

The Missing Link: How to Merge Focusing with All Our Bodies of Knowledge?



Photo by [Eddie Ramos](#) on [Unsplash](#)

Remember that you are an active participant, even though
you might be tricked into being passive.
Rather than just letting the words you're hearing flow over
you, think of them as an invitation for something to do,
for a process to begin.

Seeing me on the screen means that I am speaking directly
to you, even if I don't see you. I feel your presence.

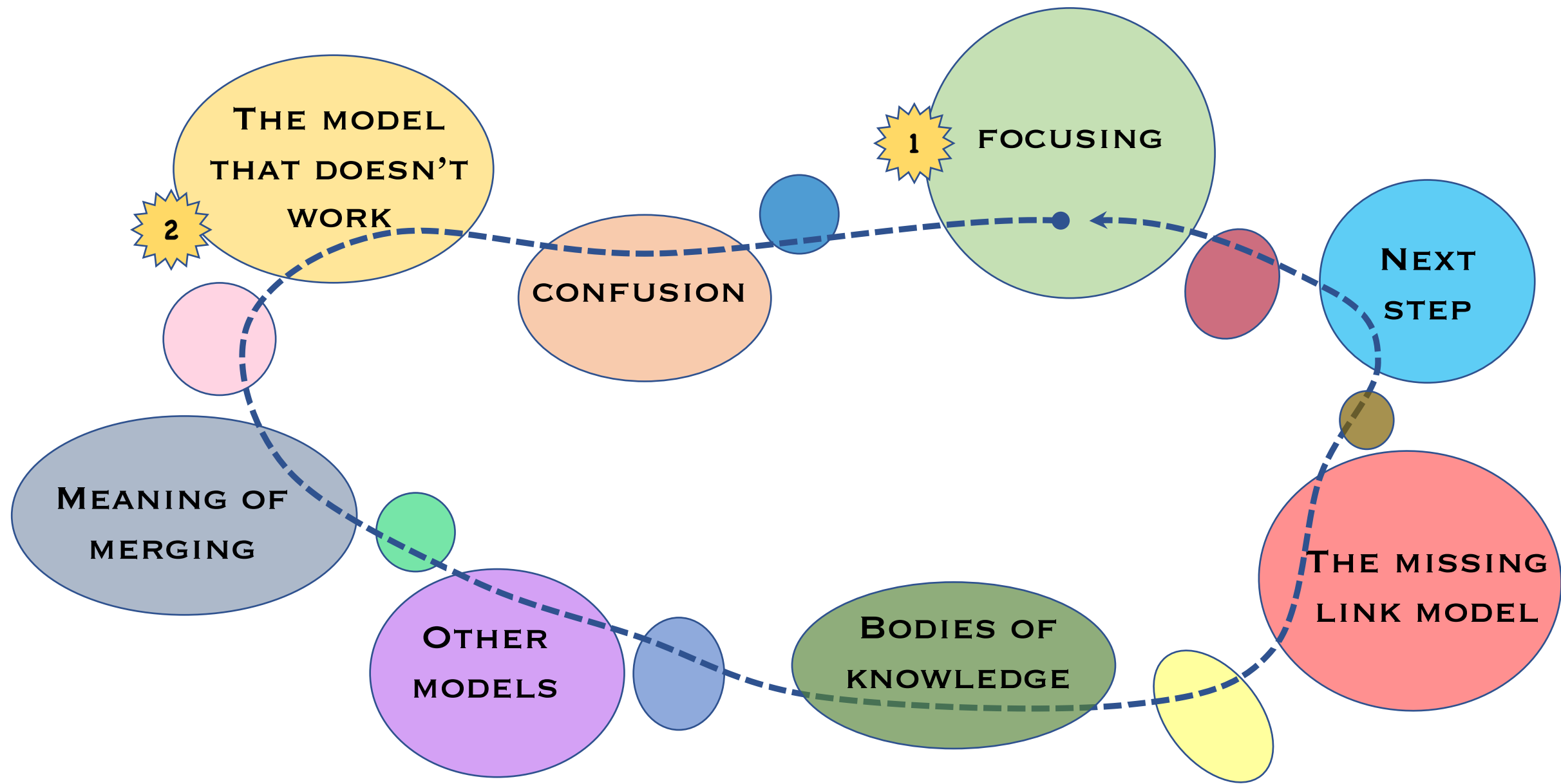
If something in the suggestions I make during an exercise
doesn't fit to you, in terms of language or pace, feel free to
adjust it so it will fit you.
you are both the focuser and the listener.

I invite you to write notes, especially during the exercises.
or just right after, so you can get the most of it.

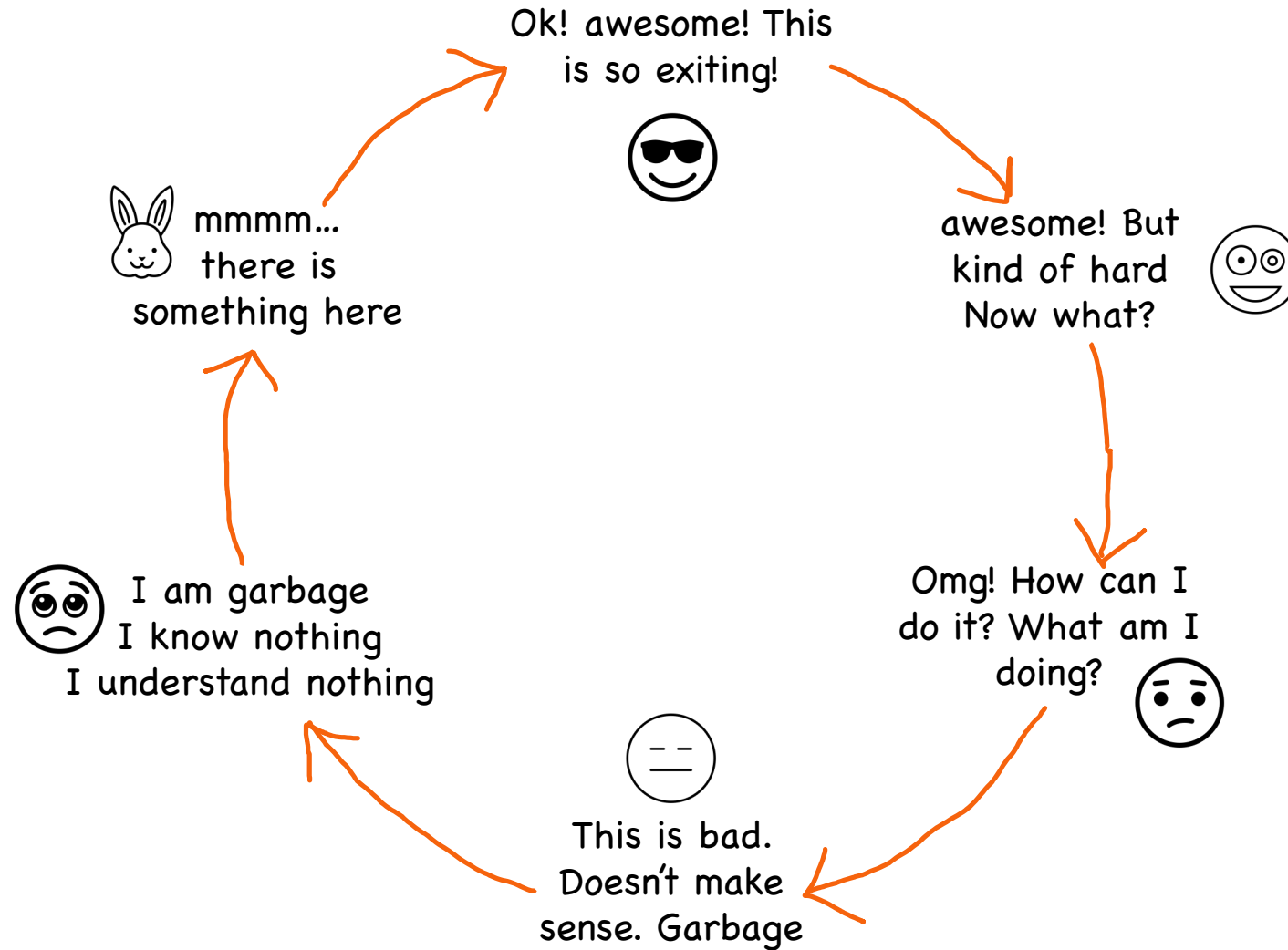
If strong emotions come in you, your job is to *be with them*
with a focusing attitude that you know.

Poll 1:

- are you a certified FOT?
yes / no
- are you a professional/coach/facilitator who wants to
integrate Focusing as part of your services?
yes / no / not sure



The cycle of a creative process (merging is a creative one)



Poll 2:

- just out of curiosity, do you feel something confused or not clear around Focusing and about how to put yourself out there as a Focusing Professional?
yes / no /something else





1st
exercise:
exploring





architect ?

PHD ?

independent
architect ?


My own
design school ?

school
teacher ?

