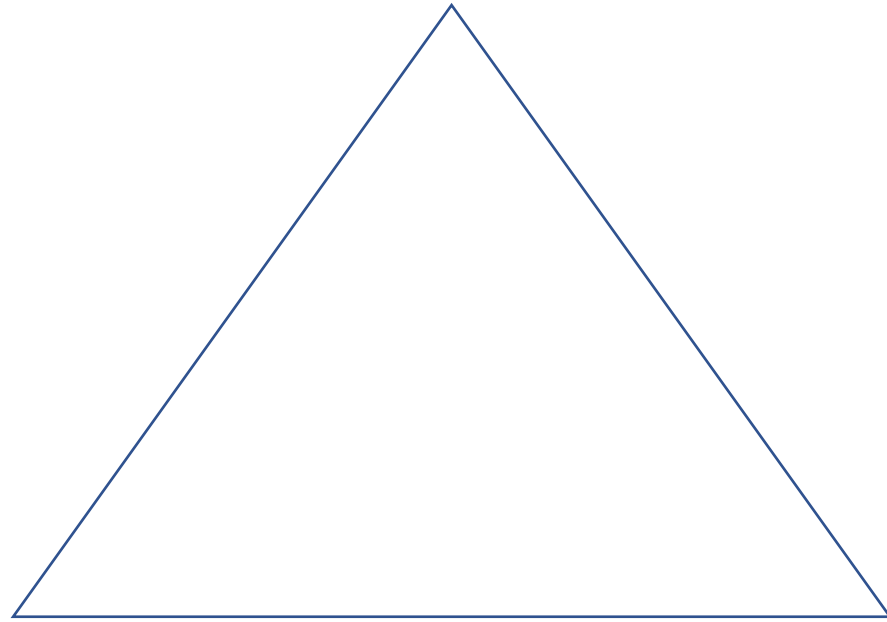


The Magic of Focusing

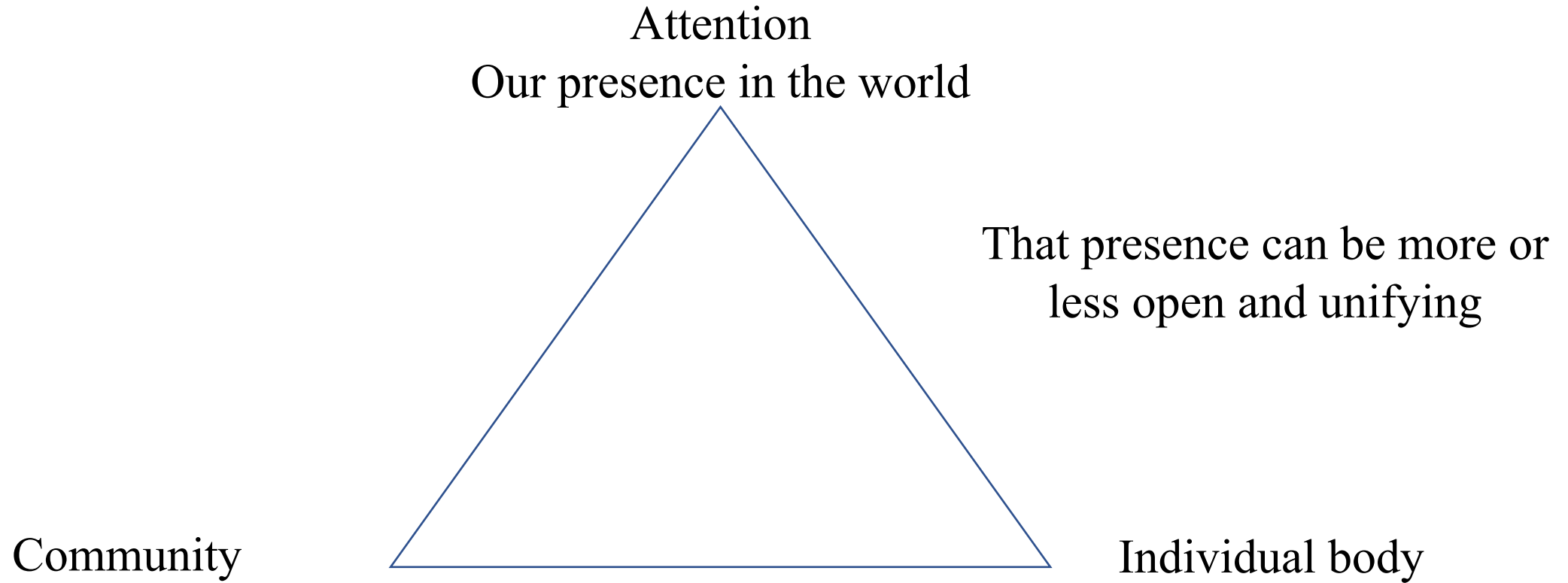
Attention



Community

Individual body

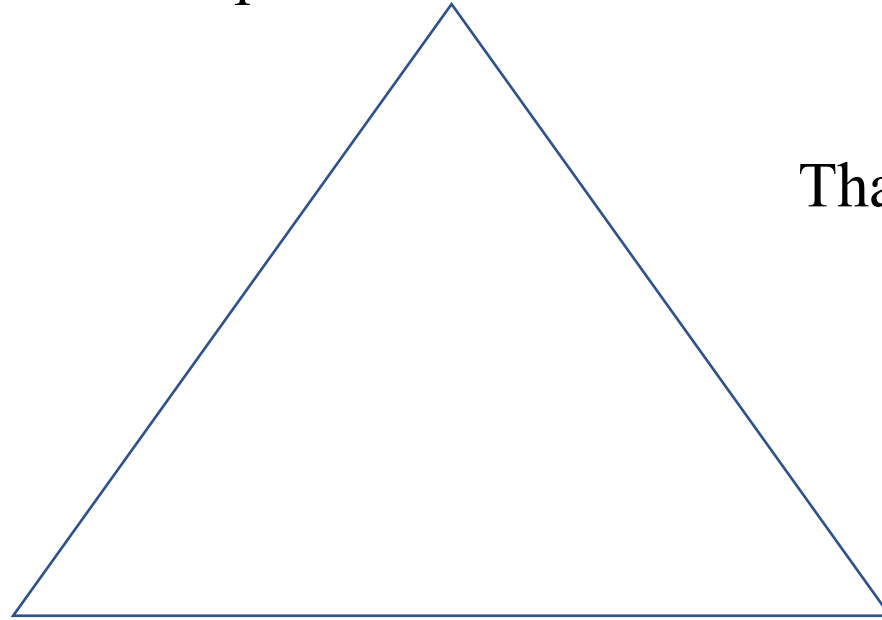
The Magic of Focusing



The Magic of Focusing

Attention

Our presence in the world



That presence can be more or
less open and unifying

It can harmonize,
heal the community

It can harmonize, heal
the individual body

Attention is Human Presence

Attention is our presence, how we explore and engage, self and world.

Is it restricted to the “head”?

