

# *Thetaland* – A Playful and Refreshing Way to Think at The Edge

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Focusing Highlights, February 16, 2019

- Introduction
  - TAE and Focusing
  - Development of Thetaland
- Venturing out into Thetaland

## Focusing Session

- about 30 min
- relevance: usually an actual problem, a specific situation
- letting a felt sense form, getting a shift leading into new possibilities
- typically applied to carry life process forward
- can be as well used to think further, to write, to create ....

## TAE Process

- days – weeks – years
- relevance: a thickened experience over time in a field you have knowledge
- felt sense (ideally) has already formed; it is „maintained and maximized“ by the explication process
- explication from a felt sense in order to build a theory or a conceptual structure which stands by itself – carrying thoughts forward
- TAE consists of many Focusing movements
- TAE steps can be as well used to carry our life process forward

# The Original 14 TAE Steps

## SPEAKING FROM THE FELT SENSE

1. Let a felt sense form
2. Find what is more than logical
3. Notice that you don't mean the standard definitions of the words
4. Write a fresh phrase to say what you wanted the words to mean
5. Expand what you wanted each word to mean by writing fresh, linguistically unusual sentences

6. Collect instances
7. Allow the instances to contribute detailed structure
8. Cross the instances
9. Write freely

## FINDING PATTERNS FROM FACETS (INSTANCES)

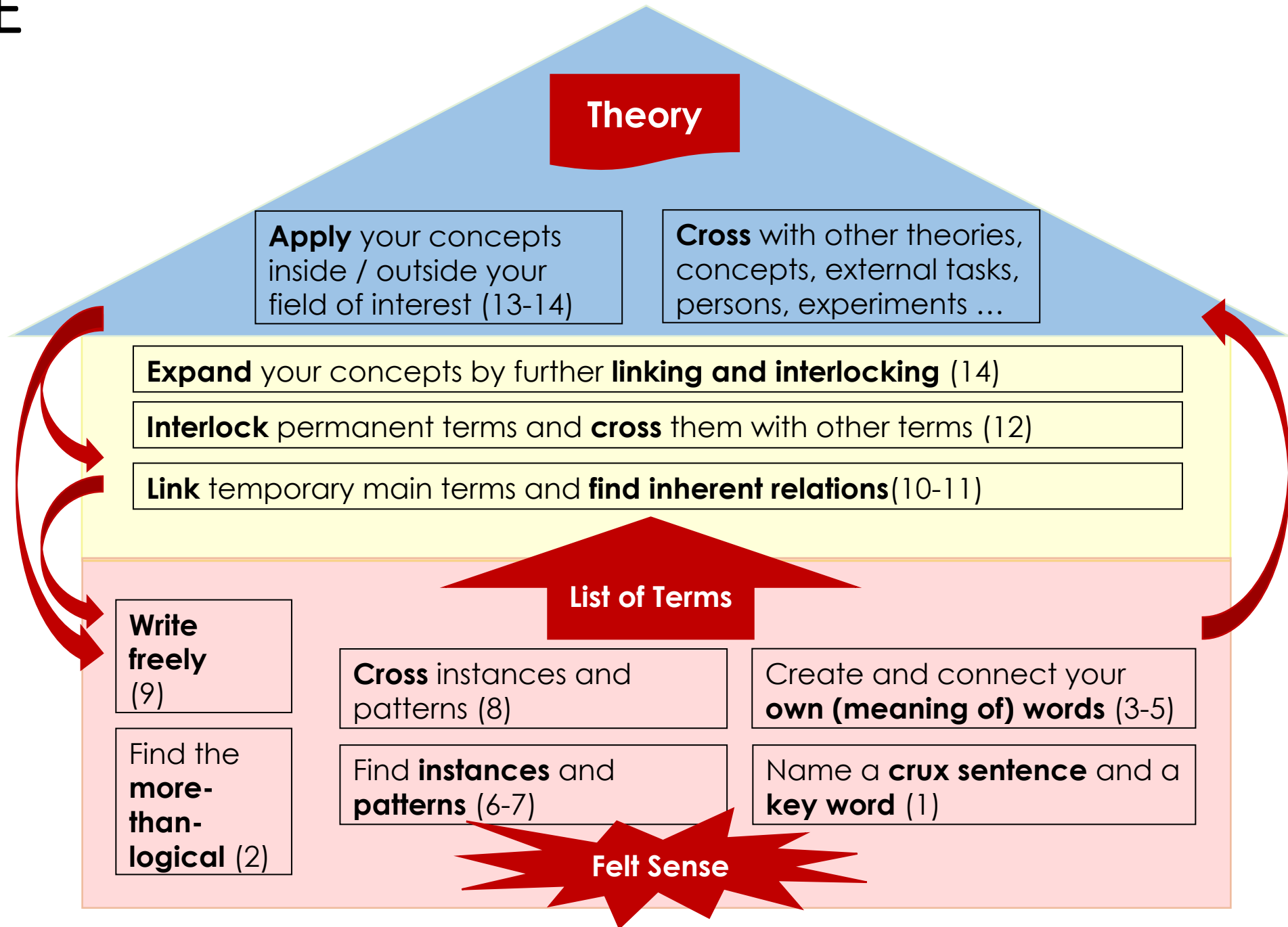
## BUILDING THEORY

10. Choose terms and link them
11. Ask into the inherent relations between the terms
12. Choose permanent terms and interlock them
13. Apply your theory outside your field
14. Expand and apply your theory in your field.

# Thetaland's „Specification Sheet“

- Allow flexibility
- Take care for the person doing TAE during the whole process
- Find avenues into the felt sense to start with
