

## Clearing a space (E.T Gendlin, 1978)



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**Goal of the Highlight get familiar with the method**

- **Part 1:**
- **Special kind of grounding.**
- **How my Story with Clearing a space began to be serious.**
- **Practicing together Clearing a space:**
- **Guidelines and Trouble shooting.**
- **Stretching**

▶ **Part 2:**

- ▶ Intro to Gendlin's philosophy – Buddhism – what do I need.
- ▶ A self to ask – what do I need
- ▶ When a felt sense forms a new I arises ... (reading)
- ▶ Exercise 2 with notes.
- ▶ Exercise 3 with paintings.
- ▶ A research: brain Default mode – our body makes new order from last data

Clearing a space

Personal story

As a preparation for Focusing.

As a preparation for life.

Allows the NEW in the coming day to disclose itself



Clearing a space guidelines  
summery:  
Creating order in the juggling

What do I need



# Clearing a space guidelines

- ▶ Prep for a new day.
- ▶ All happy and present
- ▶ Catching (creating)
- ▶ Having it bodily
- ▶ “Being with”
- ▶ Articulating what is it.
- ▶ Imagining putting it in a specific place.
- ▶ Coming back to our body
- ▶ Sensing the distance between me and it

- 
- ▶ Starting over X 2
  - ▶ Sensing What I want to focus on today?



# Trouble shooting

- ▶ Positive implying
- ▶ It's perfectly human to feel these needs and issues
- ▶ What do I need
- ▶ At the beginning "it" is not there.
- ▶ Not in the ocean, Not solving, not throwing away – but a specific place we can get back to.
- ▶ If you can't make it be in a distance:
  - ▶ Put "the wish to put it aside", aside.
  - ▶ or the can't make it", in distance from you.
  - ▶ It's OK When "it" forms "It" forms with its own space.
  - ▶ Write it down .
- ▶ Background feeling - Some buzz in the back of your mind, The white noise of your thoughts.

Clearing a space guidelines  
summery:  
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What do I need





Stretching  
or  
motion  
in a new space

# Self practicing Trouble shooting

## Preparation

- Saying to the voice of there is no time – that we are about to make time.
- Setting a timer.
- Putting the phone on zero noise and no vibrate, away from sight.
- Having notes and a pen
- Setting a dot on the wall Or Looking on a handle of the door to the room.

## **Grounding**

**Sensing the space body & environment**

**Mapping the room**

**Ordering the Juggling and what I/it need.**

## PART 2 - Philosophy

- ▶ 500 bc.
- ▶ Gendlin: Body and en are one event,
- ▶ Buddhism: change in the body a change in the cosmos.

Suffer -\*/ Truth of the universe

The recovery of philosophy. (John Dewey, The middle works, 1917)

## Part 2

### When a felt sense forms a new I arises

#### **ON CLIENT-CENTERED AND EXPERIENTIAL PSYCHOTHERAPY: AN INTERVIEW WITH EUGENE GENDLIN (1983)**

- In attending inwardly in focusing-way, there is always a difference between the self and whatever is there. Because a small distance - Abstand, breath between, space - is made as the body forms the whole sense of the problem, there is an experience of: "I am here and this- is there; yeah, I sense it." And a new "I" comes there.

## ON CLIENT-CENTERED AND EXPERIENTIAL PSYCHOTHERAPY: AN INTERVIEW WITH EUGENE GENDLIN (1983)

- ▶ It's a self that has no content, because every content is there. Even in a simple way, you take a kind of inventory, you say to your body: "Do I feel all comfortable and happy about life?" And then, typically certain things you sense: "Ooh, not quite. I'm carrying this tension from this situation, and I am carrying this tension from that problem I always have," and so forth. And you put those down in a space that most people don't know about as a space. And there is some little relief, just to put it down: "And that over there, yes I have that too; and that's right, I am carrying that." And even in doing that, there is a relationship between an "I", that puts those things down or senses those things, and the things. And then if you say: "What is this 'I'?" it isn't any of those things.

## ON CLIENT-CENTERED AND EXPERIENTIAL PSYCHOTHERAPY: AN INTERVIEW WITH EUGENE GENDLIN (1983)

"What is this 'I'?" it isn't any of those things.

- ▶ Now, that "I" becomes very much stronger, and becomes very much more able to be in a sense the owner of this whole, it becomes strong in relation to whatever is there. And that seems more important than whatever it is that's there, because what is there does change, it goes through steps.

## Instances of finding this “I”

- ▶ Finding my self in a buffet
- ▶ Finding my self in relationship
- ▶ Finding my self beyond noise, not main patterns, thoughts, crowd.

# Painting Clearing a space

## Notes Clearing a space

- ▶ Relationships
- ▶ Clients
- ▶ Life Contexts



Research and philosophy

Being open for learning something new

Diffused mode / concentration mode

Defuse mode (shower) = allows your body make new order in data

Edison's and Salvador Dalí instance

$a \left( \frac{\text{MIND}}{\text{for}} \right) =$   
**NUMBERS**



**HOW TO EXCEL AT  
MATH AND SCIENCE**

*(Even If You Flunked Algebra)*

BARBARA OAKLEY, Ph.D.