No, in Focusing we can put it in the chest, for instance

We are free to place it anywhere in the lived body-environment

It is always in movement, but typically proceeds without conscious awareness

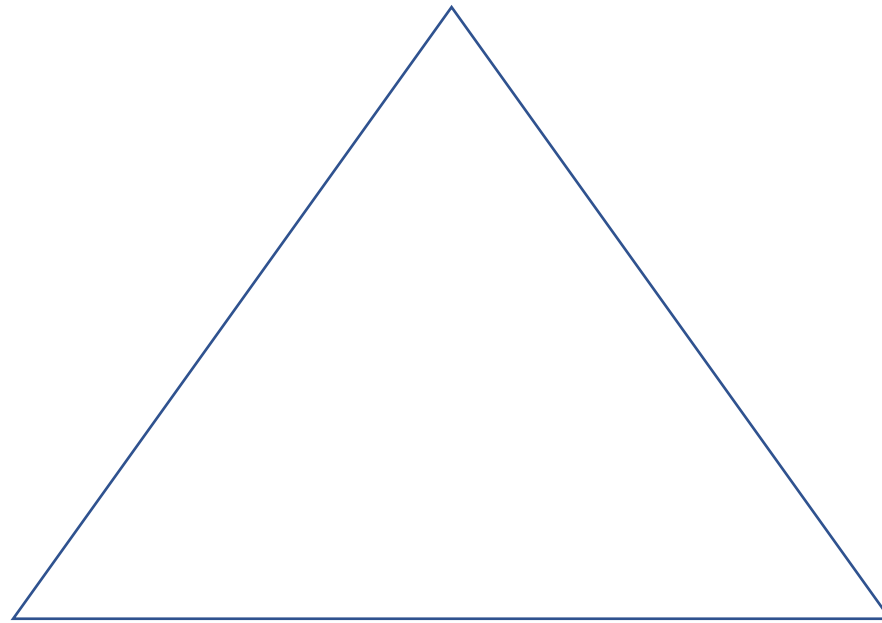
The Hermeneutical Circle

How does attention move? Do we control it?

- 1) Our understanding of a situation directs attention in its exploration
- 2) What attention finds changes the understanding
- 3) The new understanding guides attention, etc.