- Make sure that it is always a thinking from and with the felt sense

# The TAE House



# TAE and Domain Focusing

Issue	Felt sense	Self-empathy
<ul style="list-style-type: none"><li>• What in the felt sense do I wish to articulate?</li><li>• What is the live point within the felt sense?</li><li>• Can I name what points to the issue, problem, dilemma, crux in some words?</li></ul>	<ul style="list-style-type: none"><li>• What is the “whole” of what I have worked on until now? (Attention to the body)</li><li>• What felt sense forms in my body as I hold the theme, now?</li></ul>	<ul style="list-style-type: none"><li>• Is there a form of empathy to be with my inner complexity?</li><li>• Can I acknowledge the difficulty in finding the sentence.</li></ul>

Write one short sentence, even though it doesn't really say it. This sentence is just a starting point.

# Thetaland's „Specification Sheet“

- Allow flexibility!
- Take care for the person doing TAE during the whole process!
- Find avenues into the felt sense to start with!
- Make sure that it is always a thinking from and with the felt sense!
- **Make TAE accessible without having it to learn first!**
- **Find a way to adapt TAE to many applications of original thinking!**
- **Enable TAE to be used for teams working on the same subject!**
- **Make TAE more fun!**

Imagine an undiscovered continent is hidden deep inside of you. Its land is fertile and rich, enabling many exotic plants to grow in its soil. We take you on a journey through this continent.

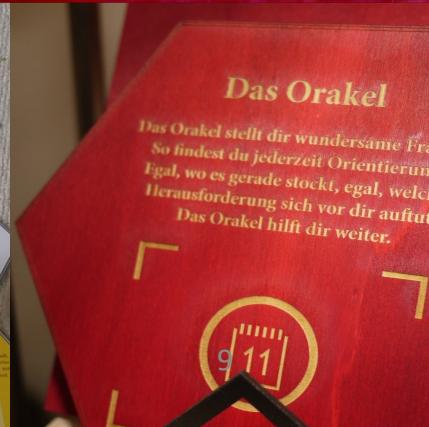
You will explore its landscapes and cities, delve into its foggy valleys and climb its highest peaks. Ancient wisdom rests between dusty book covers in the libraries. The dwellers of this continent know magical rites and traditions.

This continent is Thetaland. Its language expresses truths that no one has ever expressed before.

Nothing is impossible here. No challenge is insurmountable. The sky is vast and wide and has no limit.

