

Hong Kong Focusing Practitioners Respond to Local People Afflicted by the Fifth Wave of the Covid-19 Pandemic

In early March 2022 during the peak of the fifth wave of Covid-19 in Hong Kong, with a sharp rise in deaths and a medical system on the verge of collapse, our city was shrouded in panic. Local Focusing practitioners listened and followed their felt sense as they responded to the silent scream of a population of 7.6 million by launching two ad hoc projects:

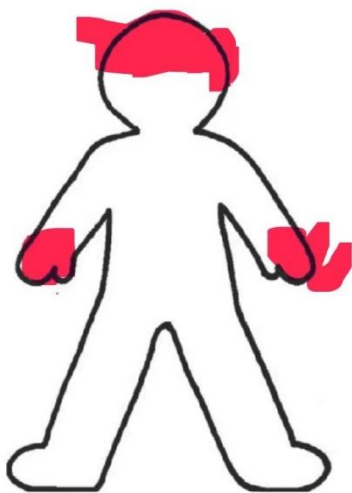
1. 'Evoking Resilience' - two free public online workshops
2. A 3-Day Action of One-on-One Listening via Zoom to people burdened by the multiple afflictions brought by Hong Kong's fifth wave of COVID-19

The objective of the public online workshops was to teach the use of Focusing to create space for oneself, and to be present amid fears of life-threatening infections especially for one's seriously ill children and senior family members. Lasting about 45 minutes, each workshop started with a mini lecture followed by a demonstration and a guided exercise. About 550 people participated in the two workshops and, based on feedback from the returned questionnaires, almost all reported enhanced spaciousness, released tension, and regained calmness.

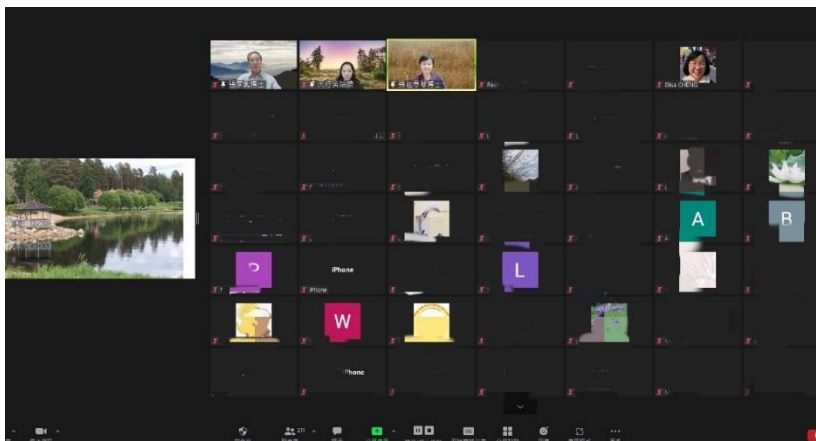
Around the same time, 58 Hong Kong Focusing practitioners and trainers from various Focusing streams (including Inner Relationship Focusing, Whole Body Focusing, Children's Focusing, Focusing-Oriented Art Therapy, and Six-steps) came together for the very first time to offer listening in the 3-Day Action. 116 people registered for the one-on-one Zoom session for listening and half of them turned up in the scheduled sessions. As rated by their listeners immediately after the sessions, most participants reported "being listened to," "calmed down," and "an enhanced self-understanding." Not surprisingly, many of the Focusing practitioners and trainers who were involved in the action felt connected, refreshed and recharged.

Reported by Sandy Ng, Coordinator-in-Training, Hong Kong.

< Photo A: Grace Cheung doing a demonstration bringing awareness back to the body in one of 'Evoking Resilience' public online workshops>



<Photo B: Ka-Hing Cheung gave a mini-lecture, Sandy Ng led the guided exercise, Grace Cheung and Elisa Cheng did the demonstration in 'Evoking Resilience' public online workshop>



<Photo C: Practitioners' reflection: Three words to describe your learning from this action. Summarized with Menti.

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