

FOCUSING INSTITUTE WEBSITE

On the Institute website, you can find a variety of classes in various languages and locations, many online. The best thing you can do is sense which classes might suit you, and give them a try.
www.focusing.org

HIGHLIGHTS CLASSES (monthly)

You've been to at least one Highlights class. Come to them all to get a sense of the breadth and depth of Focusing. It's a great way to find a teacher you like. When you go to the Highlights page to watch a video, you can see previous Highlights classes. You can contact the office to buy access to other videos.

VIDEOS

The Institute's YouTube channel: www.youtube.com/thefocusinginstitute

Dr. Kathy McGuire has some excellent beginner videos. This one is a basic introduction which I think is excellent. She teaches Focusing in the "Classic 6 Steps," meaning that it is the method Gene was using when he wrote the book Focusing. https://www.youtube.com/watch?v=Dswp0_WpMuA
Nada Lou's YouTube channel has a lot of videos of Gene Gendlin.

AUDIO

Insight Timer -- this is a phone app and a website that has audio files. The Institute's page can be found at <https://insighttimer.com/focusing>

PHONE OR SKYPE SESSIONS

A one-on-one phone or Skype session is an excellent way to get started.

While the sales function of our website is under construction, go here (and scroll to page 21) to learn about paying for a phone or Skype session with one of our excellent Focusing teachers:

<http://previous.focusing.org/docs/Focusing-products-available-2019-11-09.pdf>. To buy a session, write to info@focusing.org or call our office.

GREAT BOOKS FOR BEGINNERS

Focusing by Eugene Gendlin

Your Body Knows the Answer by David Rome

Presence by Ann Weiser Cornell