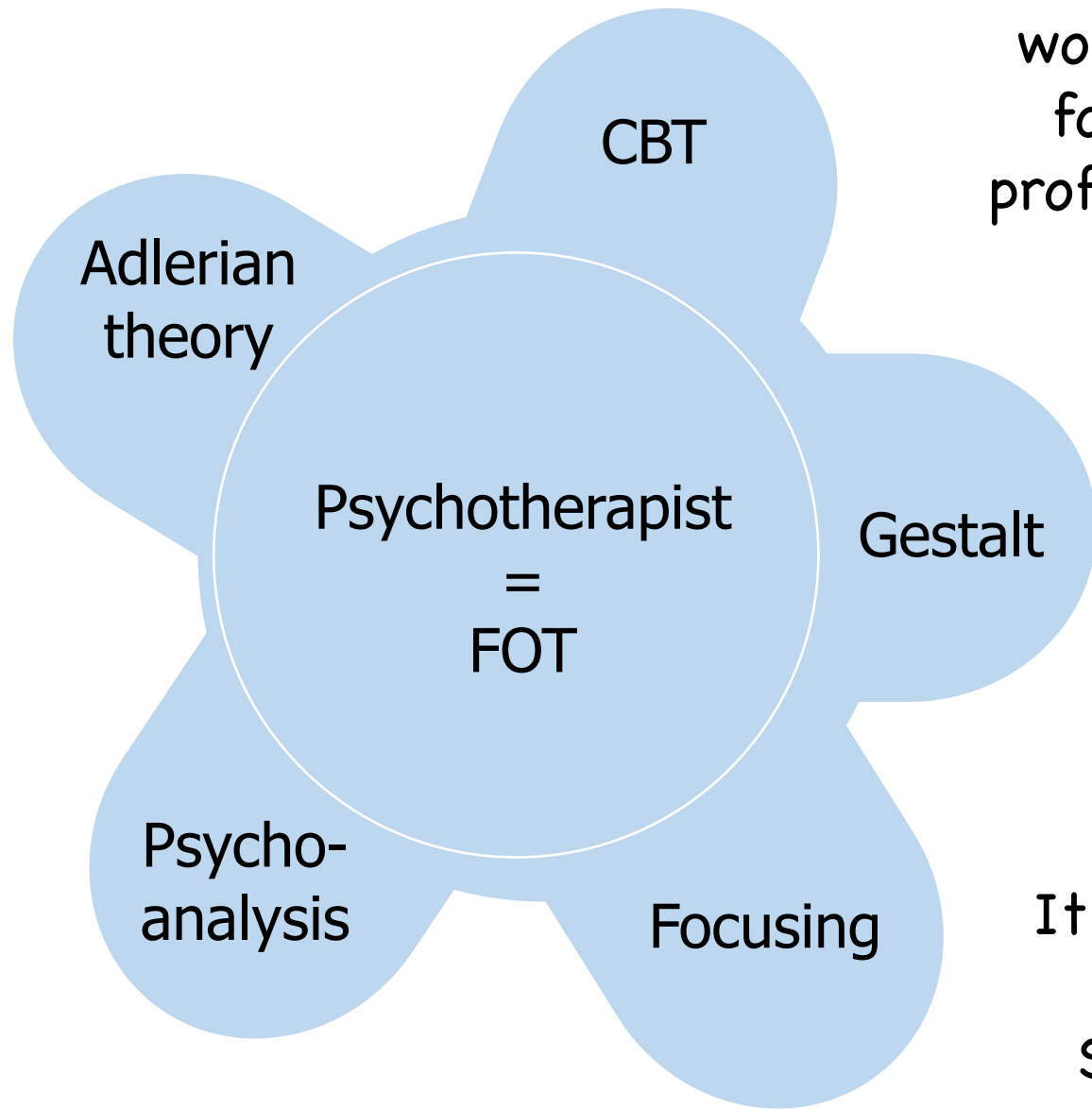
Poll 3:

how about you? from which main field(s)
did you come into the focusing world?

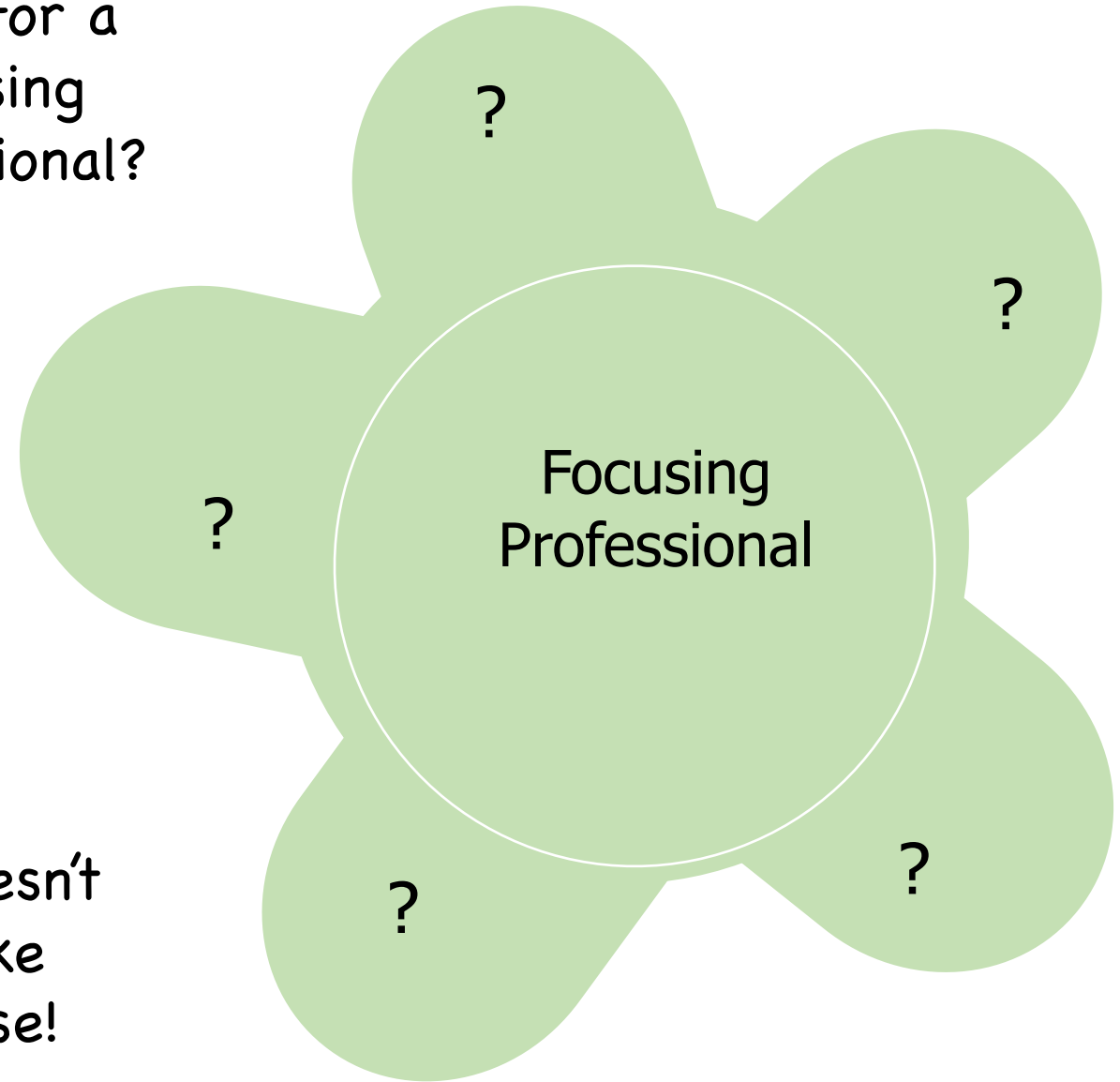
1. therapy
2. helping practices
3. arts
4. science
5. sports
6. spiritual field
7. other



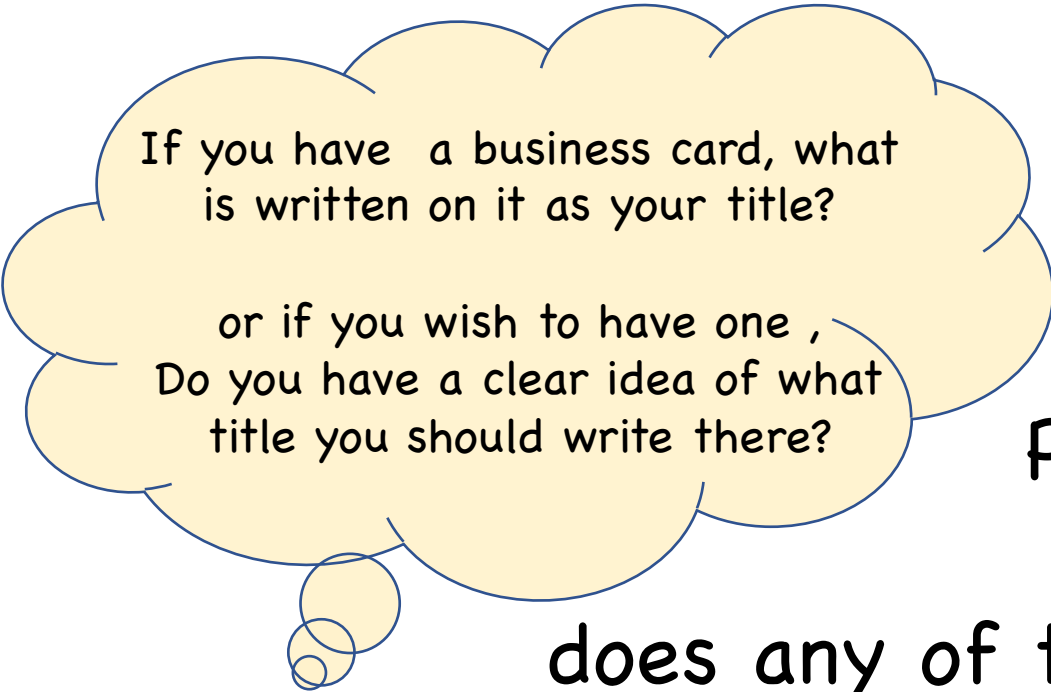
Can you bring to mind
a coincidence that
impacted your life as
it is now? Small or big
impact...



Can that model
work for a
focusing
proffesional?



It doesn't
Make
Sense!



If you have a business card, what
is written on it as your title?

