

00:34:31 Randy Ahmed Levine: hi from Florida USA

00:34:32 Melanie:

Welcome! Countries people registered from for this Focusing Highlight:

Austria

Australia

Belgium

Canada

Cyprus

Denmark

France

Germany

Greece

Hungary

India

Ireland

Israel

Italy

Netherlands

Portugal

Singapore

Spain

Switzerland

Taiwan

United Kingdom

United States

00:34:46 Beverly O'Grady: Toronto, Canada

00:34:52 Michelle Carchrae (she/her): Bowen Island, BC, Canada

00:35:00 Lydia (she): USA, Portland

00:35:02 Stan Vreede, trainee Cyprus: greetings

00:35:03 Blake B: Tulsa, OK, USA

00:35:08 Naoko Sasaki: Vancouver Canada

00:35:09 Katarina Halm, Vancouver BC Canada: ♡ Vancouver BC Canada

00:35:13 marsha kolman: Florida

00:35:14 Nancy Lapp: Kentucky, USA

00:35:29 Joanne Taylor: London 

00:35:30 Elizabeth Bram: Hello from the Hudson Valley New York!

00:36:02 Gábor TOMASZ: Hungary

00:36:02 Luis Quiros: Luis Quiros from New York - Westchester County

01:05:04 Stan Vreede, trainee Cyprus: the center feels less is more

01:05:26 marsha kolman: What is the time limit for interactive focusing?

01:05:50 . .: a jumping up and down inside, wanting to invite you and everyone to a WhatsApp group for folks into juicing/fasting/etc.

01:06:47 Blake B: plowing your own path .. courage :))

01:07:14 Randy Ahmed Levine: what me worry? I am focused on wellbeing

01:07:24 . .: my belly says hello to your belly

01:21:51 Dhyana Daffner: If I pay too much attention to noticing my body sense of what I'm hearing from my partner, in a way that I can later share it with her, I may not be paying close enough attention to her exact words if a reflection is requested, as Sandy did in the modeling you did. Is this a valid concern?

01:23:11 marsha kolman: Does interactive focusing ever use a lead in

01:25:24 Randy Ahmed Levine: little baby bird in nest with mouth wide open crying to be fed

01:25:40 Teresa Gonzalez: A big signal claiming for attention

01:26:07 Elizabeth Bram: I have an image of Thanksgiving when I was a child.

01:26:14 Michelle Carchrae (she/her): an image almost like from sesame street, with a manhole cover in the street, with parts holding pain living in the space under the street

01:26:28 Stan Vreede, trainee Cyprus: a flutter - an 'unknown' in finding the feeding, reaching out, sniffing, windy

01:26:28 Nancy Lapp: An adorable little furry puppy. maybe a toy schnauzer. defending its food.

01:26:44 Ken Porter: 2 or 3 small children, with wide fearful eyes, crouched near top of stomach. When you said something about food being the only thing to calm it, the children wrapped themselves up in a comfy blanket.

01:26:56 Blake B: I'm noticing a child inside learning how to cope with pain and I'm learning how to be friendly with that ❤️

01:28:47 Caroline Adams: Some small figures walking aimlessly in a cave, looking up and enquiring.....but then their voices (and them) are physically squashed by a big casserole lid.

01:29:03 margieherrick:a small child on a beach building a sand castle to have a wave wash it a way

01:30:39 Naoko Sasaki: It is exactly what we do in expressive arts group work, responding/reflecting to the storyteller in the form of artistic expression.

01:32:58 Caroline Adams: Seems a really helpful process to help in supervision.

01:44:21 Bob Devlin: Carole and Bea - good to see you both here!

01:45:15 Katarina Halm, Vancouver BC Canada: Thank you for the lovely demos, presentation and chat notes! The process you show is also similar to Gendlin/Ullman Dream

Appreciation as pioneered by Janet Pfunder where we balance SAFETY and DISCOVERY in a Focusing Circle. ♡ I look forward to studying your second hour by recording and continuing with you into next projects.

01:51:04 Bob Devlin: Thank you for the good & evil distinctions on empathy - very thought provoking. Appreciate the bully example...

02:03:23 Naoko Sasaki: I would like to use this relationship check part with my client at the end of each session and at the time of termination.

02:03:36 Caroline Adams: Ok.....so I think to include your admiration of the other will always lead. It will colour and enhance your response.

02:23:22 Randy Ahmed Levine: when can we learn from you and Sandy Jahmi Burg? for supervised practice?

02:24:39 Meg: Do you have any idea of how many people are practicing interactive Focusing? Are there gatherings online or anything in that direction coming up?

02:26:48 Melanie:

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sandy jahmi burg sandyjahmi@gmail.com

Find Us At Sandy's Learn Focusing Website <https://learnfocusing.org/>

02:28:48 Blake B: the larger system .. bio spiritual focusing

02:32:23 Sherry: Bye and thank you so much, Interesting class.

02:32:25 Meg: Thank you!

02:32:35 Blake B: Thanks so much!

02:32:36 Stan Vreede, trainee Cyprus: thank you all

02:32:36 Randy Ahmed Levine: thank you Sandy and Barbara

02:32:40 Caroline Adams: Thanks everyone.

02:32:54 Ken Porter: thank you :)