

Hello, Everyone -

Again, my deep appreciation to all who attended the *Deepening Contact with Self and Environment: Crossing Focusing Partnership with Realization Process* webinar live, as well as to those of you who will be listening to the recording.

1. **Clarification:** In the chat, Mia asked: *I'm no native English, and I can't sense the difference between 'Awareness' and 'Consciousness'. Is there a difference in quality between these two words?*

When I responded to this question, I answered, “by awareness, I just mean attention,” because I was thinking of the prompt I gave in the Leading-in: *“bringing your awareness to that whole internal area...”* Afterwards, I realized that was probably not what the questioner had in mind! Elsewhere in the webinar, I make the point that awareness is one of the essential qualities of fundamental consciousness. That is the difference. So consciousness will feel the same as awareness when experienced AS awareness.

2. **Video of the 4th Exercise.** Since I had said there would be four exercises, and I only got to three of them, I am including a video recording of the 4th one (*The Core Breath – Settling Back Into the Core*). Actually, the reason I had left it for last was because I was somewhat ambivalent about including it to begin with. This exercise makes the most overt use of specifically spiritual structures of the body, and I wasn't sure whether it might be a bit too far afield from the theme of the webinar, which is about deepening Focusing partnership.

As I said during the webinar, the reason I had decided to include it after all is to make clear *why* it's important to settle “all the way to the *back* of the body.” And that's probably enough – you don't really need to actually do this particular process unless you're curious about it. The RP-inspired Leading-in is *the* most direct and relevant process for deepening your Focusing partnerships or guided sessions.

Here is the link to the video of the 4th exercise: <https://youtu.be/nRI-QfcgGDA>

3. **Upcoming Class in Deepening One's Felt Sensing.** In January, I will be offering a 10-week class in deepening one's felt sensing. (*Pre-requisite – some basic partnership experience.*) Among other aspects, this class will involve:
 - Ian McGilchrist's work regarding right brain research, and Peter Afford's application of this work to Focusing (just enough to provide a context for exactly WHY coming deeply into the body is so important, instead of using the typically mystical-sounding, philosophical, confusing and often unhelpful explanations of the felt sense that leave many Focusers feeling uncertain and insecure around felt sensing.)
 - The RP-inspired Leading-in.
 - Close sensory describing of visual/gestural/sensational metaphor as a way of entering deeply into felt sensing.
 - Lots of partnership practice in deepening felt sensing capacity so you can truly master this skill.
 - And more!

Exact dates and detailed course description to come.

If you'd like to receive more information about the class, you can email me, or you can sign up on my website to be notified when further info is available:

jocelynkahn@gmail.com

<https://www.healing-growth-and-wholeness.com/class-schedule-2022-23.html>

4. **Realization Process Resources.** If you're interested in learning more about Realization Process, here's Judith's website: <https://realizationprocess.org/>

You can find links there to her teacher trainings as well as to events for people new to her work who are interested in less-involved, shorter workshops presented by Judith and by her senior students.

You can also find links to YouTube videos of Judith as well as numerous books and papers that she has written. Under the *Media and Writing* tab on her website, I find her article *Embodied Nonduality* to be a particularly clear and succinct presentation of her spiritual point of view.

Enjoy!

Thank you!

Jocelyn

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