

THE FOCUSING MANUAL

The six main movements in focusing are as follows:

1. CLEARING A SPACE.

Get as comfortable and quiet as possible, taking the time to be silent and relaxmake a space for yourself. Pay attention inwardly, in your body, perhaps in your stomach or chest and see what comes there when you ask "How is my life going? What is the main thing for me right now?" Let the answers come slowly from this sensing within your body. When some concern comes, acknowledge it, feel it, wait for a bit, then enquire and sense again. At this time do not attempt to go inside or analyze the feelings. Just discover them.

2. FELT SENSE

Select one of the concerns or problems to focus on and stand back from it again. Feel all the elements of this one concern, paying attention to where you feel these things. This will allow you to get a sense of what all of the problem feels like. Let yourself feel the unclear sense of all of that. Let this feeling just exist, without trying to figure it out or analyze it.

3. HANDLE

Try now to identify the sensation. Let a word, phrase or an image come up from the felt sense of the problem. Stay with the quality of this felt sense until you can find a word or phrase that fits it just right. It might be a quality word such as tight, scary, heavy, jumpy, jealous, feeling left out, or an image.

4. RESONATING

Now check how the word, or handle, fits with the felt sense of your problem by going back and forth and checking how they resonate with each other. See if there is a bodily signal to let you know it fits. Let the felt sense or the handle change if necessary until they feel just right together in capturing the quality of the feeling you have experienced.

5. ASKING

Now consider: "What is it, about this whole problem, that makes this quality (which you have just named or pictured)? Sense the quality again, freshly, vividly, touch it, tap it, be with it asking "What makes the whole problem so _____? Or you ask, "What is in this sense?" If you get a quick answer without a shift in the felt sense, let that kind of answer go by. Return your attention to your body and freshly find the felt sense again. Then ask it again. Stay with the felt sense until something comes along with a shift, a slight "give" or release