

14:02:10 From Etta Jacobs she/her:
excited to be here!

14:05:38 From marsha:
The practice is very familiar

14:06:39 From Ron Tabachnick:
Ho'oponopono Toronto

14:06:41 From Tim Freke:
Tel Aviv

14:06:43 From elizabeth:
I'm in western New York state

14:06:44 From Aston K McCullough:
Western MA, USA

14:06:45 From Linda Hedquist:
Hello from Iowa, USA

14:06:45 From Catherine Torpey:
Currently in Mexico City

14:07:45 From Leonie Stewart:
Sydney Australia

14:07:56 From Dale Lantz:
Baltimore, Maryland

14:08:01 From Dhyana (Diana Daffner) - Florida:
Siesta Key, Florida

14:08:10 From Ron Tabachnick:
Ron Tabachnick toronto, Canada

14:25:52 From Ronde Bradley:
My two miracles share no separation/belonging/sense of home

14:27:34 From Ram Eisenberg:
It just occurred to me that in order to be in a receptive
state for miracle-focusing, one needs to be on a state of profound
comfort, and trust. being right now distracted by a recent argument, I
feel I need to remember being in loved, accepted situation, I order to
shift to the Miracle-focusing awareness....

14:27:40 From Ron Tabachnick:
Curiosity.

14:28:39 From Ron Tabachnick:
Metaphoric as a picture

14:28:52 From Therese Conway:
Sometimes I think miracles are supposed to be common to us.
Maybe the more connected we are to the whole, the more we are
receptive to the miraculous.

14:29:01 From Nancy Benben:
surprised by unexpected joy, unbidden but gratefully,
rejoicingly received.

14:29:19 From Ellen Setteducati:
There is an awesome intelligence to the many complex
synchronicities I have experienced

14:33:13 From Ron Tabachnick:
Picture it on a sketch book

15:03:09 From elizabeth:

What comes from it's perspective now for me: I imitated the movements implied in the hand-built sculpture of the ocean waves against the sky which I made 22 years ago....and after moving like waves myself, I realized what Hawaiian dancers are doing with their arms! They are imitating the ocean waves!

15:12:09 From Ellen Setteducati:

I was in a state of discomfort and distrust and picked up a T-shirt I first saw in a dream and then was given by a man I love but fear and what it wants is to mediate between us, wants peace and love between us. I was profoundly distressed when I picked it up, and I am grateful for the opportunity even if this wasn't as internal as I think Focusing is supposed to be <3

15:14:52 From Therese Conway:

Never heard of finding a gesture like that. I love it.


15:20:34 From Nathan Ramos:

Sunflowers follow the sun over the course of the day.

15:23:53 From Therese Conway:

Beautiful... and so useful!

15:23:55 From Sara:

movement of the sun and the sunflower  .

15:24:44 From Philip Bender:

thank you for that demonstration of the gesture arising from felt shift and explanation of how you might apply it

15:25:09 From Sara:

pls Aston could explore further the journaling stuff?

15:25:14 From Sara:

Thank you

15:34:13 From Katarina Halm, Vancouver BC Canada:

A gesture arises of expressing gratitude and hope ... embodied in a flowering shamrock from the window here ... blooming still after more than ten years ... Helping to a holding in many hearts that our world miraculously become more peaceful

15:34:32 From Ellen Setteducati:

Ooh I want the trumpet sounds!

15:36:35 From Katarina Halm, Vancouver BC Canada:

A sound, yes, softly along with a second series of gestures ... a sound like a whisper between the two gestures

15:37:31 From Leonie Stewart:

Gesture - hand on heart and belly. Opening arms out to receive, bringing hands back in to take in to hand on heart and belly. Love for me and others in my life, open to world to give and receive. On the inside "felt sense" feels fulsome, right thru my body, both still and like Effervescence. And the sound is no sound/completely still and bubbles. And a child's laughter

15:40:23 From Ellis Beardsley:

Thank you so much...you have brought GESTURE into Focusing-Resonance for me. I'm one of the 20% who have only recently come to Focusing and this was , well shall I say quite an insight (my word for miracle) today

15:42:09 From Nancy Benben:

I became aware of the gesture of the mundane (closing my laptop to signal the end of the day and then pushing it away) and the gesture of the miracle of a joyous new path gifted to me (gamboling in a meadow... my fingers gamboling!) was a way for me to let go of the old work and move toward the new path. Claiming joy!