The Hermeneutical Circle

Attention



Language - Community
Shared Understanding

Two Dimensions
of Understanding

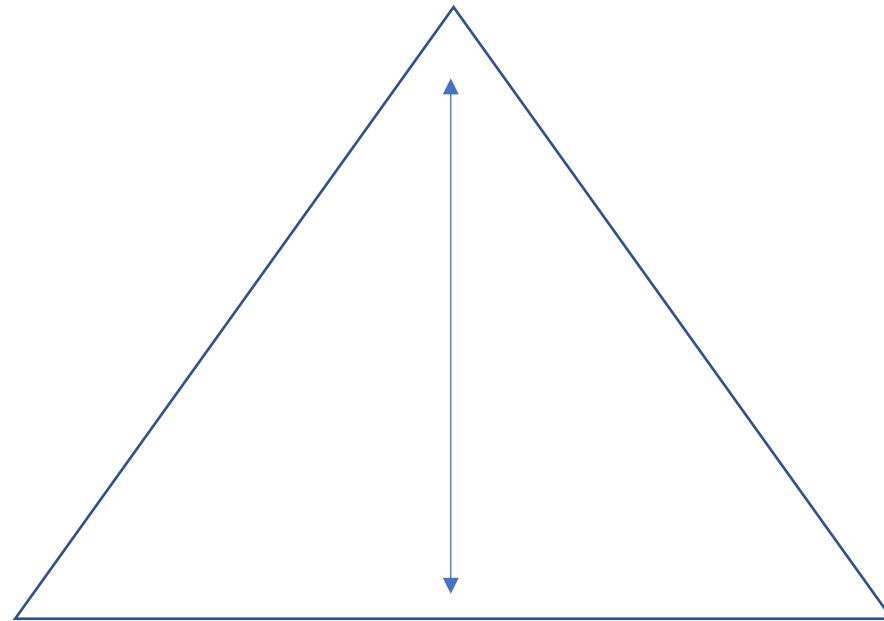
Bodily Understanding -
Individual

The Hermeneutical Circle

Attention as **Foreground**

Brings background to bear in engagement

Language - Community
Shared Understanding



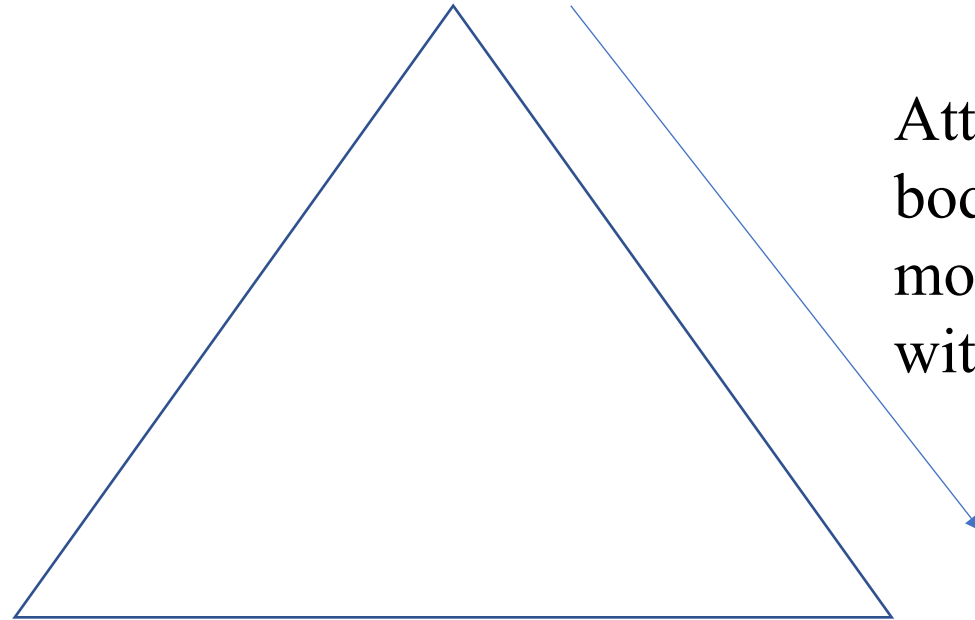
Bodily Understanding

Background supports and
guides the movement of attention,
adjusts due to what attention finds

Attention is Always Placed and in Movement

Attention

Language

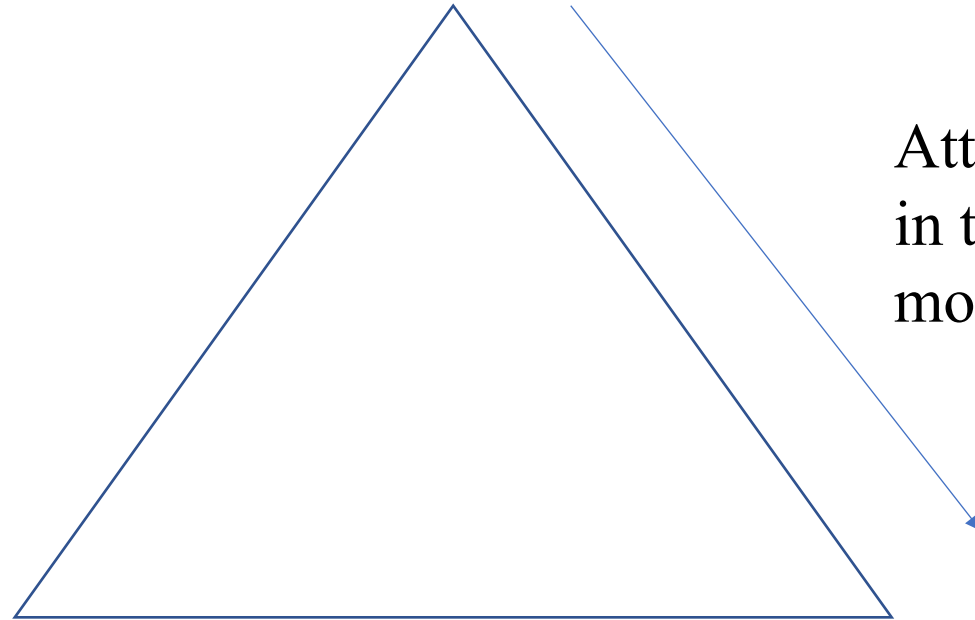


Attention is always placed in the body-environment, but its movement is typically passive with little or no awareness

