

00:41:01 Melanie - TIFI: Welcome! Countries people registered from for this Focusing

Highlight:

Argentina

Austria

Australia

Belgium

Canada

Chile

Costa Rica

Cyprus

France

Germany

Greece

Hong Kong - China

Iceland

Ireland

Italy

Netherlands

Palestine, State of

Poland

Portugal

Romania

Russian Federation

Spain

Switzerland

United Kingdom

United States

Uruguay

00:41:42 Jeffrey Kinnamon: Hello from the Finger Lakes!

00:41:54 Eileen H: Hi everybody! Cheers from Chile :)

00:42:01 Sara: Sara, Hello from the UK

00:42:01 Nancy Coco: Hello from Pennsylvania, US 😊

00:42:05 JACQUELINE TÉLLIER: Hello from France

00:42:05 Ghada Redwan: Hello from Palestine

00:42:09 Richard: Peace and rich blessings from North Yorkshire, UK

00:42:10 Paula: Hi everybody from argentina

00:42:12 Elizabeth Bram: Hello from New York!

00:42:22 marie sheppard (she/her): Hello everyone - from rural Maryland

00:42:26 Yvonne Bommer: Yvonne from Switzerland

00:42:26 Mercedes Ferraro: Mercedes from Argentina

00:42:26 Helen Dillon, Scotland: Afternoon everyone, from Scotland

00:42:27 Max: Hi from New England

00:42:29 gareth: Birmingham UK , helo !

00:42:33 Donal Grehan: Hello from Donal, in Galway, Ireland

00:42:34 Sherry: Hi everyone...Sherry from Denve, Colo USA

00:42:36 Stan Vreede, trainee Cyprus: Greetings from Nicosia in Cyprus

00:42:41 Deborah Sullivan: Hello from nova scotia, Deborah

00:42:55 Griselda Spain: Hola , Griselda from Spain!

00:42:56 Ida Oliver: Hello from Illinois!

00:43:05 Lidiya Ushakova: Yes! I enjoy your webinars a lot! I try to participate every time!

00:43:30 marsha smith: hello from marsha in Chicago

00:43:46 Suzanne N.: Suzanne from Costa Rica. LOVELY TO SEE and HEAR YOU.

00:43:53 Eileen H: ❤️

00:44:07 Paula: Helllooo Suzanne!!

00:44:41 Ghada Redwan: appreciation for your important contribution in Focusing

00:46:07 Eileen H: I did at the end of last year or beginning of this :) love the work u do!

00:56:35 Eileen H: 🙏 thanks!

01:18:48 Marie Mc Guigan: Tears flowed in accessing a clear space without the wall

01:31:22 B: Wonderwoman

01:31:53 Marie Mc Guigan: metoo

01:32:34 Caroline: I felt like myself

01:32:52 Marie Mc Guigan: bruce willis Die HARD MOVIE

01:33:25 Helen Dillon, Scotland: Sunrise

01:33:27 Paula: En movimiento

01:54:56 B: helpless

01:55:09 Eileen H: overwhelmed and helpless

01:55:20 marie sheppard (she/her): Reactive

01:56:42 marsha smith: when new stimulation seems unclear

01:59:38 Caroline: which was the second exercise?

02:21:50 Eileen H: I feel soooooooooo relax right now, I can't even think clearly

02:22:01 marie sheppard (she/her): Powerful - New felt understanding. Lots of yawning at the end (releasing trauma)

02:27:28 Eileen H: love the quote!

02:28:50 B: Turst

02:28:57 Eileen H: Frankl quote: "The one thing you can't take away from me is the way I choose to respond to what you do to me. The last of one's freedoms is to choose one's attitude in any given circumstance."

02:29:52 Stan Vreede, trainee Cyprus: resilience is new patterns

02:30:37 marie sheppard (she/her): What seem like blockages are really signs of love, & I can treat them as such

02:30:42 Nancy Coco: What comes is my daily prayer: "Thank you God for ALL the gifts of this day"

02:30:53 Yvonne Bommer: activating the loving mother in me

02:30:55 marsha smith: taking time to allow myself to be with whats there

02:34:24 Melanie - TIFI: Thank you Aaffien and everyone for attending!

Aaffien's Fan of listening is available at: <https://www.focuscentrumadv.nl/product/the-listening-fan/>

Presentation slides https://drive.google.com/file/d/13GVapxtOnJ1coGqB9lda_v-eE6fHQbO3/view

Joan Klagsbrun article on Clearing a Space -

https://drive.google.com/file/d/1_OJfTts0_d87rBrE4BPxNB5Ks4RRrsi-/view

And, our next Focusing Highlight is May 18 with Barbara Dickinson on the topic of Interactive Focusing - <https://focusing.org/event/interactive-focusing-one-way-learn-and-teach-empathy-and-compassion>


02:35:53 Caroline: What was the second exercise which was trauma healing?

02:36:13 marsha smith: thank you so much!

02:36:19 Suzanne N.: Thank you, Aaffien.

02:36:26 B: thank you very much

02:36:37 Melanie - TIFI: Aaffien's email: aaffien.de.vries@gmail.com

02:36:50 Eileen H: Thanks for an excellent session! Much appreciate 

02:36:54 Nancy Coco: So lovely and helpful...thank you for today! 

02:36:59 marie sheppard (she/her): Thank you! This was rich on so many dimensions.

02:37:37 Caroline: Thank you,

02:37:37 Paula: Thank you very much!!

02:37:44 Caroline: Can we have the chat?

02:38:28 Caroline: Thankyou!

02:38:47 marie sheppard (she/her): Thank you Melanie for all that you do, with such grace & efficiency!

02:38:59 Eileen H: awesome!

02:39:42 Eileen H: Thanks!

02:39:49 Sherry: Thank you so much!!

02:39:55 Stan Vreede, trainee Cyprus: big thank you