

00:47:24 Fraser Watt (he/him): Toronto, Ontario!
00:47:31 Farrukh: Good evening from London. UK
00:47:33 Jenna Chevalier: Toronto
00:47:34 Susi West: Hello! I'm in Canberra Australia :)
00:47:36 dean diamond | Hearth Place: Vancouver Island, BC, Canada
00:47:37 Linda Hedquist: Fairfield, Iowa
00:47:39 Linda Vanderlee: Hello from rural, rainy Quebec.
00:47:40 Samarra Burnett: Ashland, Oregon, USA
00:47:40 Inge Terrill: Hello from Southwest Virginia, USA.
00:47:44 ruthy shapiro: Hi! I am from Haifa Israel
00:47:50 Mary Keeney: Good morning from California, USA
00:47:51 Fábio Vacaro Culau: Porto Alegre (very South of Brazil)
00:47:55 Elizabeth Bram: Hudson Valley NY!
00:47:55 Lisa Avnet: western Massachusetts, Lenox
00:48:00 Alastair Farrugia:

People from the following countries have registered for this highlight:

Australia
Austria
Belgium
Brazil
Canada
Finland
Germany
Greece
Iceland
India
Ireland
Israel
Italy
Malta
Netherlands
Poland
South Africa
Spain
Switzerland
Taiwan
United Kingdom
United States
Uruguay

00:48:24 Donal Grehan: Hello from Donal in Galway, Ireland
00:48:32 Anna Backholm: Hi from Helsinki, Finland
00:49:04 Rosa Zubizarreta: Hi all, I live in Great Barrington, MA, am currently calling in from Cleveland, OH where I am visiting family...

01:05:40 Linda Vanderlee: for me it was challenging to answer this second poll. the language and it seemed to be two questions really.

01:19:08 Samarra Burnett: I felt insecurity, insufficient, kind of hiding, but also the sense that there is something of value underneath all that.

01:19:15 Elizabeth Bram: my life as a dream

01:20:16 Ellen Mains: a sense of too much or too little; it's rare or precious when there is just the right enough - enough space, enough energy, etc.

01:20:28 Ellen Mains: amount

01:47:44 Mary Keeney: It feels like it's the rest of me that's been left out! So there is a sense of ungrounded, lacking clarity, confusion.

01:47:58 Kym Lalima: I feel at the moment its more a way of living, a way of sharing my gifts, more then a result or exact tool. Maybe thats important for me to feel.

01:48:48 Fábio Vacaro Culau: I did the exercise and noticed that there is a sense of insecurity. Like, I don't know how to communicate with that in me. It's like "it" speaks and I don't understand. And then it comes to me: "how am I going to work with this, promote this, if for me it's practically as if there was only silence?

01:49:29 Samarra Burnett: Focusing felt isolated, contrived, separate....then I had the sense of the other important elements in my life, and suddenly kind of a group feeling among them. still mysterious.

01:49:38 Carole: "Moving forward to the more gets me out of confusion to clarity into the more

01:51:13 Ellen Mains: For me, I feel Focusing's value - like turning on the light in a dark room - but I don't feel I know how to label it so that anyone would choose to work with me

02:01:01 Ellen Mains: intellectual precision, good listener, willing to go to dark places

02:01:26 Samarra Burnett: dance teacher, general contractor, physical sensitivity

02:01:32 Kym Lalima: Master in expressive arts, certified focusing practitioner, Vedic counselor

02:02:00 Carole: Doctorate in Spiritual Science - Professionally trained Chef - Minister

02:02:17 Deborah Sullivan: teacher, social worker, focusing oriented therapist

02:04:54 Linda Vanderlee: we are all a blend. brene brown - researchers storyteller

02:05:50 Linda Vanderlee: I focus on the outcome, not the approach or tool

02:05:54 Samarra Burnett: I would like to hear more about Dude's law...!

02:05:55 Phyllis Moses: a blend of many 'hats' is called a renaissance person!

02:06:06 dean diamond | Hearth Place: My answer is clear to me but often confuses the listener. I tend to say 'I'm going to become Me!!' (Or more of me)

02:07:49 Kym Lalima: Makes me think?? Are we evolving in a world of too many choices and possibilities ? It's exciting but sometimes confusing too.

02:22:13 Carole: Heart song of joy

02:22:40 Phyllis Moses: intuitive, compassionate, funny, adventurous

02:22:42 Inge Terrill: I feel one of my life gifts is the connection I have with Nature.

02:22:58 Samarra Burnett: I think because I had so little support as a chid I learned to give extreme value to inner experience.

02:45:26 Melanie TIFI: Thank you Daphna and everyone for attending and participating!

You will receive these links in an email soon as well:

TIFI Survey <https://www.surveymonkey.co.uk/r/YFWFD5W>

Daphna's website: <https://www.daphnadaily.com>

Email: hello@daphnadaily.com

Handout for download (more about Daphna's next course is at the end)

https://drive.google.com/file/d/1QTF1bZaqWkwKPS-XpE3_luSzzEN-JBqK/view?usp=share_link

02:47:42 Jim Dricker: Affirming

02:47:48 Inge Terrill: Thank you for sharing your passion with us!

02:47:58 Elizabeth Speece: Thank you for this webinar. It was enlightening!!!

02:48:00 Fraser Watt (he/him): Thank you very much for sharing!

02:48:04 Donal Grehan: Inspiring....more.....

02:48:07 Mary Keeney: This class has been an answer to a prayer! Thank you so much.

02:48:08 Fábio Vacaro Culau: Wow... i've got a job to do! Thank you very much!

02:48:11 Carole: thank you, thank you thank you - a blessing

02:48:15 Cécilia: Thank you

02:48:17 Samarra Burnett: I feel so touched... that someone is encouraging a very precious but scared part of me to come forward.

02:48:30 ruthy shapiro: Thank you. a lot of new ideas and things to think about

02:48:46 Anna Backholm: Thank you so much, opened up new vistas

02:49:52 Melanie TIFI: January 28 Highlight with Matanel Weismann "Eating, the BIG picture" <https://focusing.org/event/eating-big-picture>

02:50:54 Elizabeth Bram: There is a highlight on meditation