Body-Environment

MINDFULNESS

Attention



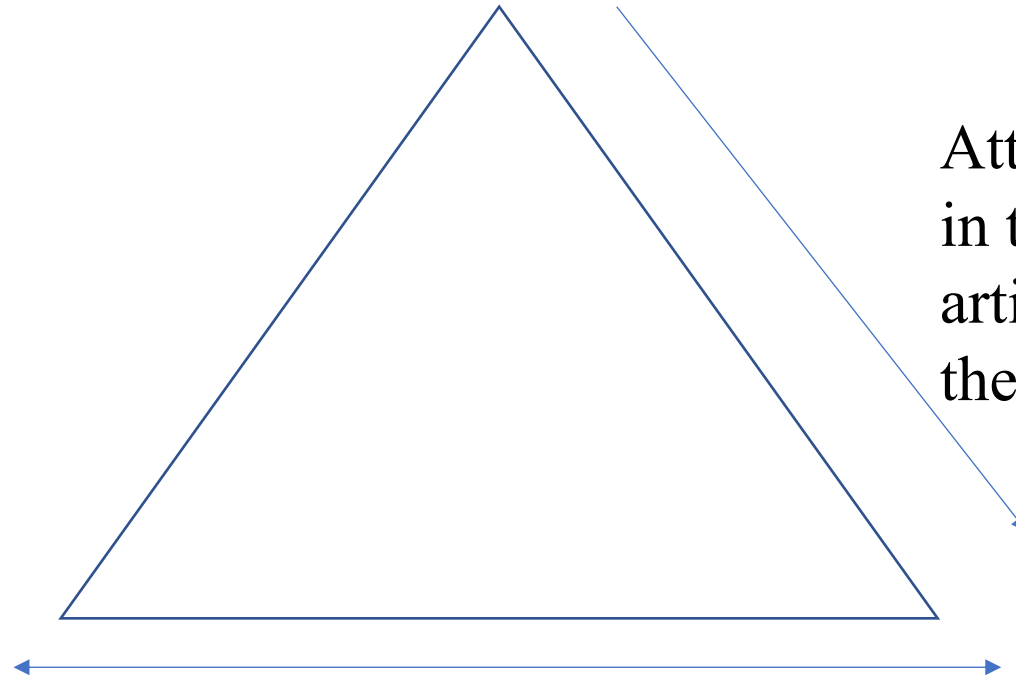
Attention is intentionally placed in the body-environment, it moves with awareness.

Language

Body-Environment

FOCUSING

Attention



Attention is intentionally placed in the body, as we seek to articulate a felt sense and get to the heart of its movement.

Language

Body-Environment

We check resonance with the body

The Magic of Focusing

We belong here – we are not accidents.

Attention is our presence in the world, how we explore it.

A deepened attention enables us to plumb the depths of the cosmos at large.

It enables us to tap into our creative source.

The Magic of Focusing

Language enables us to relate to one another and form human worlds.

Attention and language are greater than we are, enabling us to relate to all that is.

They both emerge from the source of creative potential.