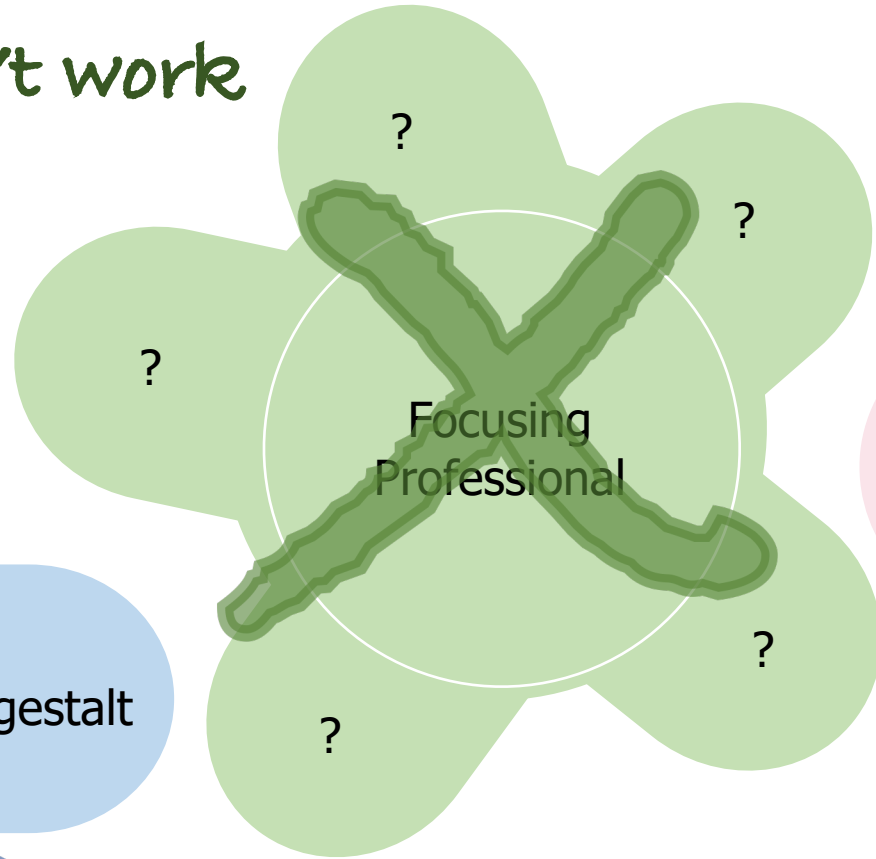
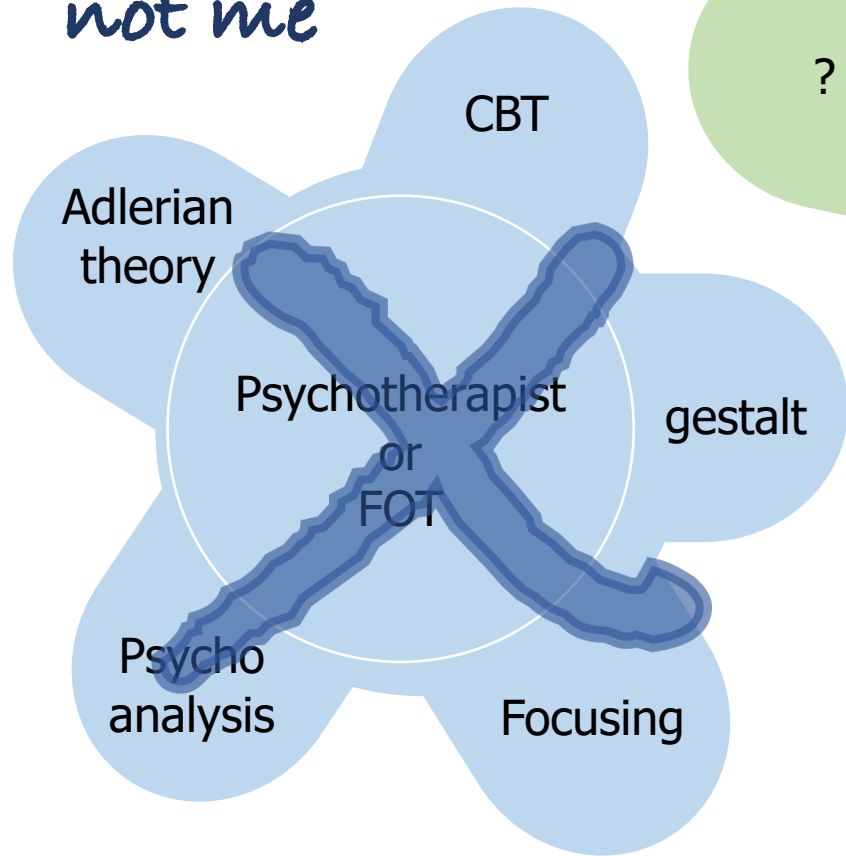
or if you wish to have one ,
Do you have a clear idea of what
title you should write there?

Poll 4:

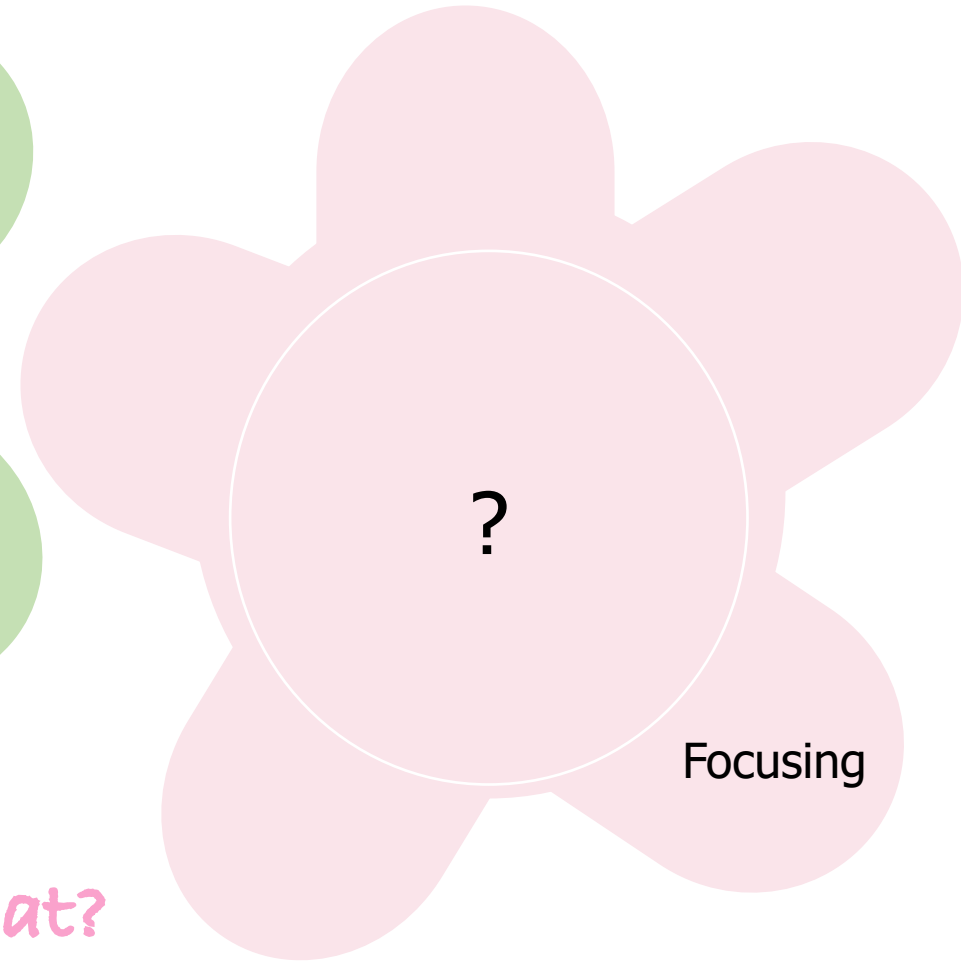
does any of this resonate for you?
yes / no / partially

doesn't work

not me



so now what?



2nd
exercise:
the Blanks
around
Focusing



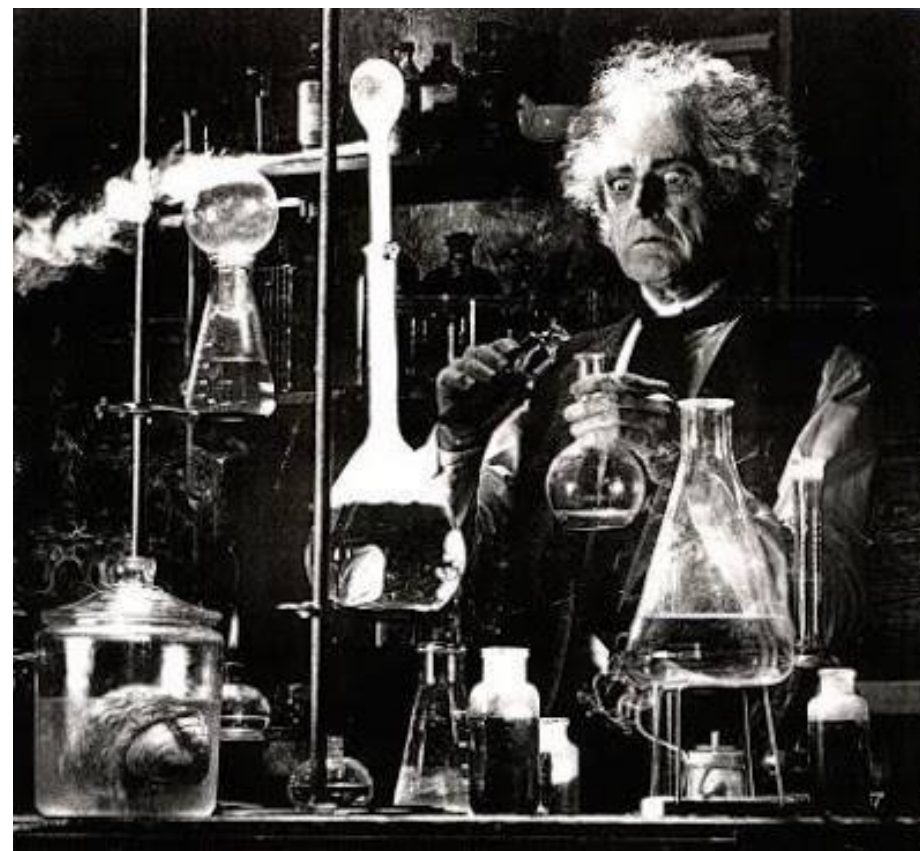
Merging :

