

SHAKIO

**Embodied approaches
to creation and religion:**



<https://shakio.thinkific.com>

Art of Prayer for focusers

Highlights for the International Focusing Institute

SHAKIO

**Embodied approaches
to creation and religion:**



Shakio is an ancient Aramaic word that means - the flow of life.

Shakio Institute is a place of radically gentle learning, a community of practice dedicated to the exploration of the Implicit in the spirit of Eugene Gendlin.

Here we explore how Art, Focusing and Prayer can open us to the flow and wisdom of life going beyond categories of thought and perceptions.

What do we mean when we say 'prayer'?



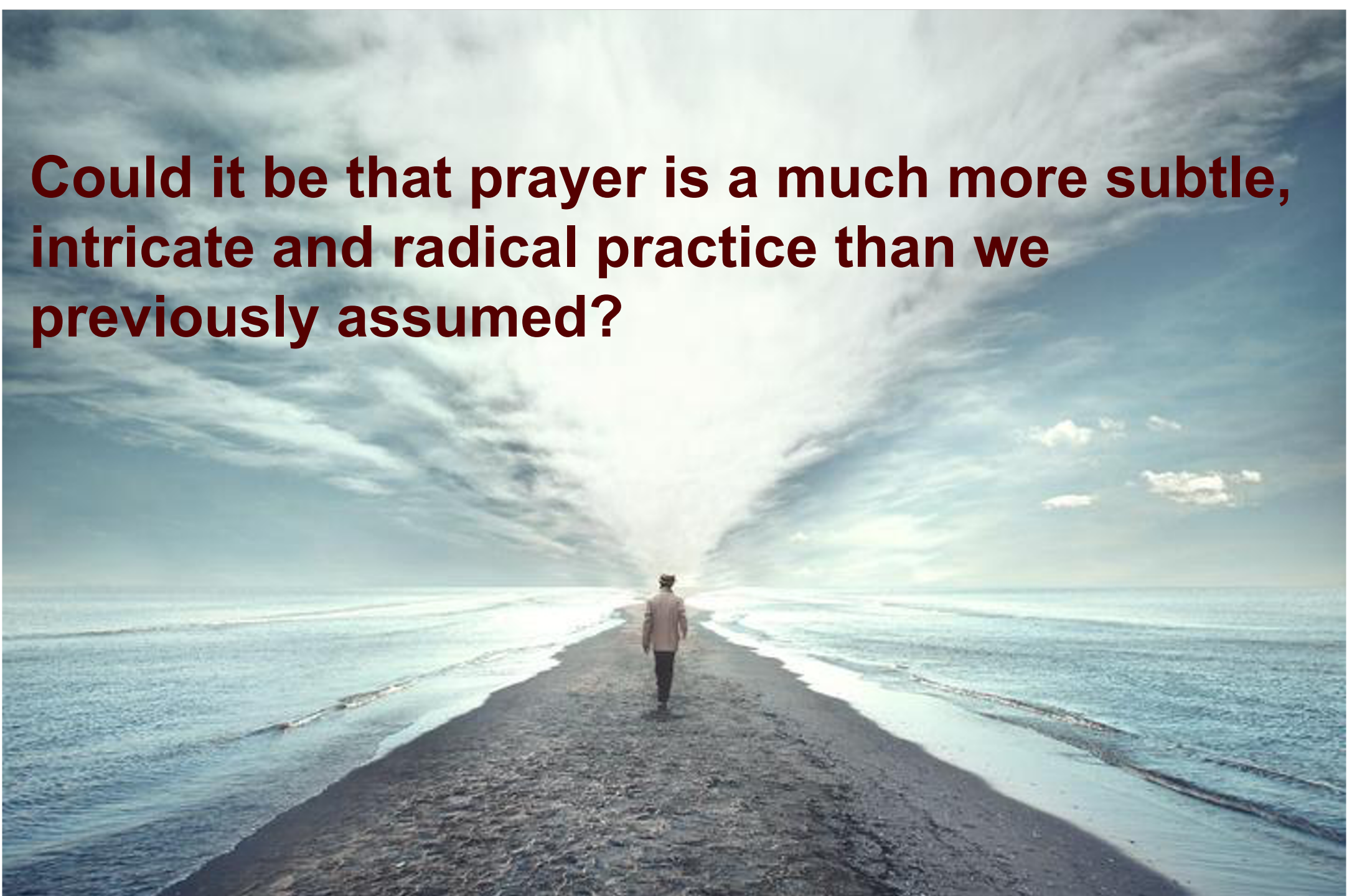
When Gendlin speaks about the body he doesn't mean the 'body' as understood in the conventional 'public language' and with the old assumptions. Likewise, when we speak about 'prayer' we don't mean it the way it is usually understood either.