Hard problems

wight-relaxation thinking

YouTube Barbara Oackly - 9:00 - 6:19



That twilight, disconnected feeling one experiences while drifting off to sleep was, it seems, part of the magic behind Edison's extraordinary creativity. When faced with a difficult problem, instead of focusing intently on it, Edison, according to legend, took a nap. But he did so while sitting in a lounge chair, holding a ball bearing in his hand above a plate on the floor. As he relaxed, his thoughts moved toward free and open diffuse-mode thinking. (This is a reminder that falling asleep is a good way to get the brain thinking loosely about a problem you want to solve, or anything you are working on creatively.) When Edison fell asleep, the ball bearing fell from his hands. The clatter woke him so he could grasp the fragments of his diffuse-mode thinking to create new approaches.<sup>5</sup>

# A default mode of brain function

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This contribution is part of the special series of Inaugural Articles by members of the National Academy of Sciences elected on April 30, 1996.

Contributed by Marcus E. Raichle, October 26, 2000

A baseline or control state is fundamental to the understanding of most complex systems. Defining a baseline state in the human brain, arguably our most complex system, poses a particular challenge. Many suspect that left unconstrained, its activity will vary unpredictably. Despite this prediction we identify a baseline state of the normal adult human brain in terms of the brain oxygen extraction fraction or OEF. The OEF is defined as the ratio of oxygen used by the brain to oxygen delivered by flowing blood and is remarkably uniform in the awake but resting state (e.g., lying quietly with eyes closed). Local deviations in the OEF represent the physiological basis of signals of changes in neuronal activity obtained with functional MRI during a wide variety of human behaviors. We used quantitative metabolic and circulatory measurements from positron-emission tomography to obtain the OEF regionally throughout the brain. Areas of activation were conspicuous by their absence. All significant deviations from the mean hemisphere OEF were increases, signifying deactivations, and resided almost exclusively in the visual system. Defining the baseline state of an area in this manner attaches meaning to a group of areas that consistently exhibit decreases from this baseline, during a wide variety of goal-directed behaviors monitored with positron-emission tomography and functional MRI. These decreases suggest the existence of an organized, baseline default mode of brain function that is suspended during specific goal-directed behaviors.

**F**unctional brain imaging studies in normal human subjects with positron-emission tomography (PET) and functional MRI (fMRI) have consistently revealed expected task-induced

We believe conceptual progress has suffered because of our inability to exclude explanations of the above type for regional decreases in brain activity and, more generally, to understand whether a specific level of activity in a given area of the brain can be considered its baseline. At the heart of the problem is the lack of agreed-upon characteristics defining a baseline state. In response to this dilemma we began with a generally accepted, quantitative circulatory and metabolic definition of brain activation (see *Background*, below). From this definition we specified criteria for a baseline state (i.e., the absence of activation by this definition). In so doing, we were able to determine that areas consistently exhibiting decreases in activity during specific goal-directed behaviors (3) did so from this baseline state. We believe these findings are consistent with our idea of a baseline or default state of the brain, the functions of which are revealed by those areas whose activities are suspended during many transient, attention-demanding, goal-directed activities.

## Background

Although the human brain accounts for only about 2% of the body weight, it consumes nearly 20% of the oxygen we extract from the air we breathe. This dependence of the brain on oxygen is highlighted by the fact that failure of oxygen delivery to the brain, usually the result of a stoppage of the heart, results in unconsciousness within seconds. An examination of the relationship between oxygen delivery to the brain and flowing blood regionally within the brain (Fig. 2) highlights the nature of this dependency.

The signal used by PET to map changes in neural activity in

# Neuroscience research

- ▶ Defuse mode (shower) = allows your body make new order in data
- ▶ Wide = new
- ▶ Organizing metaphor communicates a more intricate order

# FIVE PHILOSOPHICAL TALKING POINTS TO COMMUNICATE WITH COLLEAGUES WHO DON'T YET KNOW FOCUSING

By Gene Gendlin, Ph.D.

- ▶ 1Most of the world thinks and acts in terms of formed things, patterns, units, entities. What is not formed is considered disorder, "excess," flux, or at best a whole that allows no precision. We claim, instead, that what is not already formed is a greater order, more finely differentiated than any forms and concepts, and yet also unfinished. But "**more ordered and yet unfinished**" is a very new concept, hard to grasp and credit.

# FIVE PHILOSOPHICAL TALKING POINTS TO COMMUNICATE WITH COLLEAGUES WHO DON'T YET KNOW FOCUSING

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- ▶ 2Every situation and topic has a **more intricate but unfinished order** with which we usually think and act. We can point out that this unfinished intricacy is not at all arbitrary, by reminding our colleagues that much of what we do, say, or think turns out to be wrong. This wouldn't be the case if there were only disorder beyond what is already determined. If the intricacy were only disorder, there would be nothing "saying back" that what we just thought was wrong.

Just staying next to it with your attention

it will do

all the rest for you.

THE SMALL STEPS OF THE THERAPY PROCESS How they come ....  
Eugene Gendlin 1990

## THE SMALL STEPS OF THE THERAPY PROCESS How they come .... Eugene Gendlin 1990

- ▶ Once one knows how to find this inner edge, then it turns out that there is a lot of complexity involved, there. The crudest thing we have always said is: "Do not push and do not run away." But what do you do? Well, you keep it company.
- ▶ You would not push on it, or argue with it, or pick it up, because it is too sore, too scared or tense. You would just sit there, quietly.... If you will go there with your awareness and stay there, that is all **it** needs; **it will do all the rest for you.**