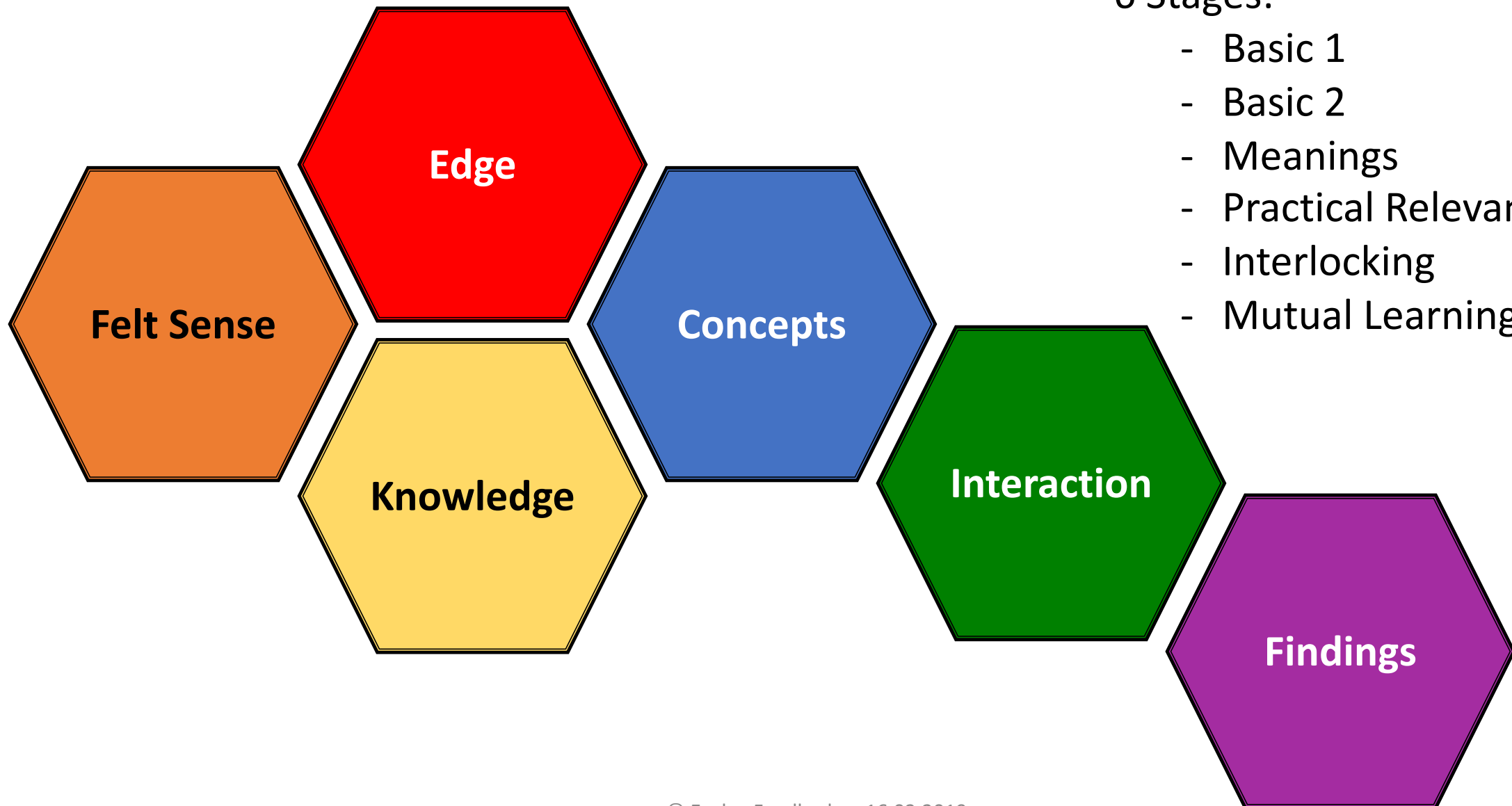


# Thetaland





# Thetaland



32 Dwellings @ 24 Questions,  
6 Stages:

- Basic 1
- Basic 2
- Meanings
- Practical Relevance
- Interlocking
- Mutual Learning