"... So all the way through from the beginning to the end it is going to be important that words don't have fixed meanings... sometimes how you use a word changes the word a lot and that's going to happen to the word body, it will also will happen to the word implicit."

[Gendlin, Some Philosophical Concepts - Intro]

And that is what is going to happen to the word prayer as well...

Could it be that prayer is a much more subtle, intricate and radical practice than we previously assumed?



Could we speak of prayer as an action/practice/state of Consciousness that exists prior to any theology or religion?

We'd like to make several distinctions:

1. The difference between texts of prayer, religious places of prayer and the **pure movement of prayer**.
2. The difference between prayer as ritual or practice to **prayer as a model of life and a way of existence**.
3. Prayer as **an act of personal agency**, an intentional movement towards the fullness of our nature.
4. The relationship between the consciousness of the infinite and **regenerative co-creation**.
5. The uniqueness of **prayer-unfolding** in our time.



For us, prayer is a unique opportunity to unfold the depths of our lives;

To listen - as in focusing - to the 'much more still'; and to be open to how life invites us to co-create as part of a larger system.

Prayer is not an action that takes place outside of existence - it is the action that creates existence.

The act of pray-ing expands the meaning of being human, of being fully human.

What do *we* mean when we speak about focusing?

AoP practice and our way of teaching it, integrates and is inspired by principles and concepts from the Focusing practice and much more from ‘Gendlin’s world’:

- **Human nature is not a kind of content**

“... When we meet someone’s glance, someone is there, looking back....who looks back is not the person’s traits or experiences, not the felt sense either...the person looking at you is none of the content. Content does not look at you.”

[FOT]

- **Human nature is more ordered and yet unfinished**

“Most of the world thinks and acts in terms of formed things, patterns, units, entities... 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.”

[Five philosophical talking points to communicate with colleagues who don't yet know focusing.]

- **The “really me” self is between dimensions:**

*“ The felt sense, which I also call "the edge of awareness" is the center of the personality. It comes between the usual conscious person and the deep, universal reaches of human nature, where we are no longer ourselves. It is open to what comes from those universals, but it feels like "really me."
[The Client's Client“]*

- **The much more still**

“We feel more than we can think, and we live more than we can feel. And if we enter into what we feel in certain genuine steps, we feel more than before. And there is much more still.”

[Gendlin, Unpublished manuscript, 1971.]

To learn more about the Art of Prayer:

Course: Focusing and Prayer as Interaction First, live Course on zoom

6 Weekly Gatherings starting October 12th, 12:30pm-2:15pm (EST), details about the course will be published shortly on:

<https://shakio.thinkific.com>

TIFI open learning 2 hour workshop -

October 3rd 10am-12noon (Eastern Time Zone)

Online Course: Art of Prayer Foundation Course, self paced

Available now on our online learning platform -

<https://shakio.thinkific.com/courses/AoP1-Foundation-Recorded>

Website: <https://shakio.thinkific.com>

Facebook: www.facebook.com/Shakio.AoP

Write to us: shakio.org@gmail.com