

Bio-Spiritual Focusing





Peter Campbell



Ed Mc Mahon

head brain

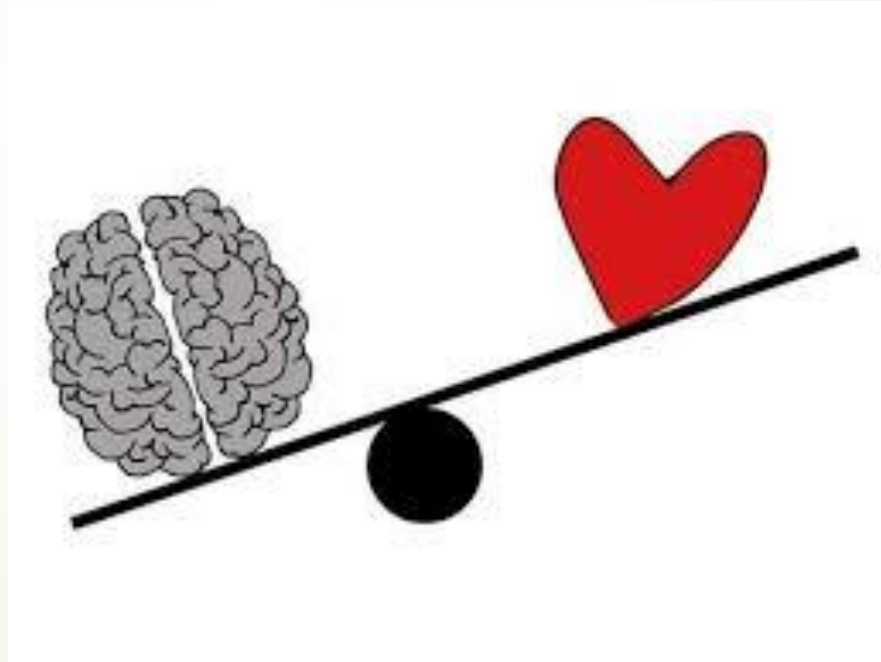


bodybrain



What is your habit?

Thinking or feeling or balance ?



Dualism




Disconnection



The body as a bridge
connecting you with
a Sacred Presence
greater than yourself





“Your physically felt body is in fact part of a gigantic system of here and other places, now and other times, you and other people, in fact, the whole universe.

This sense of being bodily alive in a vast system is the body as it is felt from inside.”

Eugene Gendlin

End of Dualism

Coming to the soul through te body

body -> Body

(from the peronal body to the Bigger Whole)

Connection is the key





Two inner sources

- ▶ * Source of living energy
- ▶ * source of knowing how to live in harmony,
with ourselves and our environment

➔ Interreligious Revelation



Building Body-Links of Hope



Building Body-Links of Hope
In Ourselves & In Children



Daba-to-Daba

Caring feeling Presence

The inner affection teacher



Iceberg





3 phases

- Noticing // name it
- Being with it // *be with it*
- Nurturing // let it unfold



<https://www.biospiritual.org>

<https://www.nadalou.com>

If there is light in the soul, there will be beauty in the person.

If there is beauty in the person, there will be harmony in the house.

If there is harmony in the house, there will be order in the nation.

If there is order in the nation, there will be peace on earth.