Like a compound on a molecular level

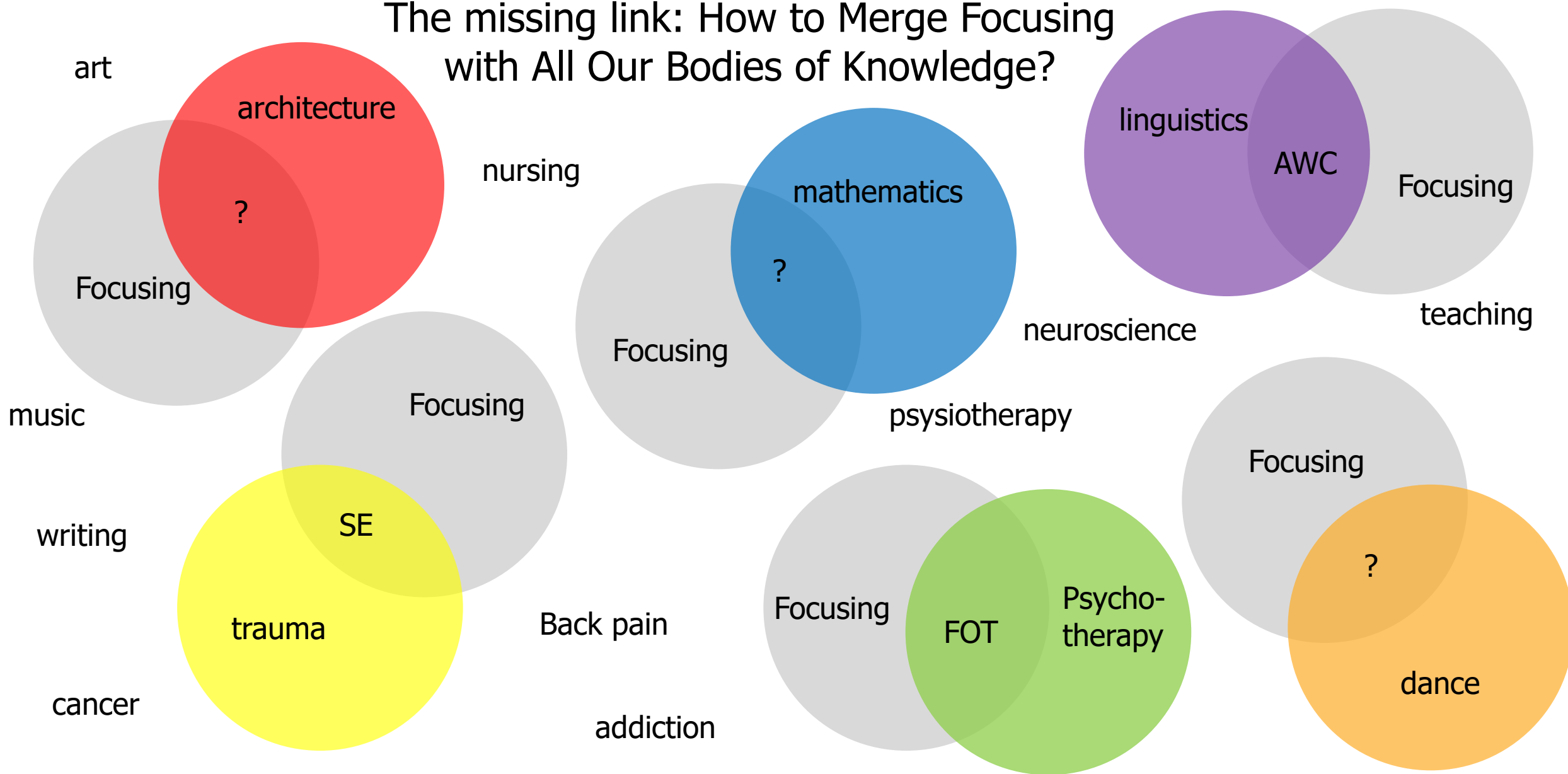
Creating a new entity, which is harder to undo whereas a mixture ...

The key difference between compounds and mixtures is that a compound is made up of molecules, each of which is composed of two or more different types of chemically bound atoms.

While the mixture is a combination of two or more elements or compounds that are combined physically rather than chemically.

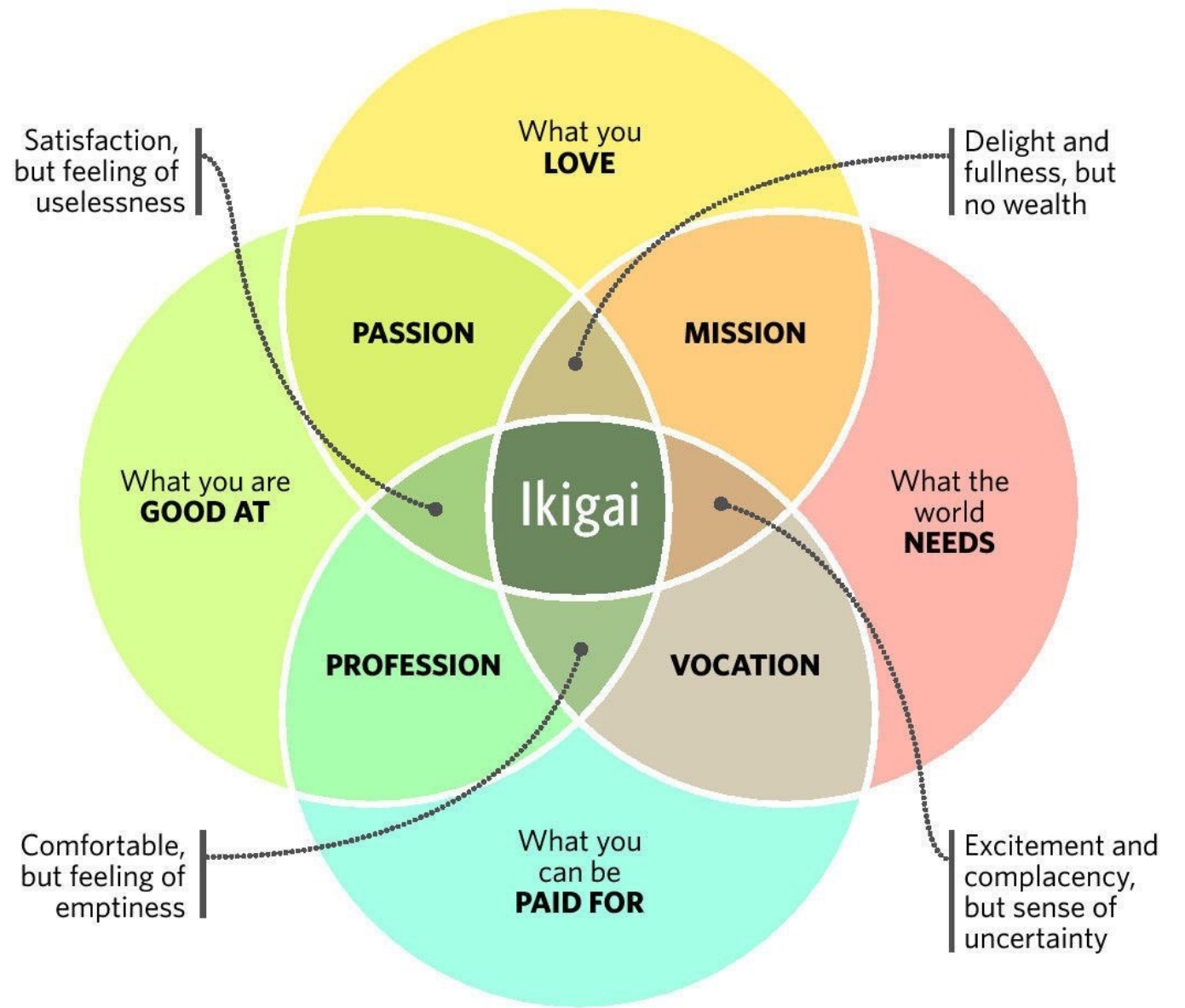


The missing link: How to Merge Focusing with All Our Bodies of Knowledge?



Ikigai (生き甲斐, lit. 'a reason for being') is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living, based on one's interests and talents. Source: wikipedia

Full credit for the Venn diagram of Purpose should go to Spanish author and psychological astrologer, Andres Zuzunaga, who created it in 2011.



SOURCE: dreamstime

TORONTO STAR GRAPHIC

The Hedgehog Concept is developed in the book *Good to Great*. Jim Collins.