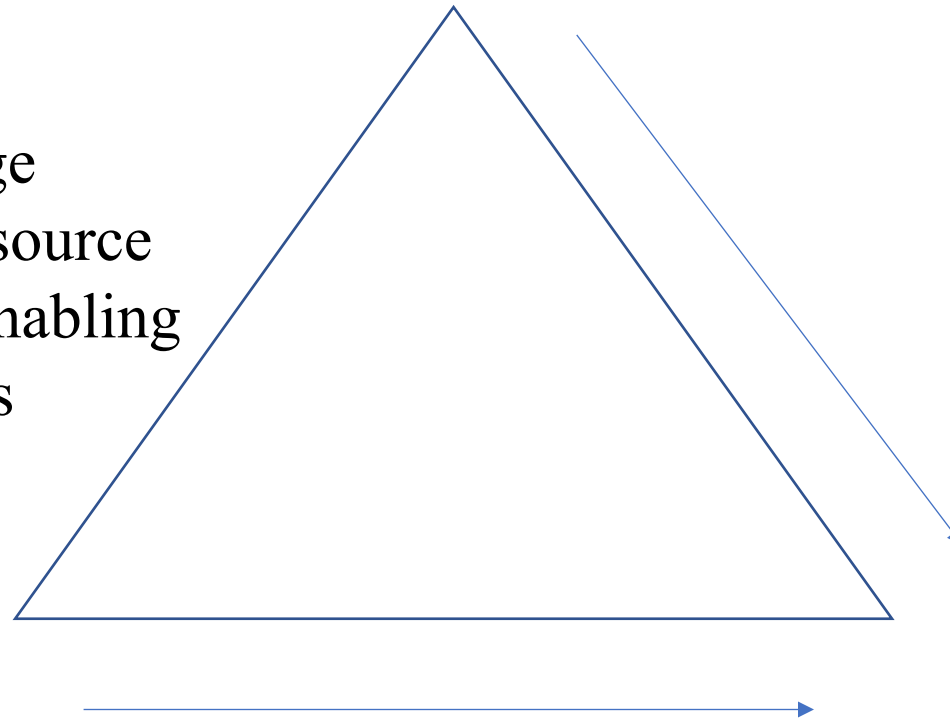
The Magic of Focusing

Attention

Openness to the cosmic mystery

Attention and Language
both emerge from the source
of creative potential, enabling
us to relate to all that is

Language -
Basis for human
worlds and relation



Body-Environment

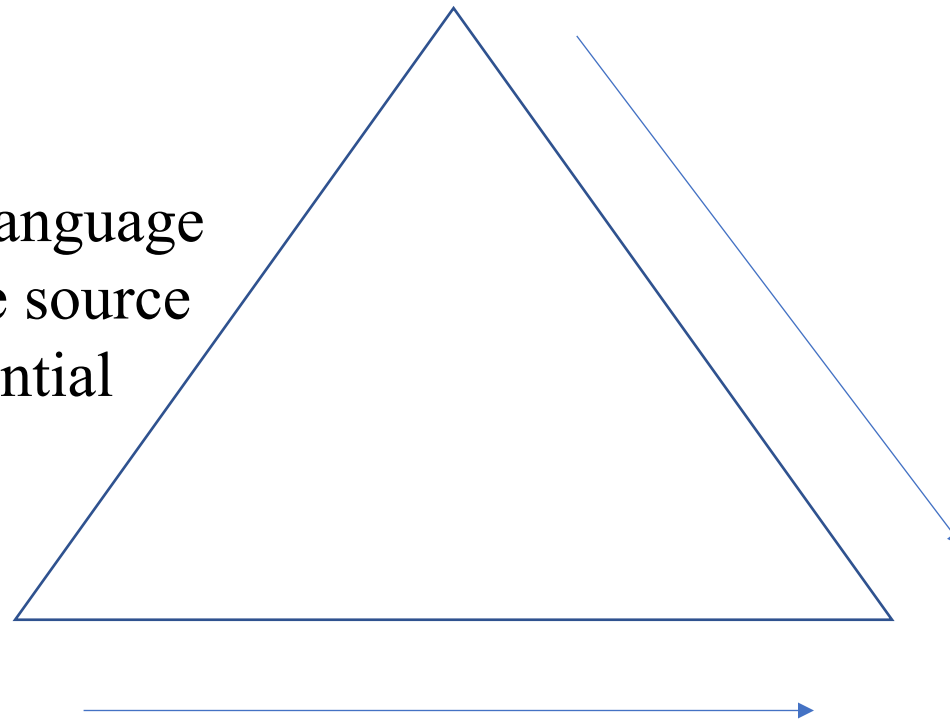
The Magic of Focusing

Attention

Openness to the cosmic mystery

Attention and Language
emerge from the source
of creative potential

Language -
Basis for human
worlds and relation



We need to connect
to that source, to be
seen and heard –
see Polyvagal

We are called to listen
deeply, to bring the
source of creativity into
the world

The Politics of Attention and the Promise of Mindfulness

Application to Participatory Democracy

Hannah Arendt calls for council democracy in *On Revolution*.

When people seek to reinvigorate their government, they rule by citizen councils, as in France, Russia, and America.

We need to apply techniques such as Focusing in order to make these groups as creative and effective as possible.