

Clearing Space

Making Space

Balancing Self Energy
in a Present moment



A 360° loop can resolve
all differences.

Safety first
Securely fasten
Observe from the ground



Beginning with the Gendlin Basics Per Eugene Gendlin's book Focusing Gendlin refers to the Focusing Process as "The Inner Act" and the Six Steps as "Movements"

- *Clearing Space
 - *Felt Sense
 - *Handle
 - *Resonating
 - *Asking
 - *Receiving



Simplifying Balance

Balance needs a stable base that can sit on a stable surface while weighing out this from that.

Complexifying Balance



- ▶ “When the usual way a process that is carried forward is stopped, the organism remains sensitized, and has the potential to find new possibilities for carrying this forward that would not have been discovered if this particular process was not stopped.” (Grindler-Katonah, 2007)



Human to Human: connection attachment in utero
Disruption occurs-amniotic fluid to air, cut of cord
Process stopped, “sensitized” organism with
potential to find new possibilities, 1st of many in life



Human to Human co-regulation safe and secure: the bodily felt response: ease

Social engagement system-balance of risk and safety



Let's engage with Process



▶ Purposes of Process:

- “Many of us need more development of the strength to stand up to the world, to be fully there with others, to stay with an issue till we devise a way that is both fair to others and lets us manifest our life-energy forward.” Gendlin, 1984
- “There is nothing like returning to a place that remains unchanged to find all the ways in which you yourself have altered.” Long Walk to Freedom by Nelson Mandela

▶ Thank you for attending today's webinar

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