

Subject: Coordinators decision #3: HOPE IN THIS TIME OF DARKNESS

Date: 2016-08-11

Dear fellow coordinators,

Here is the discussion around the initiative to encourage Focusers to help people move from fear to hope.

Joan Klagsbrun: Our group's theme was "hope in this time of darkness". We began with focusing about how it is for each of us to be in the world in this time. As coordinators we need to share this process of Focusing with the world so that people can have another way to deal with the problems of the world. We have a methodology for moving from fear to hope.

Proposal:

1. From every corner of the world, we need Focusers to write about their inner journey from fear to hope.
2. We want to encourage blogs, panels, courses, videos, Facebook and YouTube videos. Please join us.
3. We invite you to make a page on every Focuser's website that shows that Focusing can also be used to address despair, fear and overwhelm. Link to each other's websites. PBS is going to do an hour-long video about that. Akmal from Afghanistan talks about Focusing in the video.
4. We want to create courses such as Moving from Helplessness to Hope in every language. We want to have links to more places around this issue.

Passed.

Lynn Preston: we need to inspire each other. This will be for us and for all the connections we have.

Aaffien De Vries: Let's not fall into a trap of thinking of us and them.

Lynn P: When we get overwhelmed about the wounds of the world, Gene's idea is: BE the interaction that makes it better. We are the interactions that can make the worst things better.

Paula Nowick: What makes your heart sing? Remember that we are generous, outgoing, purposeful and expansive souls. Stories more than programs are powerful. Share them.

Elena Frezza: TED talks get all over the world. Ann has been trying to get on TED. Tie this in with the scientific efforts.

If you would like to get involved in this effort, please contact Joan Klagsbrun (joanklag@mac.com) or Ruth Hirsch (conscioustouch@gmail.com).

Best wishes,

Beatrice Blake, Tine Swyngedouw, Fiona Parr, Barbara McGavin, Bilha Frolinger

the Follow-up group