

Stepping Up

FALL 2019

Keep helping us to *Step Up!*

At The International Focusing Institute, we have taken some big steps, thanks to the support we've received from you!

THANK YOU FOR MAKING PHASE I SUCH A SUCCESS!

We launched the Stepping Up campaign in May 2018 and your support helped us take these incredible steps:

We've launched our new website! We are still building out our new website, and launched the initial version in May. This is a big, powerful tool, not just a shiny new look. It allows for a whole new way for the Institute to connect Focusers and bring Focusing to the world.

As we refine the features of our website, our members will have greater and greater capacity to spread Focusing in their areas of the world and their languages. Our ability to connect with one another and to make Focusing findable is significantly enhanced with this important tool. We look forward to sharing more updates as we carry out a series of internal and external launches throughout the coming months.



We've given our first Gendlin Grant!

Siebrecht Vanhooren of KU Leuven University in Belgium will be doing a significant study of the effect of Focusing on depression. See the videos about him and his work on our [YouTube channel](#).



Siebrecht Vanhooren

We brought the Weeklong to Chile and awarded 6 scholarships to Focusers! Focusers from around the world were granted the opportunity to attend the Weeklong in Chile, the first Weeklong to take place outside of the United States. Read an extended report on the January 2019 Weeklong in Chile [here](#).

"This was a milestone for The International Focusing Institute, to host the first Weeklong in a country other than the United States. Gene Gendlin might say, we are all evolving, including the Institute. It was the right place, time, and people to carry this step forward. I believe everyone would concur that something magical happened at the Weeklong in Punta Da Tralca, Chile."

- 2019 Weeklong Participant

"I'm sure each year at the Weeklong is wholly unique. At the same time I have found myself thinking, I just can't imagine how it could ever be as deep and connected as what we experienced together in Chile this year. I'm sure it can be and yet it will be a challenge! The cohesiveness of the group was just incredible."

- 2019 Weeklong Participant



We accomplished these goals thanks to generous donations from many individuals. We thank the Schocken Foundation, the Canaday Family Charitable Trust, the Hemera Foundation, the Sparks Fund at Rudolf Steiner Foundation and YOU!

Now we begin Phase II. Please help us step it up again!

Phase II is all about ACCESSIBILITY

During Phase II, the funds we raise will help us overcome common barriers and boost the following initiatives:

BREAKING THE GEOGRAPHY BARRIER

International Tech Liaison

Through the use of technology, we can strengthen community, teach and learn from each other and expand our reach. An International Tech Liaison will lead a multi-lingual team of volunteers, allowing us to leverage our new website and other communication channels. With your donations we can fully harness technology to reflect, and celebrate, our diversity and attract new populations to Focusing.

Live Streaming and Video Production

We want everyone to benefit from Focusing Institute events, such as the Weeklong and the Felt Sense Conference. Sometimes money is the issue, but sometimes it is time or physical limitations which make attendance difficult. High quality live-streaming and video production will make our in-person events accessible to all.

BREAKING THE FINANCIAL BARRIER

Janet Klein Scholarship

Since its inception, the Janet Klein Scholarship has allowed 24 people, often from areas where Focusing is just emerging, to attend the Weeklong. Funds are worryingly low -- we only have enough money to give two more full scholarships. We want to shore up this account to ensure access to the Weeklong for years to come.



The three Janet Klein scholarship recipients for the January 2019 Weeklong in Chile were Frank O'Neill (USA), Virginia Iris Carmona Gaspar (Peru), and Matanel Weissmann (Israel).

Scholarship for Under-represented Groups

We were delighted with the diversity of attendees at the Felt Sense Conference in 2019. Diversity was significantly increased with funds that were made available to assist a wide variety of people. Please



help us increase access to the courses and conferences hosted by the Institute, especially to youth and to ethnic minorities. Greater diversity benefits us all and reflects the values of Focusing.

BREAKING THE LANGUAGE BARRIER

We are grateful for the volunteers who have helped us translate written materials and/or give language interpretation at events. In an effort to continue maximizing our volunteer resources, we are establishing a fund to subsidize tuition for those who translate at Institute events. Our goal is to secure these added services for a greater number of Institute events, including Weeklongs, the Felt Sense Conference, and online courses. By supporting translators, we will make Focusing more accessible to more language groups.



FOR US TO STEP UP EVEN HIGHER THIS YEAR, WE NEED YOU!

We are thrilled that this phase of **Stepping Up** has been kick-started, as was the first, with a generous \$12,000 donation from the Sparks Fund at Rudolf Steiner Foundation. We are excited to continue building momentum and increase the accessibility of Focusing through gifts at all levels.

PYRAMID OF GIFTS FOR PHASE II

We have a wonderfully diverse group of members and friends. Each person will give at the level that is right for their particular circumstances. To reach \$80,000, we will need a range of gifts, for example:

1 gift of	\$20,000	= \$20,000
1 gift of	\$12,000	= \$12,000
1 gifts of	\$10,000	= \$10,000
3 gifts of	\$5,000	= \$15,000
10 gifts of	\$1,000	= \$10,000
20 gifts of	\$500	= \$10,000
Many gifts of	\$1 to \$100	= \$3,000

Sense which level is right for you.

Larger gifts are needed, and so are smaller ones: every pyramid needs a base as well as a pinnacle!

As you are deciding, please remember that your *Stepping Up* gift will be *in addition to* whatever generosity you might already show to the Institute each year.

WHAT YOUR GIFT CAN DO:

Your gift will make an impact. Below are a few examples of the impact your gift will make to increase accessibility to Focusing during Phase II of our Stepping Up campaign:

\$5,000+

- Professional-quality live streaming of the next Felt Sense Conference
- Fully fund several people to attend the next Weeklong
- Fully fund the International Tech Liaison for one year

\$1,000 - 3,000

- Subsidize tuition for interpreter and translator volunteers
- One full scholarship to one student to attend the Weeklong
- Professional-quality live streaming of the certification ceremony at the Weeklong

\$700 - \$1,000

- One month of the International Tech Liaison's work
- Subsidize one volunteer interpreter at a Weeklong

\$100 - \$700

- Full or half-day for one person to attend the next Felt Sense Conference
- One day of videotaping our next conference
- Editing of one conference video

If you are interested in funding in another way or sponsoring a matched gift, please contact us.

Thank you! Thank you! Thank you! Thank you! Thank you!