

00:50:41 Melanie (she/her) - TIFI:

Welcome! Countries participants registered from:

Australia
Austria
Belgium
Brazil
Canada
Germany
Greece
Hong Kong-China
Hungary
Iceland
India
Ireland
Israel
Italy
Japan
Malta
Mexico
Netherlands
Portugal
South Africa
Spain
Switzerland
United Kingdom
United States

Uruguay

00:51:44 kay hoffmann: Hi from Bedfordshire, England :-)

00:52:00 Pam Wernich South Africa: Hello from Cape Town, South Africa

00:52:14 Sara: Hello from Spain

00:52:19 kim valdes: Hello from Atlanta!!!

00:52:32 Celia Dawson: Hello from Celia Dawson from North of England

00:52:34 Persis Cornet: Hello from East Sussex

00:52:39 Laura: Hello from North California

00:53:28 Pam Bell: Hello from Belgium

00:54:03 Laura: Indeed, a beautiful book!

01:10:17 Melanie (she/her) - TIFI: If you would like to follow along with the poems in writing view them here -

https://drive.google.com/file/d/1C1R7MR82MUNnEtod19qnF9xhzuZFPsDI/view?usp=share_link

01:14:58 Ronald Choi: To make it a sustainable habit in my life

01:16:35 Fábio Vacaro Culau: I hope I can get the most of meditation by having a clear image of how combine Focusing with meditation, specially when it's hard to meditate.

01:16:45 David Martin: 1. Integration of meditation experience. 2. Calling forth the State that is needed.

01:17:44 Sara: I second Fabio Vacaro words

01:33:36 Celia Dawson: Suggestion that we notice body on chair

01:33:39 Diana Kirigin: saying hello and being your own listener

01:33:48 Laura: Helpful phrase: aware, or elsewhere? as a pause to check in

01:41:00 Melanie (she/her) - TIFI: Under Reactions you can choose a reaction

01:41:03 kim valdes: yes I get this. I

01:41:04 Sara: I do resonate

01:41:20 Ronald Choi: You speak my mind

01:41:20 Herb: Yes, I relate to this

01:42:20 marie sheppard (she/her): The whole thing

01:42:22 Fábio Vacaro Culau: everything

01:42:23 april: all of it

01:42:28 Ronald Choi: The whole circle

01:42:31 Laura: the all of it

01:42:32 Herb: All of it

01:43:15 Elizabeth Bram: it's a process

01:43:48 Laura: When I sat, I said "now I'm meditating" , so here we go

01:44:11 Herb: It is a process that can unfold in many ways, depending on the circumstances

01:44:49 Herb: Process, not destination

01:44:56 Fábio Vacaro Culau: yes

01:45:06 Ronald Choi: This picture is answering some of my doubts at times whether I'm meditating "right"

01:54:23 Laura: I love the poem My thoughts like crows

02:38:39 Melanie (she/her) - TIFI: Hi everyone, looks like Elizabeth had an internet issue - hopefully she will be back shortly!

02:39:37 Laura: Ask her what poem to express exercise 5, please

02:40:03 Melanie (she/her) - TIFI: Handout -

https://drive.google.com/file/d/1uJbWstsB7Abvh-pt7-WnjKiv-GgTmgas/view?usp=share_link

02:40:30 Tara Breitenbucher: I think Cherub cut the line so he could eat!

02:41:09 Fábio Vacaro Culau: Hahaha

02:41:12 Ronald Choi: hahah

02:41:35 Roxie: Sneaky!

02:43:10 kay hoffmann: My sympathies to Elizabeth!!

02:43:29 april: yay!

02:43:37 Laura: Welcome!!

02:43:46 Melanie (she/her) - TIFI: We can stay a few minutes late so she can wrap up properly, and of course it will all be in the recording if you can't stay...

02:45:08 kim valdes: I will need to go! Thank you so very much! I will listen to the recording again!

02:45:29 Persis Cornet: Thank you, look forward to receiving the recording ;0)

02:48:35 Roxie: Please continue.

02:48:38 Melanie (she/her) - TIFI:

Thank you Elizabeth! And everyone for attending and participating, we got real-life practice integrating it 'all' 😊 This will be sent in an email shortly from TIFI as well-

Elizabeth's Website: <https://elizabethenglish.life/>

Newsletter signup: <https://elizabethenglish.life/courses-events/>

Email: hello@elizabethenglish.life

TIFI Survey- <https://www.surveymonkey.co.uk/r/K9SNXTB>

Handout - https://drive.google.com/file/d/1uJbWstsB7Abvh-pt7-WnjKiv-GgTmgas/view?usp=share_link

Link to Poems -

https://drive.google.com/file/d/1C1R7MR82MUNnEtod19qnF9xhzuZFPsDI/view?usp=share_link

January 28 Highlight "Eating, the BIG picture" <https://focusing.org/event/eating-big-picture>

02:53:22 Tara Breitenbucher: This was so lovely. You're a delightful being. Thank you for sharing your wisdom.

02:53:41 Laura: Thank you, sincerely,

02:53:42 Roxie: Thanks so much! I'm ordering the book to extend this experience!

02:53:52 april: cherub showed me how to openly share my thoughts, wants and needs.

02:54:07 Eric Killough: Thank you very much!

02:54:29 Fábio Vacaro Culau: Thank you very much, Elizabeth!

02:54:34 Celia Dawson: Very helpful. Poems excellent

02:54:44 Herb: Thank you, wonderful presentation and poems

02:55:59 april: haha. this is a funny tech day.

03:01:32 april: arf, many blessings