

14:01:27 From Melanie - TIFI to Everyone:

Hello and welcome! Please say hello to Marty and fellow participants in the chat.

Countries people registered from:

Argentina
Australia
Austria
Belgium
Brazil
Canada
Cyprus
Denmark
Finland
France
Germany
Hungary
Iceland
India
Ireland
Israel
Japan
Mauritius
Netherlands
New Zealand
Poland
Portugal
Romania
South Africa
Spain
Switzerland
Thailand
United Kingdom
United States
Uruguay

14:01:56 From Dhyana - Florida to Everyone:

Siesta Key, FL US

14:01:57 From Dana Hercbergs to Everyone:

Ohio, USA

14:01:59 From Lucie Martin to Everyone:

Lucie from France

14:02:01 From Margarita Weiser to Everyone:
Israel hi all

14:02:06 From etsuko to Everyone:
Hawaii

14:02:08 From Milagros Paredes to Everyone:
Michigan

14:02:10 From Dr. Paul Fitzgerald @drpaul to Everyone:
Kansas, US

14:02:12 From Ellis Beardsley to Everyone:
Oregon, USA hello

14:02:13 From Elaine - Ireland to Everyone:
Elaine from Ireland!

14:02:14 From Kathy Lewis to Everyone:
Kathy from South Africa

14:02:15 From Eduardo Gómez Haedo (Uruguay) to Everyone:
Uruguay

14:02:16 From Cynthia Kiddoo to Everyone:
Heber-Overgaard, AZ

14:02:16 From Ulla-Stina Sweden to Everyone:
Gothenburg SWEDEN

14:02:17 From Dr. Elizabeth English to Everyone:
uk

14:02:17 From Joanne Rubin to Everyone:
Connecticut US

14:02:18 From Mary Larrabee to Everyone:
Mary Jeanne -- Chicago US

14:02:19 From Dorothy McKinney to Everyone:
Hello from Portugal

14:02:19 From Cassell Gross to Everyone:
Boulder, Colorado

14:02:22 From annie bloch Paris/Colmar to Everyone:
France

14:02:22 From Stan Vreede, CY to Everyone:
Stan from Cyprus, Good evening from us!

14:02:24 From Beata Kupiec to Everyone:
Beata from Poland

14:02:25 From marsha kolman to Everyone:
Florida

14:02:26 From Beatrice Blake to Everyone:
Nw Hampshire, US

14:02:27 From Elizabeth Speece to Everyone:
Maryland in USA

14:02:30 From Gwen Rose Falkner (Coach, Hypnotherapist) to Everyone:
Hi from Germany

14:02:31 From Skip Short to Everyone:
Dobbs Ferry NY, near you

14:02:33 From Elizabeth Bram to Everyone:
Hello from Hudson Valley, NewYork

14:02:34 From Mary Keeney to Everyone:
California USA

14:02:34 From Cynthia Callsen to Everyone:
Cynthia - Brooklyn!!

14:02:38 From Jvalamalini to Everyone:
Hello everyone from Bristol SW England where a beautiful moon is just rising after a sunny autumn day

14:02:40 From Mariya Hoffman to Everyone:
California

14:03:06 From Dr. Elizabeth English to Everyone:
Hi Jvalamalini - Locana here 😊

14:03:18 From Will Flautt to Everyone:
Hello to Marty and everyone else from San Antonio, Texas.

14:03:18 From patricia carpenter to Everyone:
Idaho in the US

14:03:33 From 10. Lakshmi Balaji to Everyone:
Seattle, WA

14:03:40 From Jvalamalini to Everyone:
Hi Locana 🙌

14:03:53 From Anna Backholm to Everyone:
Helsinki, Finland

14:03:57 From Mary Anne Schleinich to Everyone:
Mary Anne here in Calgary, Canada.

14:04:13 From Sharon P to Everyone:
North Carolina, USA

14:04:20 From Julie to Everyone:
Central New York

14:04:27 From Linda Hedquist to Everyone:
Hi from Iowa, USA

14:04:29 From Mary Lynn Richardson to Everyone:
UK

14:05:01 From heather tetley to Everyone:
Hajah Hi good to be with you from
Devon Uk.

14:05:30 From ceci burgos to Everyone:
Hi from Buenos Aires, Argentina

15:01:04 From Joanne Rubin to Everyone:
Vague feels just outside my body. Chronic confusion, stuck there.

