

TAE IS ONLY POSSIBLE WITH FOCUSING

TAE is possible only with focusing. If there is not a bodily felt sense guiding, the TAE steps can only be frustrating. To check whether one has the required facility with focusing, the proficiency stages can be read at www.focusing.org. Otherwise one is left with just one's conceptual facility and inventiveness and the TAE steps will not serve.

TAE offers a way to let fresh language forms emerge, a way to differentiate one felt meaning into several strands, a way to build new conceptual patterns directly from events, and a way to use logic and the felt sense together so that eventually new logical units emerge which can help build the world. None of these ways can work if there is only conceptual facility.

To begin a TAE procedure one needs to have — right there — a deep, bodily palpable sense of something **in one's field of knowledge** that has not yet been articulated. One has to recognize such a felt sense and free it up. When it is new to the world, it is still part of one's very own highly personal sense of things. One has to go in there, into the middle of one's personal body where one is living just now. A felt sense for TAE comes only in midst of the "personal," and yet it is different from all the "personal" concerns everyone's body is always carrying. And the felt sense one wants to think from is different, but it is in there with them.

Our care for the world and what we alone apprehend in the world involves us on a deep level. We have to be willing to go in there, be there. As usual in focusing, we separate out the relevant and irrelevant strands. We "greet" and then walk past many concerns, so that we can enter just this one, so that we can think from it.