15:42:37 From Catherine Torpey:

Bringing the mundane gesture and the miracle gesture together was a surprising "dance." It brought up a lot

15:43:12 From Kathryn:

It surprised and delighted me that the mundane and the miraculous feed and support one another in a rhythm that is comforting, reassuring and safe.

15:43:55 From Catherine Torpey:

I wanted the miracle gesture to "make" me feel like the mundane was miraculous, but that isn't what happened -- much more complex -- a sense of them getting to know one another and curious about each other.

15:44:47 From Gaby Riveros:

The miracle of opening my heart to life in every sense.

15:45:00 From Therese Conway:

Doing the gesture of my waking routine. Then married it with my miracle gesture. They fit! Just as others have described. Feels as if it is an invitation for the miraculous in my every day.

15:46:27 From Ronde Bradley:

My miracle gesture was a large circle my daily routine more linear. My thing that I focused on was the sparkling sun on leaves -- transient and inclusive. Aware of moment, to moment beauty. I would like to have my more linear gesture be more of the circle

15:46:34 From Elaine Goggin:

Connected with inner joy that almost felt forgotten! Joy was a theme that came through in a BIG way today... Showing me joy is always there, when you want to connect with it. Its ready to lift you up, and it just wants you to connect with it. Moving between the two gestures lifted my mundane in an unexpected way. Thank you!1

15:49:20 From Ellen Setteducati:

Linear gesture of reaching for cellphone groggily from bed contrasted with arms opening up and out signifying light shared with my father when we were in a synchronicity together. "I must not be living right--cellphone in bed when there are miracles between people when we least expect them! There are micacles on cellphones too)" Much laughter with this exercise

15:50:44 From elizabeth:

gestures as handles

15:54:14 From Melanie:

aston@lunarxcollective.com

<https://intuit.lunarxcollective.com/>

15:54:18 From Ellen Setteducati:

Thank you <3 We dance divinely

15:54:22 From Leonie Stewart:

Thank you Aston, for your gentle presence. It was lovely

15:54:33 From Therese Conway:
Thank you, Austin. This has been a lovely way to spend a Saturday afternoon. Have fun being drawn to your new home!

15:55:17 From Leonie Stewart:
Actually, you were lovely. You reminded me once more why I love Focusing

15:55:37 From Sara:
Thank you Aston and all. Beautiful, inspiring and transformative. 🦋🦋

15:56:03 From Ram Eisenberg:
the chat does not allow copying

15:56:46 From Melanie:
Hi Ram, we will share the chat with the recording as well.

15:57:35 From Melanie:
Pema Chodron

15:58:03 From Aston K McCullough:
Earth Angels

15:58:14 From S Paul:
In case you missed it – here's the link to the feedback survey again <https://www.surveymonkey.com/r/ZY9RGT3>

15:58:22 From Aston K McCullough:
Shaun McNiff

15:58:42 From Martha Garland:
Thank you!

15:58:51 From Catherine Torpey:
Thank you so much to Aston and everyone!

15:58:52 From elizabeth:
thank you Aston!

15:58:52 From Ram Eisenberg:
please share the chat transcript too

15:59:07 From Sara:
thank you!!

15:59:08 From S Paul:
Thank you so much Aston <3

15:59:09 From andrew:
Thank you

15:59:10 From Nancy Benben:
Amazing!! Another example of the miracles of focusing!

15:59:11 From Philip Bender:
thank you very much, Aston

15:59:17 From Ram Eisenberg:
Thank you so much!

15:59:25 From Ronde Bradley:
Thank you, Aston...truly wonderful

15:59:28 From Elaine Goggin:
Thank you so much Aston! I loved every minute of it! 💕

15:59:40 From Krystyna Borkowska:
Thank you soo much !

15:59:49 From Katarina Halm, Vancouver BC Canada:
Thank you Aston!, Gaby!, Melanie! and everyone!

16:00:07 From Ellen Setteducati:

Thank you lovely man!

16:00:07 From Carol Fishelman-Rosen NJ:

Thank you. Your energy is bright. I'm grateful.