# Finding a Place to Start: A Theme



**At Home**

*Next door to the marketplace you will find base camp. This is home, where your story begins with defining your challenge. From here you will venture out into the foreign land and into your inner treasures.*



**The Attic**

*The attic holds the treasures you brought back from previous journeys. They bear witness to your accomplishments.*



**The Big Library**

*In the big library you can research the clever thoughts that already exist. Consult the Book of Wisdom to learn what other dwellers have discerned about your topic.*

# Finding a Place to Start: A Theme

## At Home

1. What fascinates, motivates or irritates you? Perhaps, there is a theme present?
2. What topic have you been thinking about for a long time?
3. Is there something that you know is possible, but you don't yet know how to explain it?
4. About what do you have something to say because you have had certain experiences in your life?
5. Is there something that leads you to question conventional theories, doctrines or procedures?
6. Is there anything urgent you would like to change fundamentally?

## The Attic

1. What can only you know?
2. What previous experiences allow you to be well prepared for the current topic?
3. What knowledge gives you the confidence that you are ready for the adventures of your journey?
4. What did you discover earlier, what you could use now?
5. What previous ideas or thoughts can fertilize your current travel theme?
6. Dig deep to extract all the hidden treasures that could be valuable to your current task.

## The Big Library

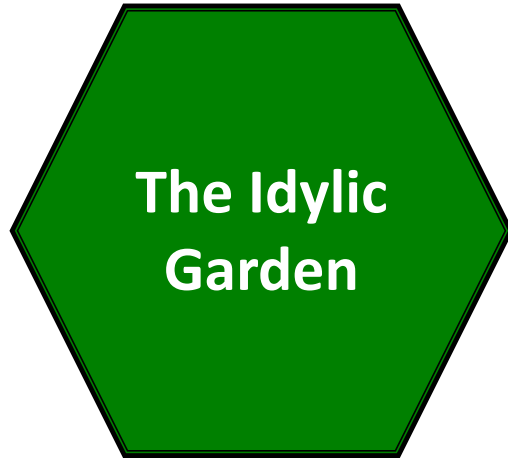
1. What can you add to what the others say?
2. What exciting question has not yet been asked by others?
3. What experience, which you have had with the topic, has not yet been described?
4. Which aspects of your topic will you not find in the library?
5. The library is full of knowledge. About what can you say more?
6. Where exactly does your experience rebel against that which has already been described?

# Quotes

- There is nothing permanent except change. *Heraclitus*
- You cannot shake hands with a clenched fist. *Indira Gandhi*
- Let us sacrifice our today so that our children can have a better tomorrow.  
*A. P. J. Abdul Kalam*
- Learning never exhausts the mind. *Leonardo da Vinci*
- Good judgment comes from experience, and a lot of that comes from bad judgment. *Will Rogers*
- It is far better to be alone, than to be in bad company. *George Washington*
- Independence is happiness. *Susan B. Anthony*
- Not all those who wander are lost. *J. R. R. Tolkien*

[https://www.brainyquote.com/top\\_100\\_quotes](https://www.brainyquote.com/top_100_quotes)

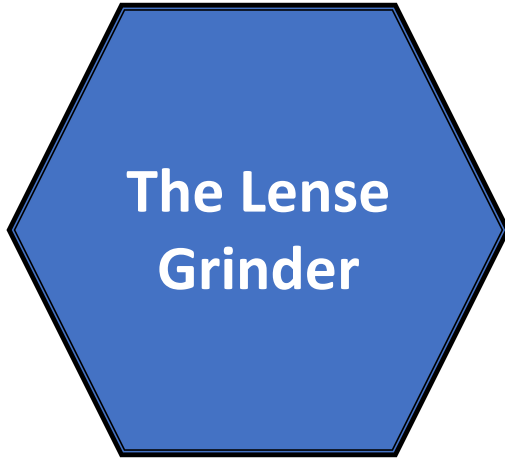
# Find a Place to Start: Functional Self-Relationship



***The idyllic garden is a place for you to rest from the rigors of your adventure journey. Go for a walk or linger in a cozy place. You are safe and sound here.***

1. Where in the body do you feel alive? Take this liveliness with you.
2. Linger in the Idyllic Garden may remind you of a nice walk. Do you feel now how it was like then?
3. How do you feel when you think of a beautiful place? Stay with the feeling and let it permeate you.
4. What is a good way to be present in this moment?
5. What kind of relationship with you would be helpful at the moment?
6. How can you be creative without feeling ... (judgmental, overwhelmed, anxious)?
7. What do you need to be refreshed as you strike off? Is it curiosity, equanimity or something else?
8. Can you set aside for now that which keeps you from being on the way with the promise to take care of it later?

