

# *Sensing Journeys in Practice*

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# V-PROCESS: 1 PROCESS, 5 MOVEMENTS

## 1. CO-INITIATING:

UNCOVER COMMON INTENT

*STOP and LISTEN to OTHERS and to WHAT  
LIFE CALLS YOU to DO*

## 5. CO-EVOLVING:

INSTITUTIONALIZE the NEW  
in PRACTICES

*by LINKING MICRO, MESO, MACRO CHANGE*

## 2. CO-SENSING:

OBSERVE, OBSERVE, OBSERVE

*CONNECT with DIVERSE PEOPLE and PLACES  
to SENSE the SYSTEM from the WHOLE*

## 4. CO-CREATING:

PROTOTYPE the NEW

*in LIVING EXAMPLES,  
to EXPLORE the FUTURE by DOING*

## 3. CO-INSPIRING:

CONNECT to the SOURCE of INSPIRATION and WILL

*GO to the PLACE of SILENCE and ALLOW the INNER KNOWING to EMERGE*

# ACTIVATING ALL OUR INTELLIGENCES....

SUSPENDING

VOICE of JUDGMENT

SEEING with FRESH EYES

REDIRECTING

VOICE of CYNICISM

SENSING from the FIELD

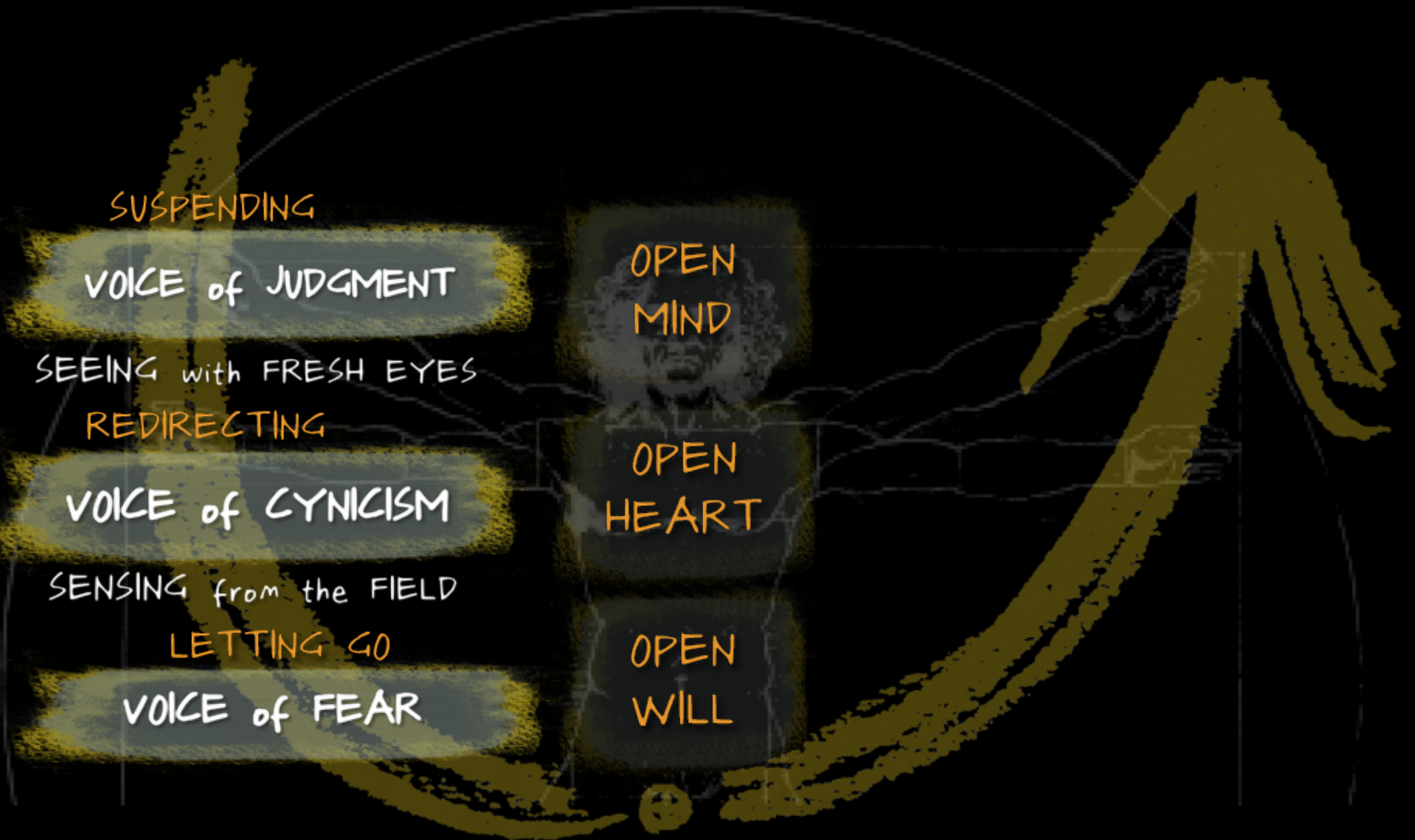
LETTING GO

VOICE of FEAR

OPEN  
MIND

OPEN  
HEART

OPEN  
WILL



# WHAT ARE SENSING JOURNEYS?

- visits to places & people very different from our current context to get a **fresh perspective** on the trickiest questions facing us;
- **immersing ourselves** with eyes wide open, assumptions suspended / set aside, with curiosity, and all senses engaged.









# Their purpose

- to ground ourselves; to have **first-hand experience** of really seeing and sensing;
- to explore **core questions**, especially our trickiest ones;
- to challenge deeply held **assumptions**;
- to **see our system anew** – looking for inspiration to crack open old ways of seeing;
- **to see our system as a whole** – especially the “edges” of the system (the extreme users, the voiceless, or people in special situations) - where we will get our most powerful clues.



# Sensing the 'edges' of the system



# Making the Most of a Sensing Journey

- **Observe, observe, observe.**  
Turn off your 'judging' instinct and suspend your cynicism.
- **Remember your intention.**  
Keep bringing yourself back to your reason for being there.  
