



THE INTERNATIONAL FOCUSING INSTITUTE

Building on the work of Eugene T. Gendlin since 1979

"The Weeklong"

by Amalia Zimarino (translated by Beatrice Blake)

The 2020 Weeklong was a deep EXPERIENCE where BODY learning converged with the gaze of the soul.

In each WORKSHOP that I witnessed, we transited inner roads. They led us to the present and to a past that spoke to us through the body, with movements that until then had been silent.

I felt myself flowing in an endless number of emotions that left me transfixed.

We discussed POLYVAGAL Theory, found a DIVERSITY of ways to look at things, we RESONATED THE REFLECTED PHRASE IN ANOTHER LANGUAGE. We experienced what the body WANTS AND DOES NOT WANT, and all of it was interwoven in our experience with a TREE that communicated WITH US.

I understood that the Spiritual Dimension was reaching us. We were already a We, THE BEING, whose CREATIVITY symbolized the freshness of the HEALING achieved. And like a DREAM came: "THE PANORAMIC VIEW," bringing the stillness and the peace of that Transformed Life.

Like a mystery unveiled, we come back to everyday life. But we were no longer the same because of our expanded consciousness of BELONGING TO THE FOCUSING BRIGADE. We want to thank them and GENDLIN. We feel embraced by that blessed first WEEKLONG ON ZOOM, which made it possible for many of us to be there.

Let us THANK GOD FOR EACH HUMAN LIFE. GOD invites YOU and ME to HONOR LIFE ...

With love,

Amalia G.Zimarino

We want to express our gratitude to Beatrice Blake for translating this article into English.