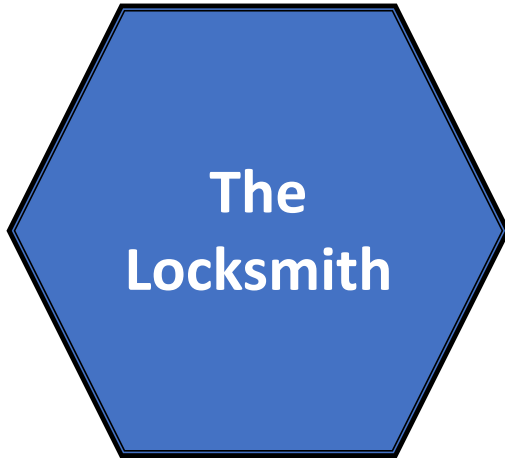
# Spot a Key Word



***The lens grinder helps bring focus to your thoughts. There is a wide selection of lenses here to help you adjust your sight and invite attention on the essentials.***

1. What is the key word of the sentence?
2. Use a lens to find the juiciest spot in the sentence.
3. Which word makes the sentence so rich?
4. Which word is particularly striking in this statement?
5. Underline the spot that forms the focal point.
6. What is the one concept around which everything revolves?
7. 20. On what terms can your theme be focused?
8. Which word or phrase is the fulcrum that holds even the contradictory together?

# Create New Keywords

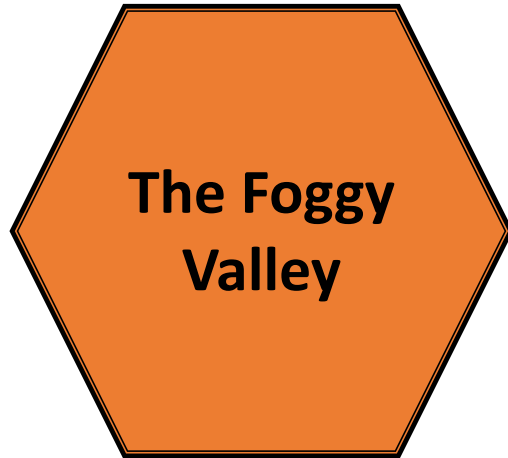


***Take the keyword out of the central sentence – it leaves an empty keyhole. Find new keys that fit into this lock!***

1. You may realize that the keyword does not fit exactly in the lock. Find a linguistic key that fits better.
2. Insert a new word in the empty keyhole. How do you know that this new word fits?
3. Is there another key that unlocks what you really mean?
4. Sense how the previous keys do not express what you mean. Look for a matching key.
5. If you cannot think of a perfect word for the key right away, take the next best and make it fit by adding a second word.
6. Your art is to copy a key that looks quite different, yet still fits.
7. The keyhole specifies the shape of the key. Concentrate on it, and a suitable word will form.
8. Ask yourself which keys do not fit. Slowly, but surely, you find the key that fits.



# Find your inner Compass (Felt Sense)



***The foggy valley is a magical dreamland. Your inner sense will serve as the compass that guides your journey through this foreign land.***

1. What emerges from inside when you ask yourself what your theme is?
2. Invite a felt sense about your theme, as you would a guest to your home. What does being with the guest feel like?
3. What do you notice at the edge when you think longer about the theme?
4. Is there a place in your body where you can feel what is left to explore?
5. Is there something that "dwells" in you just waiting to be visited?
6. Imagine slipping into your interior like a seed of the dandelion. How does your theme feel from there?
7. Describe the way in which you feel the theme in you by form and quality.
8. If you could awaken your inner felt sense, how would it show itself?

