

Hello Hello

by Mariana Pisula and Monica Lindner

Throughout 2021, the Membership Committee worked on a new project called “Hello Hello.” The idea of “Hello Hello” is to connect with people who know or have been practicing Focusing alone for a while, and are looking to join our international community. The project is about identifying and reaching other Focusers that are out there.

We’d like to take this opportunity to tell you the story of “Hello Hello” from the perspective of Eugene Gendlin. Every time Gendlin walked somewhere, he said, “Hello hello,” greeting not only the participants, but every aspect of those participants. Everything was received, and everything had space: the fears, the anxiety, the sadness, the joy, the pains, the thoughts, the emotions, the sensations. This was how Gendlin greeted those he encountered, giving space for everything to be named, felt and heard. Most notable is that Gene always said “Hello hello” when taking his leave of people, instead of saying “Goodbye,” as though even in departing, the interaction would continue.

Monica Lindner and Mariana Písula convened the first “Hello Hello” meeting on November 27th in Spanish, German and English. Twenty-two people representing 10 different countries attended, letting us know who they are, what they are doing, how they found Focusing and what matters to them. The meeting began with an introduction to the project, which was followed by presentations from each participant.

We were delighted to hear the participants share their own Focusing experiences and their appreciation for the opportunity to meet with TIFI and with Focusers from around the world.

As “Hello Hello” continues, we look forward to meeting new people because it is important for us to hear how Focusing is spreading around the world.

If you have any questions or issues you would like us to hear about, send an email to membership@focusing.org.



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