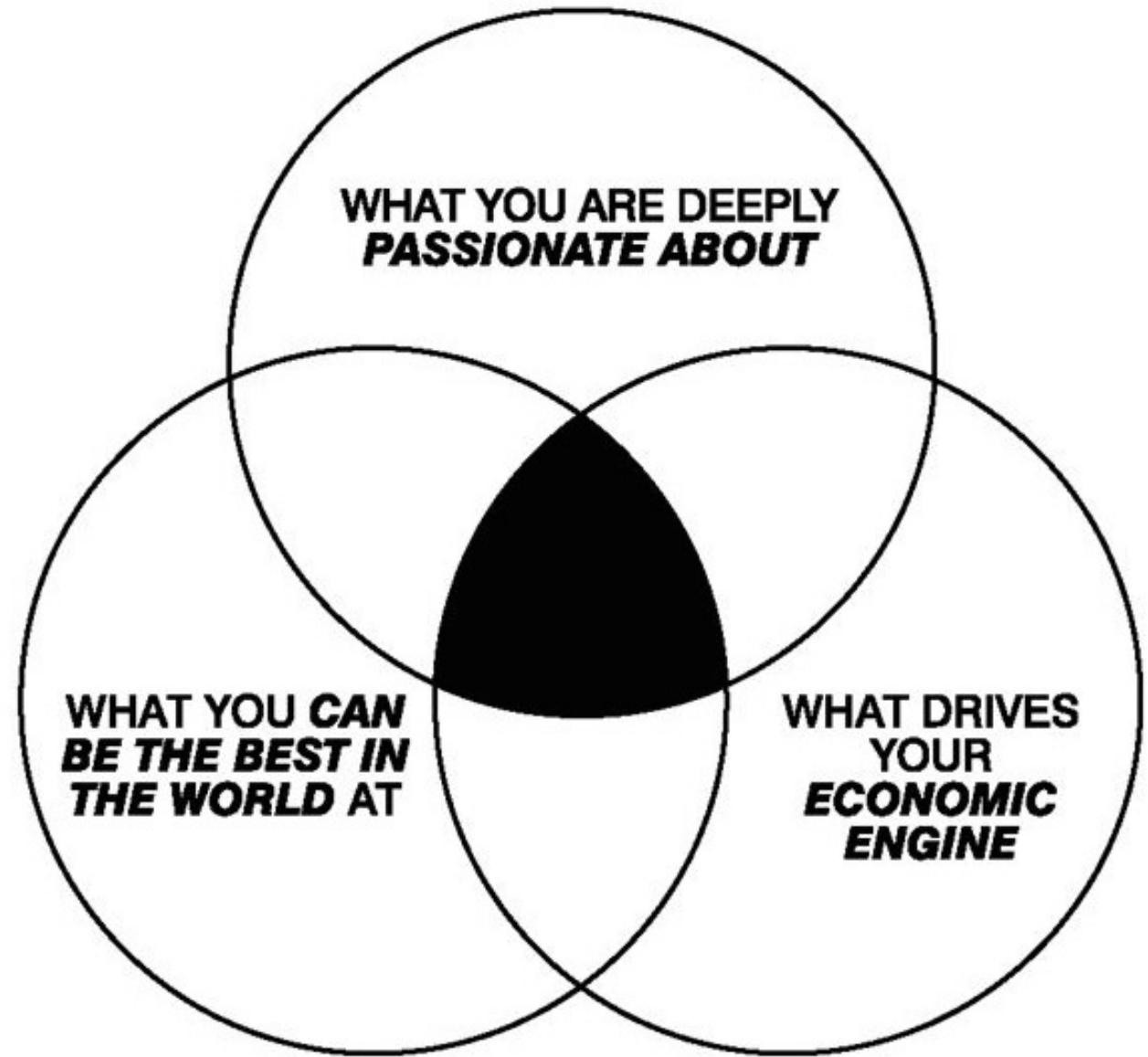




Photo by [Markus Winkler](#) on [Unsplash](#)

I invite you to share
in the chat up to 3
of your assets if you
feel like it

CV
CERTIFICATES
CLASSES
JOBS
LANGUAGES



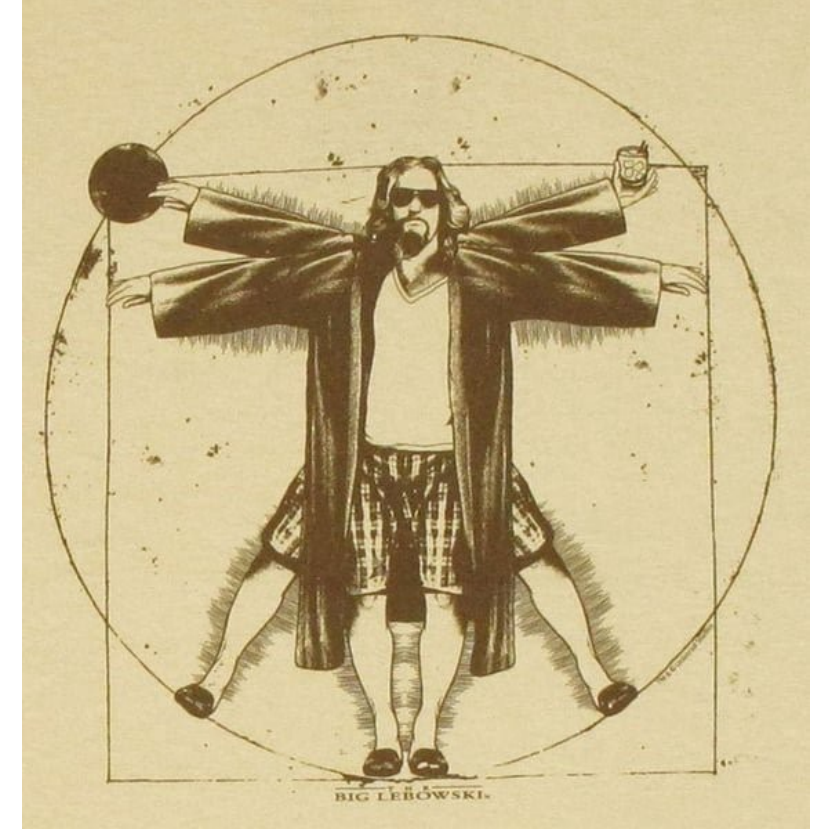
ASSETS

* Focusing allows us to feel at ease with the murky edges, from which new information appears

Are you A polymath ?



An intake on the Vitruvian Man by Leonardo da Vinci
From the Economist's cover "The world in 2019"



BIG LEBOWSKI , The dude's law:
 $\text{Value} = \text{Why} / \text{How (division)}$

Poll 5:

when you were a child, or even still as an adult today,
do you have a firm answer to the question
“What are you gonna become when grown-up?”

Yes/No/a confused answer



Focusing and your space



Focusing and life



[home](#)[about me](#)[focusing](#)[accompanying projects](#)[teaching](#)[testimonials](#)[contact](#)

DAPHNA DAILY

Architect & Focusing Professional

accompanying you so we could explore & listen carefully to your inner-self, and invite authentic ideas/thoughts/decisions that fit YOU, to reveal themselves...



Hello,

My name is daphna daily. I am here to listen to you.

I offer 2 kinds of accompanying processes, one is guided focusing session and the other, more like my specialty, is accompanying projects. I will soon offer a third option, which is teaching focusing.....

[read more....](#)

Are you confused ?



Poll 6:

- do you have a website?

Yes/No

- did you create your own website?

Yes/No

- if you have a website , do you feel it represents
you in the best way?

Yes/No/somewhat/I don't have a website

**“A person standing
in front of this
bah...”**

Gendlin International Conference Toronto 2000





DAPHNA
DAILY

FOCUS-IN mind-body coaching

Certified Focusing Professional & Trainer by the International Focusing Institute, New York

do you sometimes feel that there is a part in you that is preventing
you from moving forward?



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do you sometimes feel that there is a part in you that is preventing
you from moving forward?