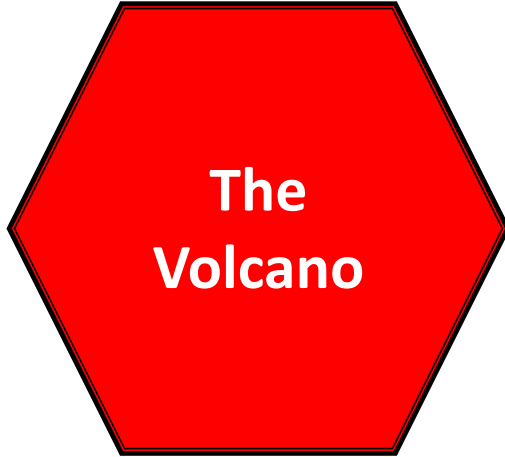
# Open up Meaningful Paths



***The door leading out of the inn is magical. Each key unlocks a different path to an as yet undiscovered land. You are the first person to set foot on these paths.***

1. What do you want your keyword to mean?
2. What poetic words express what you are opening up with the key?
3. With which description does the keyword come alive?
4. What is it that only you can say about the meaning of one of the keywords?
5. Which undefined path of meaning opens your key up?
6. Find the meaning for your keyword by asking: How does it differ from the other keywords?
7. What do you discover when you follow one of the paths that opens up behind the door?
8. Take one of the keys and open the door. The path lies ahead of you. Where should it lead you to?

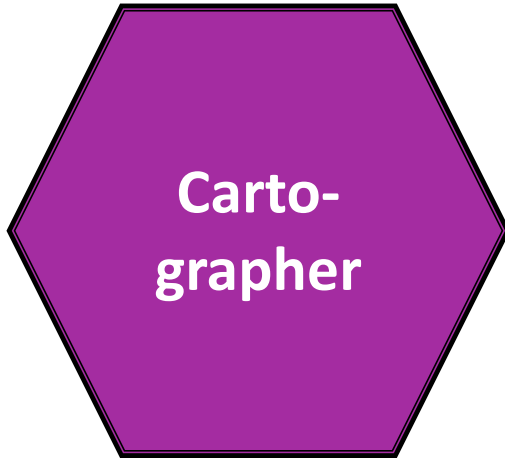
# Find the Edge



***Atop the volcano is where you will feel the heart of the matter. Explore the crux of the conflicts and frictions. Trust it to be the place where something special will come to light.***

1. What does not seem to make sense?
2. What is contradictory or paradoxical?
3. Where is it rubbing or not yet fitting?
4. What is it that you know you do not know yet?
5. Where does an inner tumult point to the need for new ideas?
6. Which track leads to a new kind of treasure that only you carry in you?
7. Do you feel how what you want to say does not yet fit into the world?
8. Which idea on your theme is worth swimming against the current?

