolved."

"Let your body show you how it will be when this is completed. When this is resolved."

And for some people, that's such a helpful reminder that that wisdom is in there. And it gives them permission to feel it. They don't have to wait to have what's living in them.

You've heard me say it before. Let your inner life, or let your body — you know I use those interchangeably — let your inner life, or let your body, show you how it would be if it could be. And it will be, as soon as it can be.

And a lot of people go, "Oh. Oh, it really — oh, yeah."

And then if they get some of that, and even if they then go, "Yeah, but that's not here yet," at the end of the session they'll usually feel some of that uplift. And we can help them to sense, if there's still something heavy about it, the heavy place — and just take a minute to give yourself permission for that other place that's also in there. That knows not to push away the other, but to also have this.

And again, if it's done delicately and gently, not as a demand, it can be very liberating. For people to know that they can have their challenging states and their fulfilled states at the same time.

When it moves too fast

[Participant:] A side question.

[Russell:] Oh, okay. Go ahead.

[Participant:] I just was wondering if you had anything to offer in the way of timing, because I sometimes feel like I'm trying to enter a revolving door.

[Russell:] Right. Oh, that's a great thing.

Yeah, this should be up there. I didn't take enough time.

If it feels like a revolving door, chances are the person's going pretty quickly in their experience. So you might just look for even a small gap, when you're taking breaks. "Maybe take a few moments to let all that settle in there."

And I'll say it long. "To let all that settle in you, and just feel what's really living in your body right now." And that kind of goes — and so if they've been a little chatty, or going a little bit quick, that tends to slow things down, and something is likely to come forward that's living.

Okay. So you just need — and it may feel, in that one sentence, a little like you're jumping into their thing. But usually that'll be appreciated.

Or I might even say something like, "Wow, that's a lot you've got going on there. Let's slow down a little bit and just feel. Just let all that settle. Take a minute. Come back to your bottom. Come back. And now, out of all that, what's really come in? What's most important?"

Also, in terms of remembering — you don't need to remember all of it. Just what stood out to you, and or the most recent. Because what's so great is, you don't have to be good at it.

What's so great is, as long as you're pulling on a thread that's living, it will connect to all the other threads. We are interconnected in that way. So the point is to trust living process.

Trust the thread

[Russell:] That's what Gene is saying over and over, and that's why he calls his thing the process model. I was just talking to him on the phone yesterday, and he's really struggling with the paper that he's writing, around just this point.

Everybody wants it from the old way. They want to know it first. They don't trust that the process will take them there. And he doesn't know how to say that without getting to the knowing first — how to take them to the process first. And so he's struggling with trying to trust the living process.

Wow.

And that image of a thread. Feldenkrais had the same kind of image, that you could find a thread and get to what was most important, if you just stayed with what was real, what was alive.

So you don't have to understand it ahead of time. You don't have to be smart. You don't have to be psychologically astute. What you have to be is present, and willing to help the person come back to presence, where they are with something.

And if they come to something that is not the most important thing, that thing will lead them to the most important thing. You just pull on the thread that's right in front of you, and let it unravel from there.

[Participant:] I don't know if this is the way you approach things too, but sometimes I find that people can get a little too free-association, and spin away from the original intention. And I'll sometimes just remind them of their original intention, and ask if that's still alive. Because I think — watching someone kind of unconsciously close the door on the original intention, without being aware of doing that.

[Russell:] Yeah, yeah. I think that's good.

I would say that if where they are now has brought them to something that feels really alive and potent, then we might not do that. But if they're kind of moving, and then there's some of this, and then there's some of this — maybe pause for a moment, drop down, and remember what you were saying. Just see if there's anything alive about that right now.

I think that's enough. Okay?

Let me beg you not to worry about your language, just because you have all this. Pair up. And you have a friend with you. Okay, the friend is writing. So you can regroup together. Please be generous with yourself.

Please, the people who are going on their journey, be gentle, and just let it take you. People who are the partners, try to make at least two or three mistakes, so that you can learn something.

If you get it perfect — if you do it just right — it really hasn't improved your process. So please get at least something that didn't feel just right.

And the partner who's writing — hopefully you'll be surprised too.

[Participant:] Yes. Yes.

[Russell:] And just really — warm-hearted presence is gigantic. It's the ninety percent. It's the ninety percent. It really is. Both as the focuser and as a partner.

[Participant:] Yeah.

[Russell:] Yeah. You're not writing every word directly, but I'm telling you — some people can. I'm not a great note-taker, so when I do it, I summarize each bit, and it's really not that difficult.

Some people are really good at getting just about every word. Somehow they do it. I don't know how they do it. And they don't even seem to mind doing it. They kind of say, "I enjoy this stuff." I don't get it. It's not in my skill set or something. It's like, "Geez, this was fun. That was fun."

Into triads

[Russell:] So, okay. Find a triad. Let's stay seated. Who needs partners? Wiggle your hand in the air. Look around the room.

There, and here. Three of you. Wait. Someone needs partners. Who else? There are a couple of people who need partners. Who needs one? We need one more. One more. Can you join?

Okay. Does everybody feel fine?

Now, let's use both rooms, and put yourselves out of sound distance as much as you can.

I will periodically be walking through. And if it's a time when you are feeling something stuck in the process, you could say to the focuser, "Russell's here," and if they wanted some collaboration from me, I would come over.

That's not necessarily helpful, to call. I mean, really, it's not. You're in the process. I trust you in there with them. If your presence is there, I trust that. But just as a backup, I'll sometimes walk around.

You can blow the alarm.