FOCUS-IN
WELL-BEING

FOCUS-IN
WEIGHT

FOCUS-IN
PAIN

FOCUS-IN
SPACE

I invite you to share
in the chat some of
your life's gifts

TALENTS
LIFE EVENTS
COINCIDENCE
GENETICS
EPI GENETICS

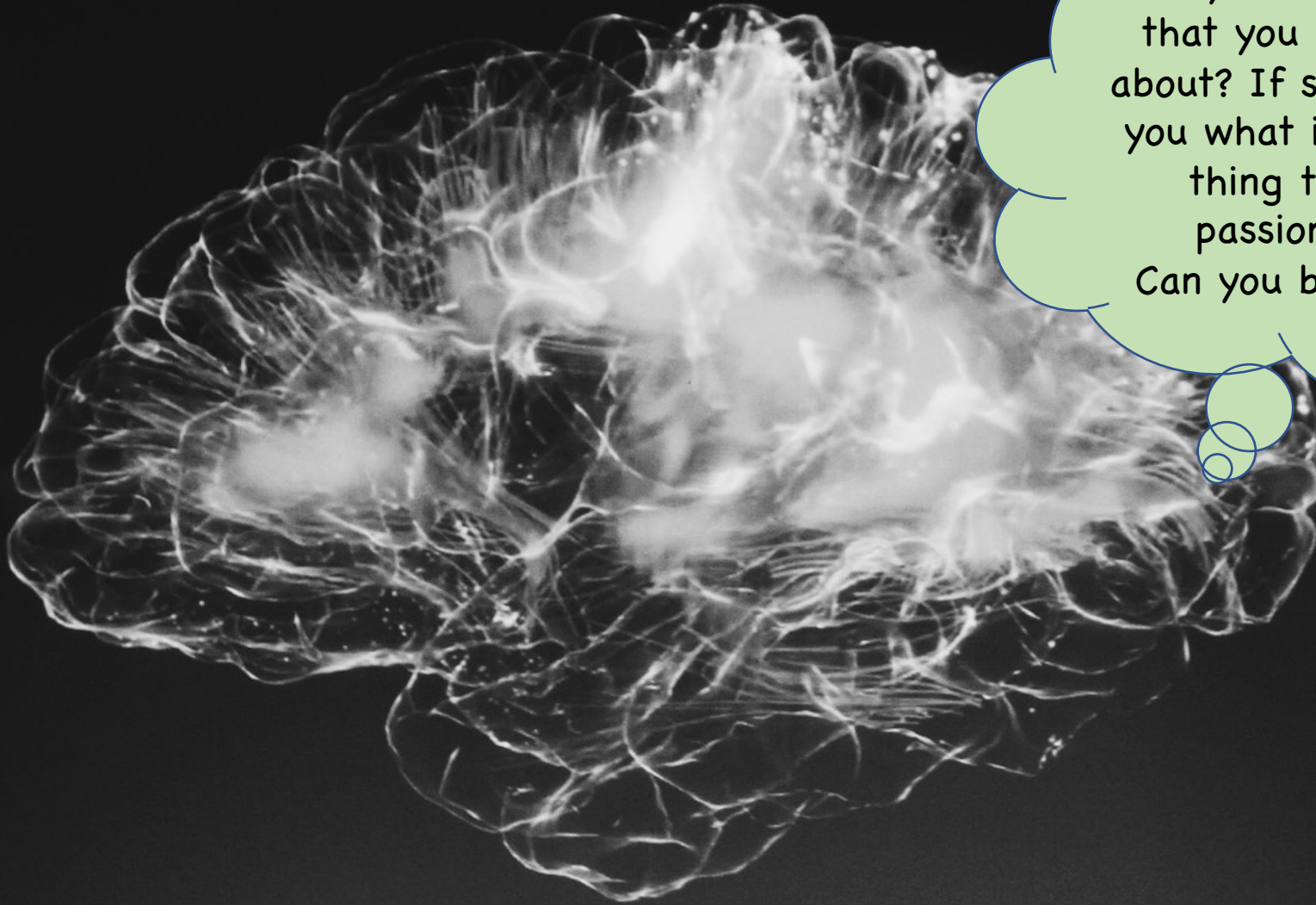


LIFE'S
GIFTS

Poll 7:

do you have an elevator pitch?

Yes/ yes, but it doesn't resonate with me /No



do you have something
that you are passionate
about? If so, is it clear for
you what is it about that
thing that you are
passionate about?
Can you be precise with
it?

Photo by [Alina Grubnyak](#) on [Unsplash](#)

What kind of
an EXPERIENCE
do you want to
facilitate?

THE AUTONOMIC TIMELINE



Three distinct pathways work **“in service of survival”**.

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When we follow our passion,
we are in the ventral vagal
state.

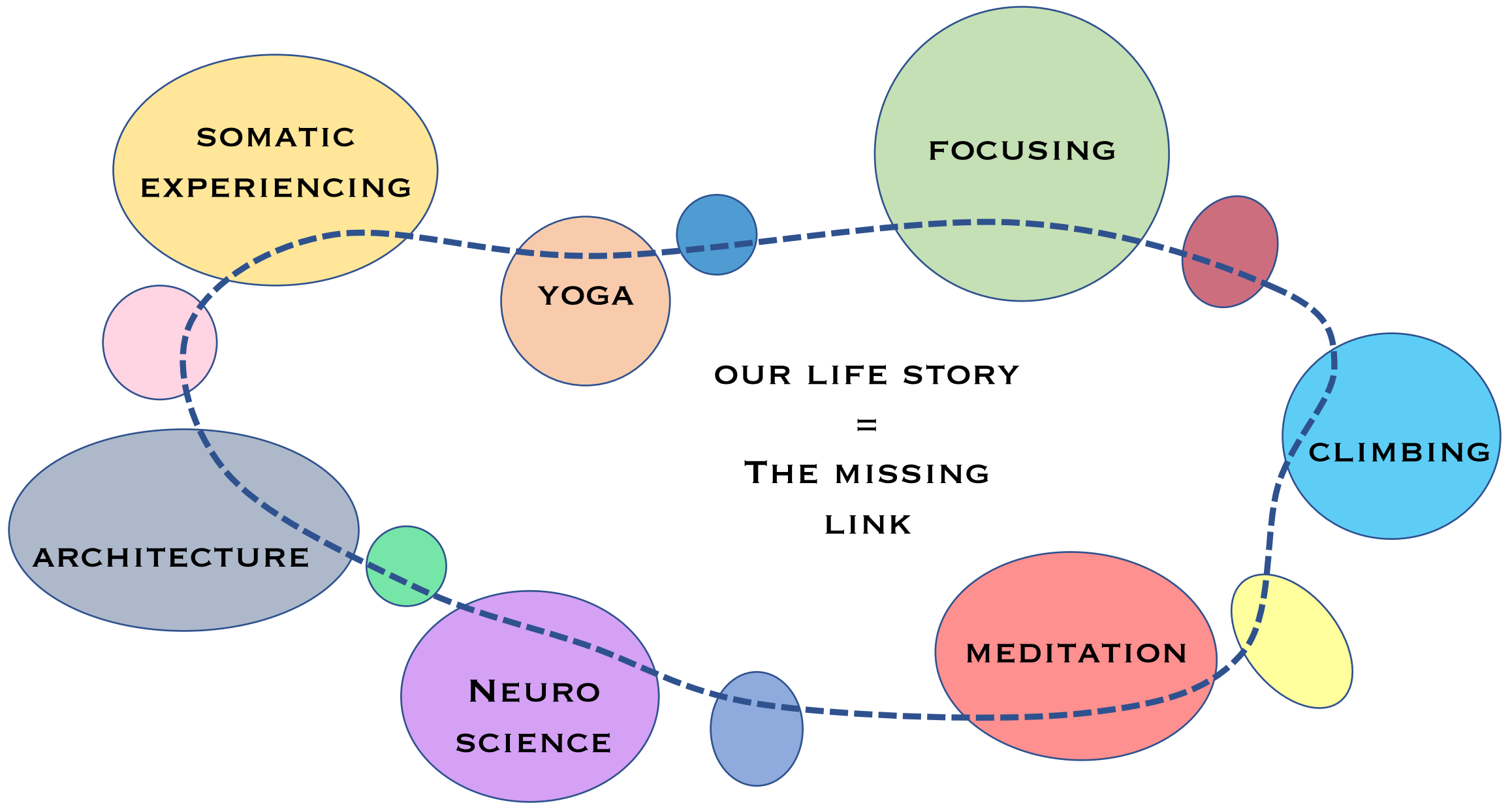
This is very important when
we accompany our clients.
It allows us to bring a
ventral presence not only to
our own parts and to our
client but also to our
“client’s client” (Gendlin).

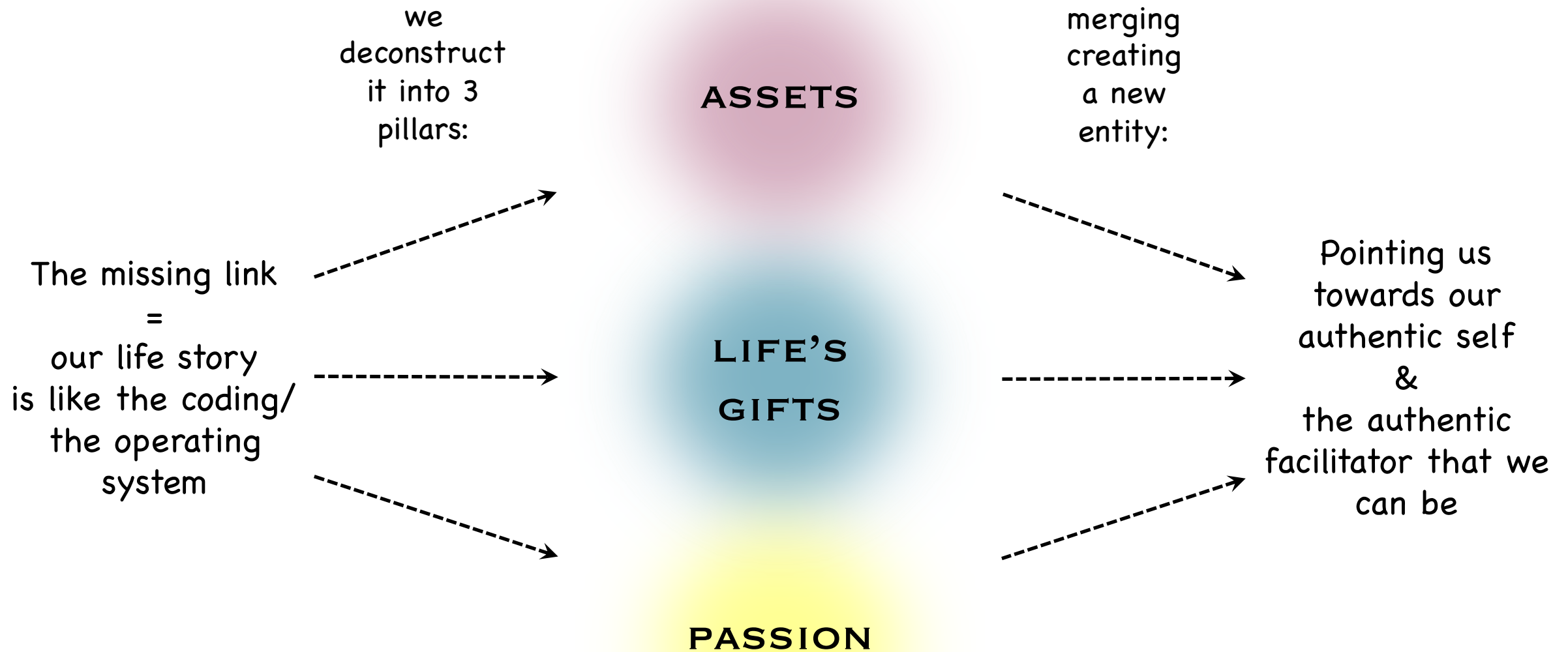
Are your passions
clear to you?