AND...Listen for the unasked, the unexpected and the synchronistic.
- **When speaking with people, use deep listening as a tool to hold the space of conversation.**  
Attend to what is emerging from the now.
- **Trust your intuition and ask authentic questions.**  
Pay attention to and trust your intuition in asking questions raised by your experiences.
- **Notice clues about the future.**  
Notice points of passion or interesting side experiments, points of tension, gaps, polarities, the "margins" or blind spots.

# Step 1: Sensing

- 1 - Go to places of most potential
- 2 - Observe and Listen with your mind and heart wide open
- 3 - Connect: experience how you are part of the system you want to change

# Preparing for your Sensing Journey

Ask yourselves:

What **questions** do we wish to explore?

What **assumptions** do we have (ready to be tested)?



# Sample Questions for use DURING your Sensing Journey

*(Turn off your 'judging' instinct and suspend your cynicism)*

- What **personal experience** or journey brought you here?
- What **issues or challenges** are you confronted with?
- Why do these challenges exist?
- What challenges exist in the larger system?
- What are the **blockages**?
- What are your most important **sources of success** and change?
- What would a **better system** look like for you?
- What initiative, if implemented would have the greatest **impact** for you? And for the system as a whole?
- If you could change just a couple of elements **what would you change**?
- Who else do we need to talk to?

## AFTER your Sensing Journey

Immediately, while it's all still fresh, reflect:

What **touched my heart**?

What **surprised** me?

What else **challenged** or **inspired** me?

What did I notice about the **community or system** context?

If this were a 'Being' that had a voice, what would it be trying to say? Or what would this Being be trying to morph into?

What '**sparks of the future**' am I sensing here?

What **seeds or potential** for exploring or experimenting?

# Step 2: Sense making

