

## LETTER FROM THE EDITORS

One of the great pleasures in life is sharing with another person something memorable that has happened to us. Often, the very act of articulating our stories aloud or on paper deepens our understanding of the significance of our experiences, giving us a better sense of clarity, hope and comfort. Indeed, the art of Focusing involves discovering clues to stories hidden in our bodies, stories whose emerging details are often facilitated by the presence of an attentive listener. All of us, both as Focusers and Listeners, have witnessed extraordinary tales which, for the most part, are seldom ever shared with a larger public . . . so that made us wonder . . . would members of our community actually be willing to write so personally about one Focusing Session that transformed their lives?

In answer to our request, many Focusers enthusiastically told us that, yes, there had indeed been one extraordinarily significant session in their lives that stood out because the story illuminated an unexpected answer to a very difficult or convoluted dilemma, or transformed the way they viewed an issue.

From the beginning of the call for papers, we had in mind the idea of an *aha-moment* that would never be forgotten, or better said, *would always be remembered* so we adopted this colorful term, *aha* as the distinguishing hallmark of the kind of memoirs we were seeking.

It is our pleasure in this Folio to have been *the Listener* to so many wonderful and touching stories, and an even greater pleasure to work with so many talented writers. We learned about the many hours they spent creatively shaping their stories so that you, the reader, could follow not only the factual details, but would also be able to sense the affective power and impact of these Focusing *aha's*.

The thoughtful crafting of a memory into a publishable story involves many questions to consider for both the writers, and for us as editors: How to start and end? What to leave in—or out? What to elaborate upon? Which words best evoke the fullness of the moment? Would direct quotations or conversational summaries best hold the readers' attention? Should the tone be suspenseful or poignant or humorous or matter-of-fact? When is the story too long, or for that matter, too short?

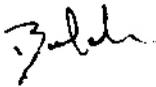
As a guide, we offered our writers several literary descriptions of a *memoir* (our favorite being “an informal recollection of an event as if you were telling it at the kitchen table!”) In addition, we also asked our writers to include a reflection of what this particular *aha* session taught them about the Focusing process itself. We think you will be as edified as we were to read the insightful, often highly original pieces of wisdom that arose from so many touching personalized experiences in this Folio issue, **Memoirs: Stories of One Aha Transformational Focusing Experience.**

So, we are now ready, with much delight, to present to you 47 (yes 47!) wonderfully written memories—memoirs—from members of our Focusing community. Traditionally, at this juncture in our Editor’s Letter, we list all of the contributing writers and give a short synopsis about their contributions. However, with 47 entries, we were not prepared (and didn’t think you were either) for 47 write-ups!

Hence, what we will say instead is that the diversity of insight, growth, change, and inspiration is both heartfelt and often astounding. Some of the memoirs are very serious, of difficult and painful experiences that were transformed through the process of Focusing. Others are genuinely amusing and will make you smile from ear to ear. And, for the first time, some of the writers have included a variety of wonderful drawings and pictures, making this edition of *The Folio* particularly memorable, both visually, as well as in a *felt* way.

We hope that you will enjoy reading these wonderful memoirs as much as we have, and feel both inspired and uplifted to have been privy to these very personal events and felt-shifts. Now it is your turn to enjoy and *listen to* the following stories, and maybe reflect upon some of your own special, memorable *aha* moments.

With regards from your editors,



Bala Jaison, Ph.D.  
Senior Editor



Paula Nowick, Ed. D.  
Managing Editor