**MAKES A WHOLE DIFFERENCE
THE FUEL
DOESN'T FADE AFTER THE
FIRST RUSH
THE "WHY"
VENTRAL**



PASSION





The missing link
model

Focusing points us
to the ingredients
of each pillar
clarifies them and
puts it all in some
kind of
an order

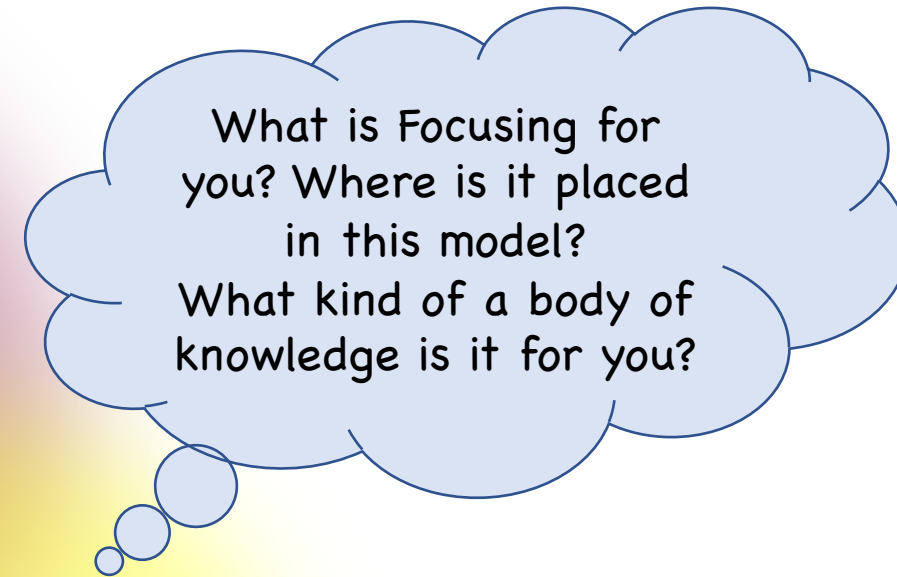
It brings more
information from
the implicit to the
explicit so it will
become more
available

ASSETS

?

**LIFE'S
GIFTS**

PASSION



What is Focusing for
you? Where is it placed
in this model?
What kind of a body of
knowledge is it for you?

Focusing is an
asset,
A life's gift &
maybe even a
passion for some.

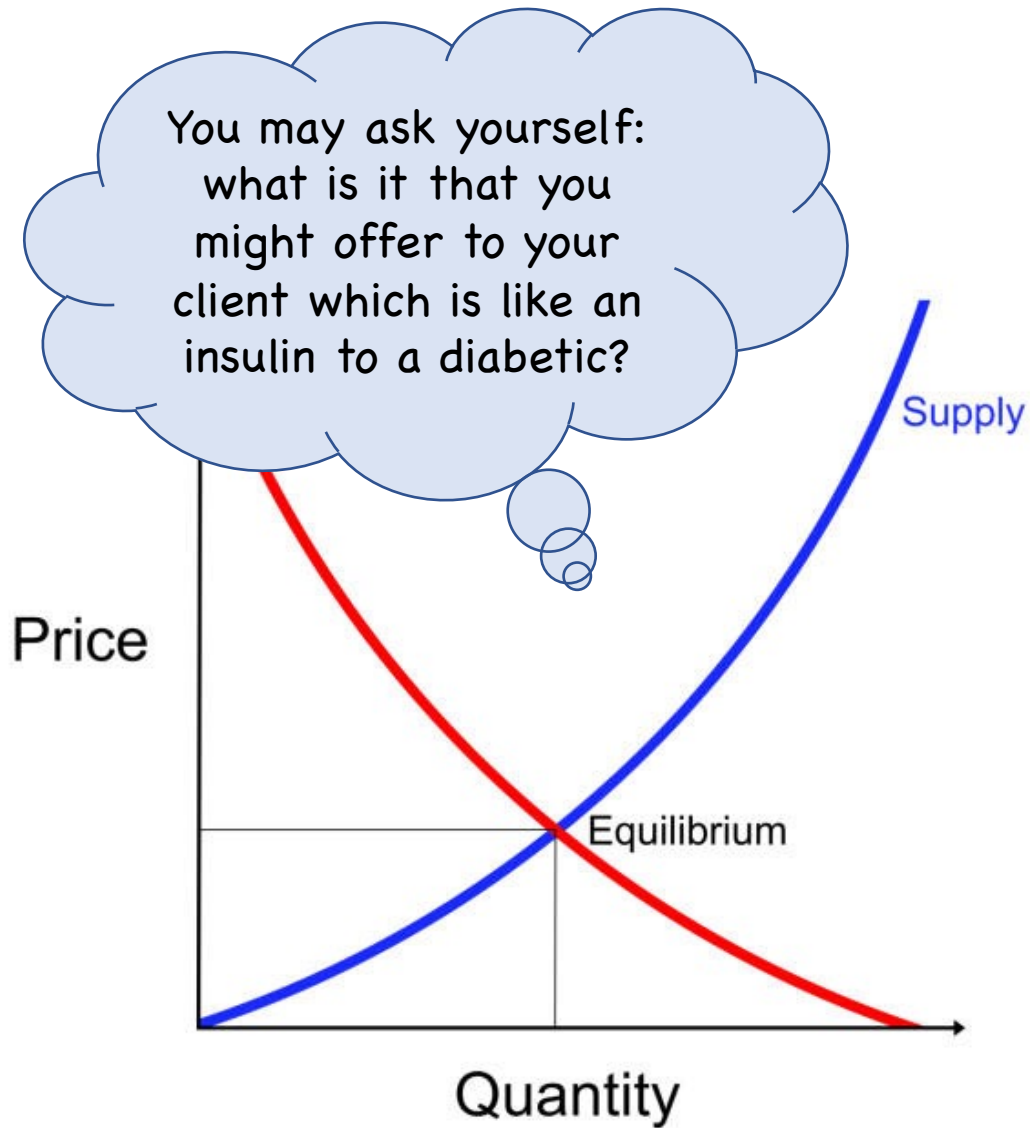
תיקון עולם

Tikkun Olam

(Hebrew: תיקון עולם, lit. 'repair of the world') is a concept in Judaism, which refers to various forms of action intended to repair and improve the world. (Wikipedia)



Photo by Diogo Salles/Getty Images

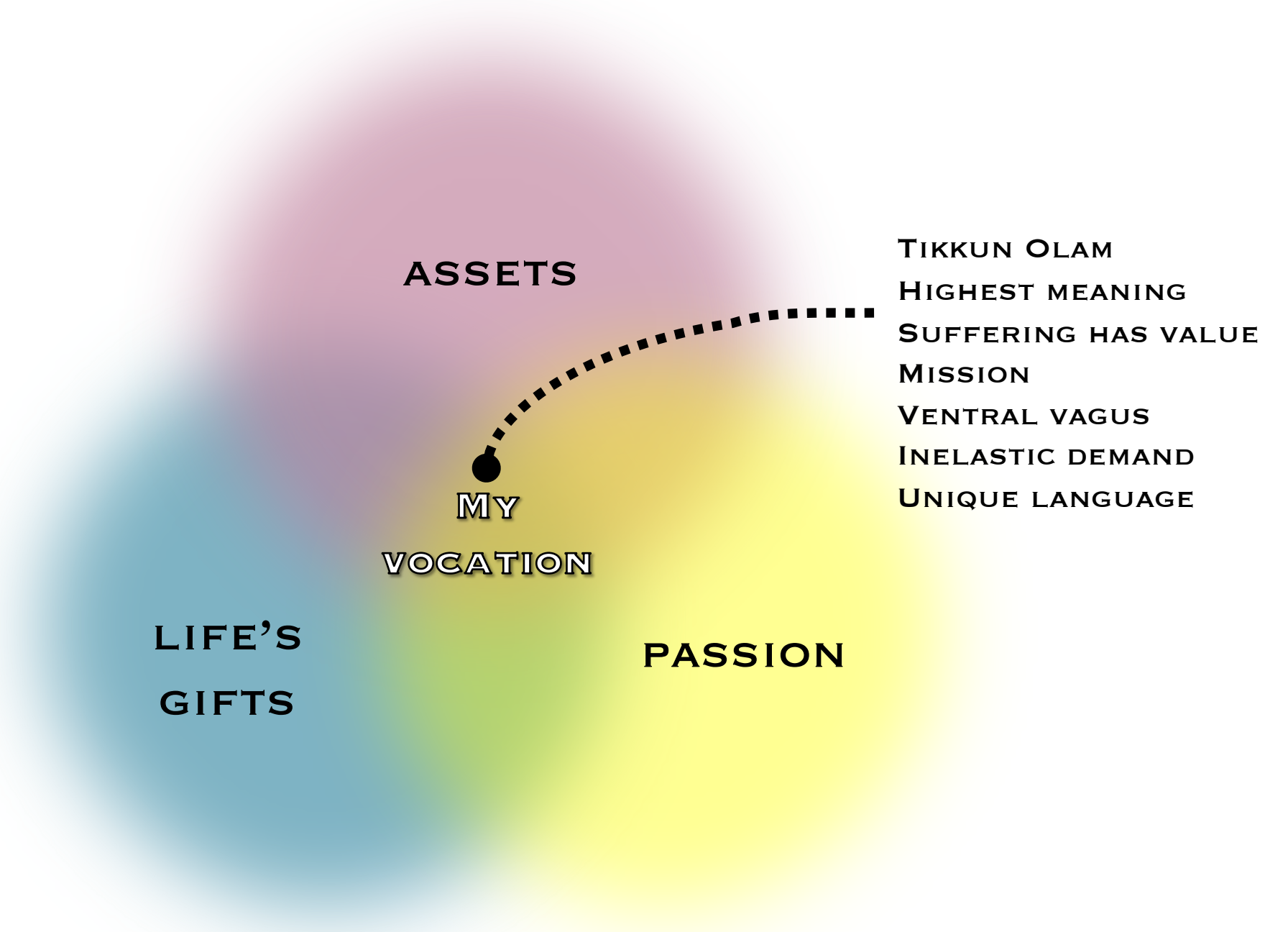


Inelastic demand takes place when a product or service's price drops or rises, but people continue to buy about the same amount of it.

