

# Focusing

Discovering Your Inner Guidance

## What is Focusing?

- Focusing is a body-oriented process of self-awareness, deep emotional healing and authentic growth



## What do we mean by saying “body”?

*"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 T. Gendlin, PhD*



**Body** – an inner space, sensing space, subtle body, living organism in continuous interaction with its environment

## Focusing

- By “focusing” we mean paying particular attention to something bodily felt but unclear - until it comes “into focus”
- It is a gentle yet powerful way of inward bodily attention while holding an *open, friendly and accepting interest* to our emerging and forming inner knowing
- Although it is simple and natural, it is also a radical departure from the usual ways we operate in our everyday lives



## Focusing

- It is a process that relies on our first-hand experiencing, our own lived reality, as “touch stone in life” and authentic guidance
- It opens the door to the subtle currents of being which guide us toward what is right and true for us in our own lives. It aligns and unifies us into a better integrated ‘whole’ in a gentle and accepting way



## Felt Sensing

It is a particular process of relating to a felt sense with a sequence of:

- Pausing and attending
- Following, symbolising and resonating
- A symbol is the key that opens the door to go further. We sometimes try a few until the right one ‘clicks’
- That opening, subtle or very distinct, is always felt in the body as a **felt shift** - something inside changes, we go forward, and every step gets us more in touch with what is true and alive in ourselves

## Felt Sense

- Is the experience in our bodily awareness of the unfolding life process; it is *implicit bodily knowing*
- Forms *freshly* about something here and now, is vague, unclear, and hard to articulate initially
- Has a living-forward direction and meaning
- Contains *more* (implicitly) than previously known
- It is internally complex and moves through steps

## What is Focusing useful for?

- The bodily felt sense can form in relation to *any problem or situation, anything that matters to us*
- We just need to *pause* and shift the quality of our awareness
- Therefore, we can use Focusing with anything that we can have a felt sense of  
→ the list is endless ...



## The Essence of the Focusing process

- Sensing “something” → IT
- Sensing for symbols that match IT (a word or phrase, an image, metaphor, gesture, sound)
- Sensing in the body whether these symbols match that IT or not → getting the inner sense of rightness



## Introducing Focusing

- Adjusting to different settings, different purpose and be a client specific (a person specific)
- Introducing it by our way of *being* and *interacting*
- We can facilitate the process (the experience of it) without necessarily explaining it
- The main focus is the awareness of and continuous referring to the client's process of experiencing
- Let your felt sense of the situation help you how to introduce it

## Different ways to start

- A story →
  - *Maybe you could take a moment and pause, ... to notice how is your body responding to all about that \_\_\_\_\_ (naming that life situation)*
  - *As you are remembering all about \_\_\_\_\_ , notice how the whole of that feels right now ...*
  - *And maybe some of that \_\_\_\_\_ (emotion) is here now with you... Take a moment to check inside*
- A sense of overwhelm → Clearing a space process
- Attunement to what needs attention now → Pause and inner attending

## Different starting points

- Body sensations → inviting the emotional quality
- Emotion → inviting the body sensation
  - inviting a sense of “where” and “how” it is
- Life story → listening for a presently experienced emotion
  - Inviting the sense in the body
  - “Something about that (story name) ...”
- Symbol or image → inviting the body sensation/ response

## Possible initial difficulties

- Body sensing is unfamiliar or scary → Starting with noticing, allowing and offering empathic prompts
- Overwhelm → Clearing a Space
- Feeling nothing - discounting what's there or being too far from what is experienced
- Getting too relaxed or going into meditation
- Story telling → *I am inviting what wants to come about the whole story*
- Wanting to explain or guessing → Pausing, describing and resonating

## Possible initial difficulties

- Lost in body sensations- “hopping around” → Sensing the emotional quality
- “Popping in & out”
- “Distracting” thoughts or critical voices
- Impatience
- IT vanishes
- Something doesn't like IT