



For more information refer to

1. *Focusing* – Eugene Gendlin 1978 Bantam New Age
2. *The Power of Focusing: A Practical Guide to Emotional Self-Healing*
Ann Weiser Cornell 1996 New Harbinger: Oakland CA
3. A useful website is <http://www.focusing.org/>

Eugene Gendlin is the original researcher who coined the term 'felt-sense'. Ann Weiser Cornell's book is very user friendly and easier to teach to oneself than Gendlin's

- **Felt-sense** refers to the way your body 'holds' a particular issue, idea or experience,
- **The most important part of the process is approaching your body with gentleness and patient compassionate interest.** Even if no clear dialogue results your willingness to be present to your experience creates a shift.
- Be honest with your body. If you're working with a big issue, acceptance of whatever is can be hard at first. Acknowledge that. "I know that a large part of me wishes you weren't here. But I am willing to learn how to be alongside you. I'm willing to learn how to work together with you."
- **Even a millimetre of gentleness can create positive change**
- Simply acknowledging the way our body is feeling and spending a few minutes a day 'listening' to what it might have to say to us is a transformative process when used regularly,
- Sometimes I find it helpful to place my hand on the felt-sense.
- Try placing your hand on a painful part of the body and saying quietly "I love you."
- Especially at first, it can seem like nothing is happening, or we are aware of nothing. I find talking out loud or writing down *anything* that I am aware of is helpful to get the process moving. Describing one thing, even the faintest glimmer, seems to enable the next impression to emerge
- With practice it is also possible to identify and dialogue with the consciousness held in pain and symptoms we commonly call 'disease' eg a headache, sore throat, sprained ankle etc.
- **Remember that it is your attention and intention to be lovingly present to yourself that does the healing**
- **Your body is your friend, always on your side, working faithfully for you. It has wisdom it wishes to share and will find a way forward through any difficulties we face.**



Focusing – A summary

Steps in Focusing

1. Create a time and space for yourself where you won't be disturbed for at least 15". Take the phone off the hook. Sit comfortably upright. Stretch & relax
2. Bring awareness to the body, especially throat, chest, stomach and abdomen.
Ask 'what wants my awareness now?'
Wait – Stay with your body,
Notice anything.
Avoid judging and labeling.
Notice "my stomach is tight" rather than 'I am nervous"

Alternatively if you are wanting to focus on a particular issue, ask yourself 'how does my body feel about...'
3. When we first find a feeling, acknowledge it,
Say an inner 'Hello. Is it ok to spend some time with you?' (if 'no' then focus around the 'no')
4. Observe
Sit down with the feeling to get to know it better
If you were to draw this felt-sense what would it look like?
Does it have a shape? Colour? Texture?
Is there an emotional quality to the feeling?
5. Ask gentle questions
What makes you so cold and grey and hard?
What makes you so bitter?
Tell me what it is like to be you.
6. Listen for the answer.
More questions may be generated
Allow a gentle dialogue to develop, inviting the feeling to tell us more
Create an inner atmosphere of no pressure, just being with what is there
7. What do you need? Or How do you need me to be with you right now?
Allow an answer to form.
8. If you got what you needed how would you feel?
Ask the question even if you have no idea how the expressed need might be met
9. Please show me how would feel (eg your body might have said it needed to be listened to, and then it would feel joyful *Please show me how joyful would feel*)
Allow yourself to feel the new good (or better) feeling. Enjoy it even if it is only a small shift.
10. Finish gently
Say thank you to your body. If things feel unfinished ask if it is ok to go now. Your body will often finish the process by itself.

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