# Draw a Map of your Journey

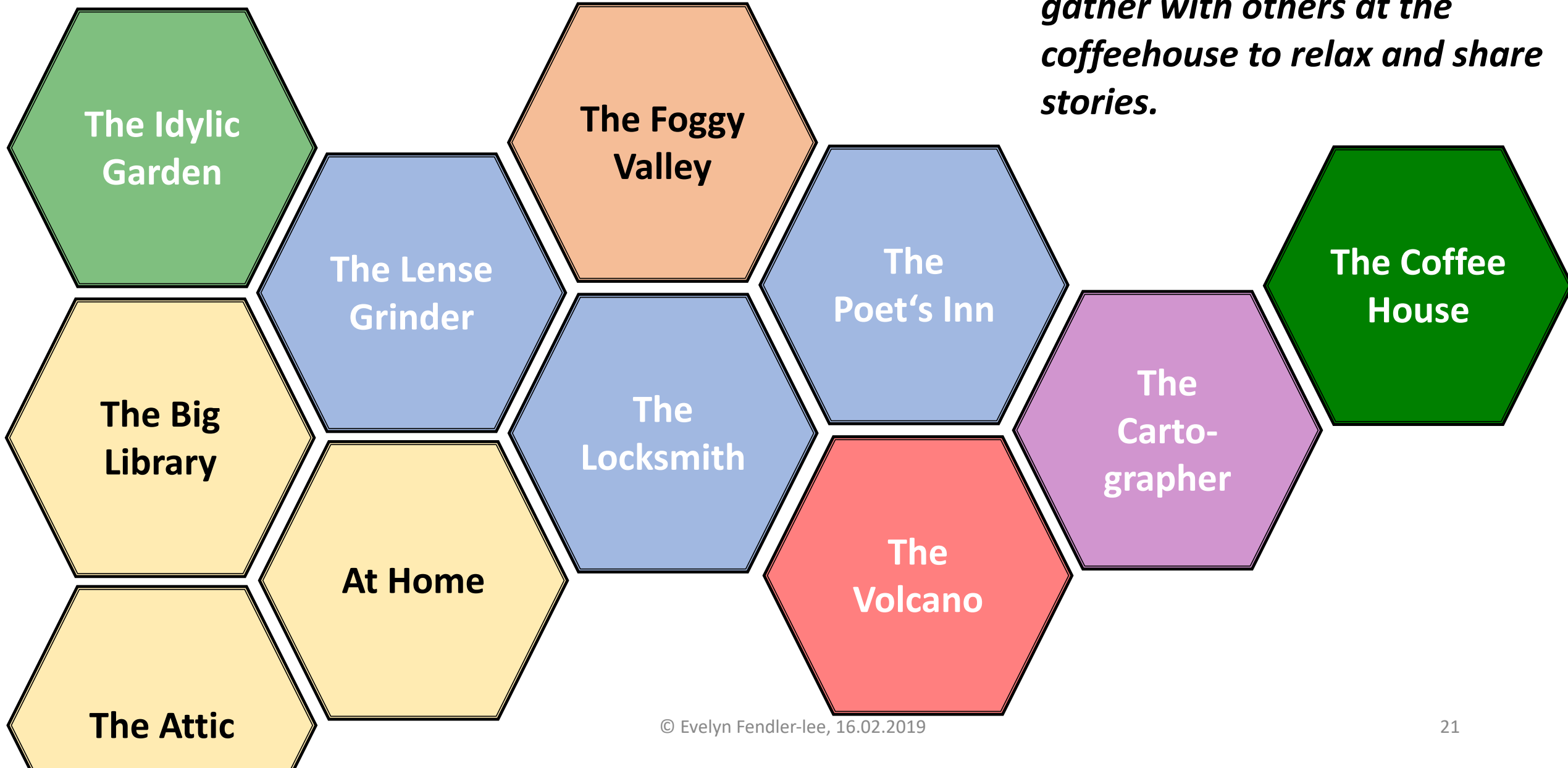


***You draw your inner landscape on a map. A meaningful path leads through each area. Each area has its own flora and fauna and is characterized by specific scenic elements.***

1. Now that you've hiked through your unique landscapes: how could you characterize and portray them?
2. No one has ever before traveled through the landscapes of your journey. Maybe you will be able to draw a map.
3. Every journey leaves its mark. Keep track of the new trails opening up within your area of knowledge.
4. Sketch and characterize your meaningful paths as an expression of your inner landscapes.
5. Which places in your journey did move something in you? Put the places in relation to each other and create an imaginative landscape.
6. Put all your experiences in form of a conceptual map in front of you. How are the terms related to each other?

# Tell your Story

*The journey has ended. You gather with others at the coffeehouse to relax and share stories.*



# Thetaland – Feedback

- How was your experience with Thetaland?
- What applications for Thetaland do you think of?

# Thank you for Participating

## Acknowledgments

- Tony Hofman, co-developer of *Thetaland*
- TAE training group for supporting the development of *Thetaland*
- TIFI for the opportunity to present

# Experience Thetaland

- Workshops in Germany (DAF) and Israel in March/April, 2019
- Felt Sense Conference, NYC  
May, 17 and 18, 2019
- 3 person online classes
- individual online sessions

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