15:01:46 From Cynthia Kiddoo to Everyone:
Finding something within me resisting focusing on myself... when I do, there's a
sadness there

15:02:05 From Mary Larrabee to Everyone:

Inside my torso-felt-sense is a jumping chorus singing Alleluia—I smile.

15:02:08 From Joelle to Everyone:

I deeply appreciate that opportunity to share the experience Gene had with you and focus on the Focuser, I went deep into my being, rapidly, easily, and feel excited about this way in

15:02:21 From 10. Lakshmi Balaji to Everyone:

Something that feels devoid of agency, stuck, overwhelmed

15:02:52 From Lucie Martin to Everyone:

feeling kind of telescoped

15:02:54 From 10. Lakshmi Balaji to Everyone:

more spaciousness, a small way forward, even as I type this

15:03:57 From marsha kolman to Everyone:

Buddha said it . Don't listen to me. Experience it for yourself . Throw out what does not work for you .

15:05:03 From ceci burgos to Everyone:

focusing on the focusers feels like something very spacious around me, that gives me deeper connection

15:05:59 From ceci burgos to Everyone:

the way you talk about your first encounter with Gene gives me a sense of how humble he was.. I appreciate a lot your sharing about this experience you had with him

15:07:04 From Skip Short to Everyone:

A sense of receiving (somewhat) amorphous curiosity-stimulating globs of intensely offered meaning and forming (translating?) them into blocks of meaning that I can assemble into something relatively stable for myself, and then wondering how much my product resembles your intention, or whether that's even a good question.

15:07:41 From Joanne Rubin to Everyone:

Once I focused on cloudy areas that spontaneously came up, now a better-feeling, larger 'place' coming into my skin-enclosed body.

15:17:10 From Joanne Rubin to Everyone:

Marty, your telling stories is making me comfortable, and stuckness, chronic, is moving now. I hope you'll let us know what directions you're heading in the near future.

15:21:31 From Milagros Paredes to Everyone:

I am trying to focus on the focuser and I have no idea how to find that. I wonder if there are some things you can say to help me find my way to focusing on focuser

15:27:50 From Mary Larrabee to Everyone:

Thanks for your comment that Gene was wary of just going for the "spiritual" when too far from our "more immanent" humanness.

15:27:56 From Mary Larrabee to Everyone:

That churning is what is so so complicated for me in these over 20 years of focusing, or should I say, my whole life of being ME.

15:29:30 From Mary Lynn Richardson to Everyone:

Marty, as you yourself focus on the focuser are you experiencing perceptual or responsive feeling?

15:43:53 From Joanne Rubin to Everyone:

This feels archetypal

15:45:13 From Jane to Everyone:

cohenmt@bc.edu

15:45:16 From Melanie - TIFI to Everyone:

Marty's email: martin.cohen@bc.edu

15:58:45 From Melanie - TIFI to Everyone:

Thank you everyone for attending! These links will also be emailed to you later today and along with the recording in about 2 weeks.

We appreciate your thoughts and reflections on this Focusing Highlight -and you can also share your email address with Marty- via this survey: <https://www.surveymonkey.co.uk/r/Q27QDNH>

Marty's email: martin.cohen@bc.edu

Next Focusing Highlight on Nov 14 with Elizabeth English:

<https://focusing.org/event/meditation-focusers>

16:01:30 From heather tetley to Everyone:

This has to go into Full body flowing move,ent, such beauty brings berth a new experience of my body as myself.. focusing on the focuser creates a feeling of embrace each worth the other no separation ❤️ thank you.

16:09:31 From Elizabeth Speece to Everyone:

Enlightening! Thank you so much%,

16:09:42 From Stan Vreede, CY to Everyone:

Thank you so much Marty!

16:09:50 From Lucie Martin to Everyone:
thank you so much !

16:10:05 From Gwen Rose Falkner (Coach, Hypnotherapist) to Everyone:
Thanks

16:10:11 From patricia carpenter to Everyone:
Thank you - much churning and connecting.

16:10:12 From Joanne Rubin to Everyone:
Thank you. loved it

16:10:13 From Milagros Paredes to Everyone:
thank you so much.

16:10:18 From Elaine - Ireland to Everyone:
Thank you so much!

16:10:19 From KC to Everyone:
Thank you, Marty

16:10:25 From heather tetley to Everyone:
Thank you mel any & very thank you Marti

16:10:28 From Mary Larrabee to Everyone:
Deep thanks. MJ