Examples of price inelastic demand

- Petrol – petrol has few alternatives because people with a car need to buy petrol. For many driving is a necessity. ...
- Salt. ...
- A good produced by a monopoly. ...
- Tap water. ...
- Diamonds. ...
- Peak rail tickets. ...
- Cigarettes. ...
- Apple iPhones, iPads.

For example, the **demand for insulin to treat diabetes is usually viewed as inelastic**. Whatever the price of insulin is, a diabetic is likely to pay it rather than do without because there are no good substitutes



ASSETS

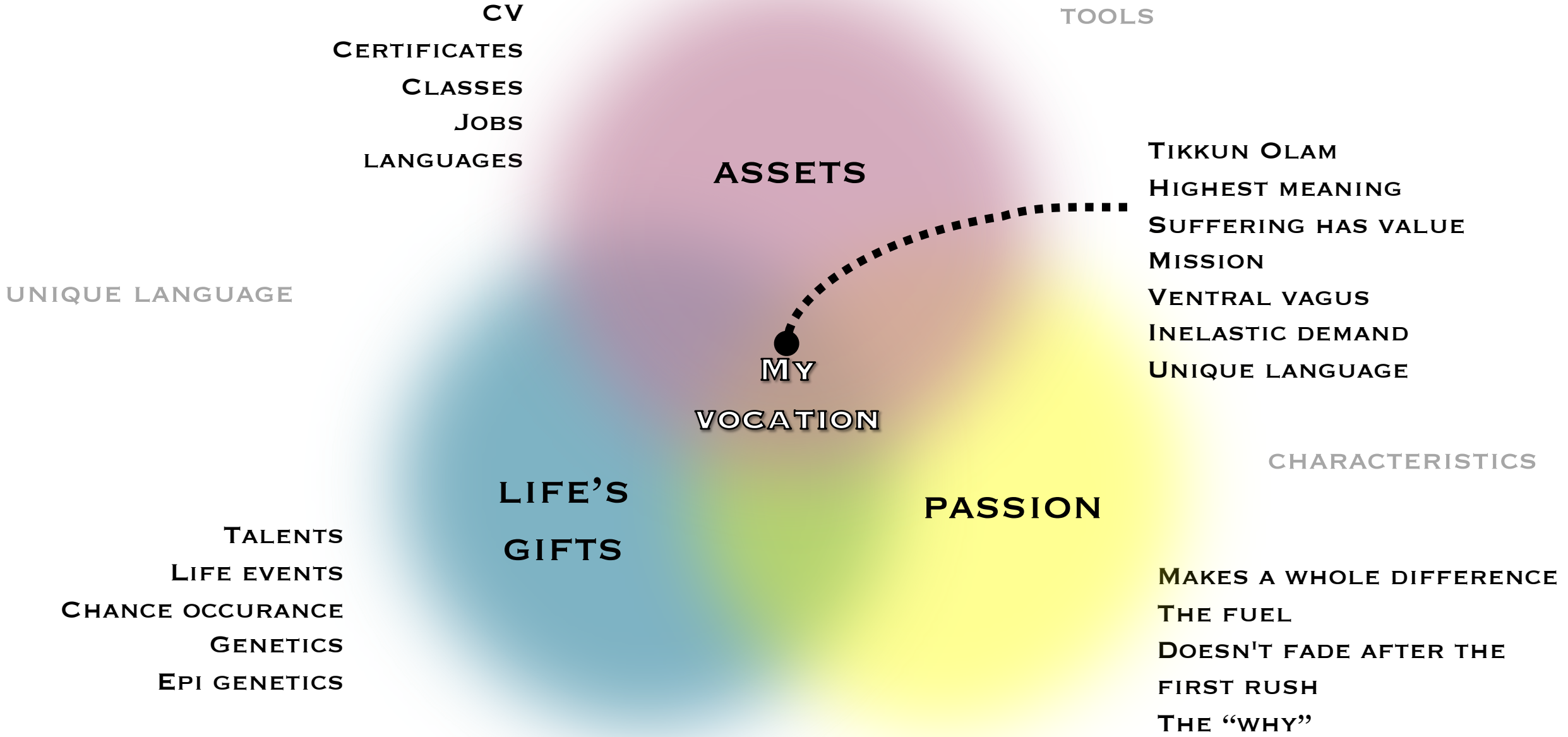
TIKKUN OLAM
HIGHEST MEANING
SUFFERING HAS VALUE
MISSION
VENTRAL VAGUS
INELASTIC DEMAND
UNIQUE LANGUAGE

MY

VOCATION

**LIFE'S
GIFTS**

PASSION





sense of
wholeness

purpose

authentic
self

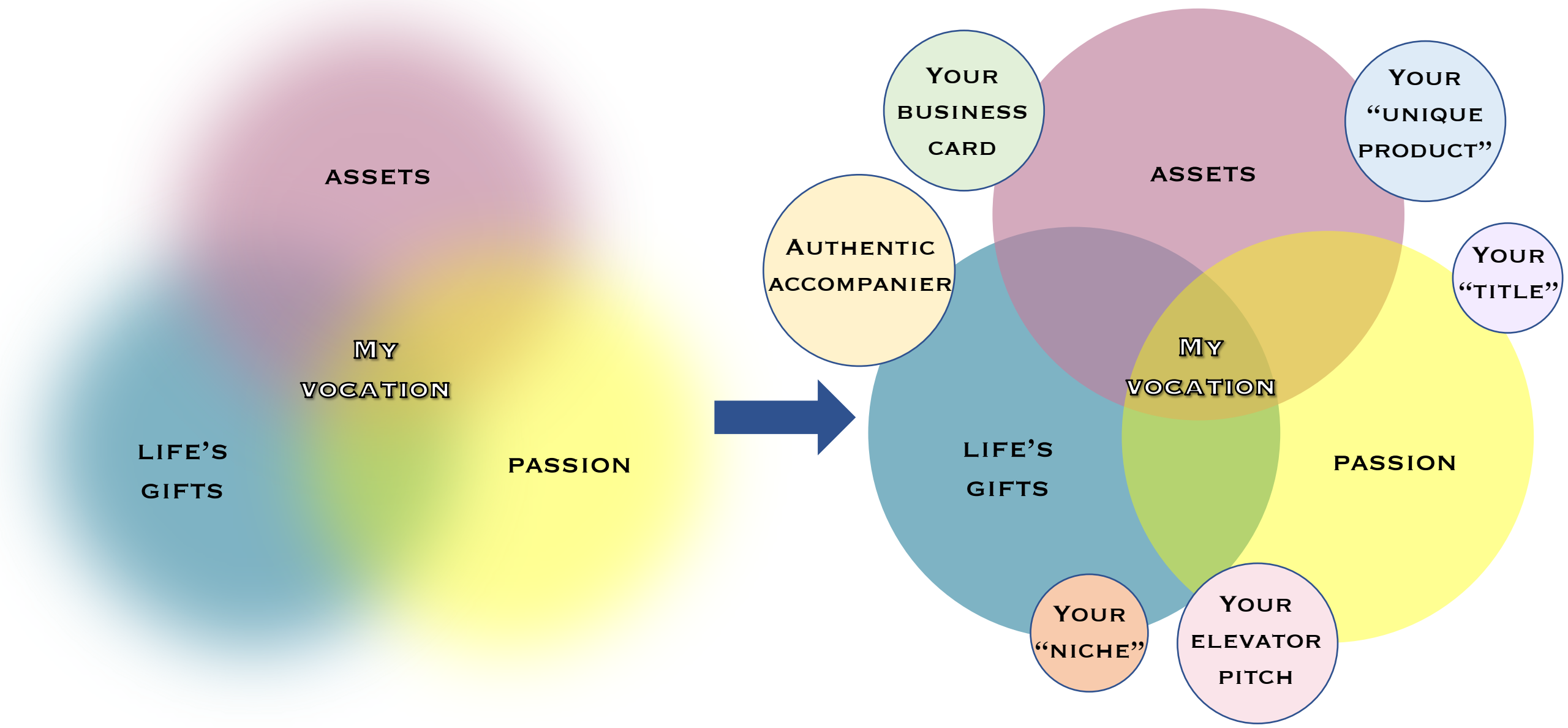
Highly valued
life
experiences

feeling of
belonging

FOCUSING HELPS US FEEL THAT WE ARE PART OF A WHOLE,
BODY, NATURE, UNIVERSE, MATRIX, A NEURAL NETWORK.
IT BRINGS US CLOSER TO OUR AUTHENTIC SELF.

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The missing link model



The Missing Link: How to Merge Focusing with All Our Bodies of Knowledge...

6-14
participants

Normal
price
280 \$

Highlight participant
220\$

Signing up until
December 10th

Class will be 4 meetings of
2 hours each
(+ 1-on-1 personal meeting)

January 21, 28 &
February 4, 11, 2023
12 pm EST
6 pm CET



...so something new will e-Merge...



www.daphnadaily.com

+ 41787346662 (whatsapp)



Photo by my dear friend and focusing partner, samarra