

RESOURCES

PROGRAMS:

Embodied Life with Russell Delman
Meditation, movement, and inquiry
www.RussellDelman.com

Inner Relationship Focusing

Classes offered by Focusing Resources
www.FocusingResources.com

WEB:

Solo Focusing - Tips & Reminders
Free monthly e-zine by Sharry Teague
www.LifeInTheFlowLane.com

The Focusing Institute

Collected works of Gene Gendlin
www.Focusing.org

BOOKS:

Focusing by Eugene Gendlin
The Power of Focusing by Ann Weiser Cornell
The Radical Acceptance of Everything by Ann Weiser Cornell

Sample chapters of Ann's books are available
at www.FocusingResources.com
Bio-Spirituality - Focusing as a Way to Grow
by Peter Campbell & Edwin McMahon

PROFESSIONALLY GUIDED FOCUSING SESSIONS:

Sharry Teague, MS

www.LifeInTheFlowLane.com

sharry@LifeInTheFlowLane

541.488.8016

Discounted sessions for Embodied
Life students - sliding scale \$40-\$55

The question: "What are the next steps of our lives?" is not just "What do I want to do?" It's also "What's wanted of me?" There's also some kind of calling. If we are not also listening to that, we can really be out of sync with our life.

Russell Delman - teacher of
Embodied Life



Every bad feeling is potential(ly) energy to move toward a more right way of being if we give it space to move toward its rightness.

Gene Gendlin - developer of Focusing

LISTENING WITH LOVE
TO YOURSELF, THE WAY OPENS -
LIFE IN THE FLOW LANE



SOLO
FOCUSING

FOCUS SPONTANEOUSLY

You day is in full swing when a feeling or a situation draws your attention. Take a moment, sit down (if you can) and sense into your body for what is there. You can do this with something pleasurable as well as with something challenging. It doesn't have to take long. Even a simple "hello" can be helpful.

AND STRUCTURE FOCUSING TIME

There is also great value in structuring times to *Focus* alone. Put it on your calendar! In these sessions you can create your "just right" environment and give yourself more time.

- Look for the perfect spot
- Light a candle
- Use a photo of someone you feel close to
- Set a timer
- Use *The Self-Guiding* suggestions
- Speak aloud or write

These suggestions may help deepen your process. Regular *Focusing* sessions build trust with the parts of ourselves waiting to be heard. It can also be a good way to work with a long-standing pattern over a period of weeks.



OR LET ME BE YOUR GUIDE

Bill P. in Minnesota had this to say: *I was struggling with an intense pull toward a project I'm passionate about and the opposing need to be more on top of my work assignments. After guided Focusing sessions with Sharry, I felt more balanced and clear about how to proceed with both. Also these sessions helped me in another way. They were instrumental in helping me to better experience, as a novice, the nuances and richness of Focusing.*

PRESENCE: THE ESSENCE OF FOCUSING

Do you remember a time that you were really listened to? Or a time when you really listened to someone else? Perhaps openness and warmth were part of that experience.

Openness, warmth, acceptance and curiosity are some of the qualities of Presence - qualities you already have which can be developed further with practice. Listening from Presence, without judgment, is what makes it safe for shy or unknown parts of ourselves to reveal themselves.

One way to help maintain yourself in Presence is to sense how you are making contact with the ground. Feel the support there. Notice the contact you are making with the chair (or whatever you're sitting on). As you feel supported physically, you can let your body communicate without being easily distracted or overwhelmed.

Another helpful way to stay in Presence while *Focusing* is use the phrase "I'm sensing...." as you describe what you are aware of. For example: "I'm sensing something in me that is scared." You will find other examples on the *Self-Guiding for Solo Focusing* page.



SELF-GUIDING FOR SOLO FOCUSING

"I'm sensing into my body, sensing my whole body, sensing the contact of my body on what I'm sitting on...and sensing my breathing...and then sensing the inner area: my throat, my chest, my stomach, my belly."

"I'm remembering the starting place (issue or feeling) and inviting a felt sense of that...and waiting."

"Something is here."

"I'm taking time to sense the kind of contact it needs."

"I'm staying with it, sensing a possible description for what it feels like."

"I'm checking the description with my body." [If I need more separation:] "I'm saying hello to this something."

"I'm sensing if it's okay to just be with this."

"I'm sitting with it, with interested curiosity."

"I'm sensing how it feels from its point of view."

"I'm sensing if it has an emotional quality."

"I'm letting it know I hear it."

"I'm sensing if there's something more that's not quite in words yet."

"I'm sensing what it's *not wanting* to have happen to me."

"I'm sensing for what it's *not wanting* me to feel or experience."

I'm sensing what it is *wanting* me to be able to feel."

"I'm sensing if it's okay to stop soon."

"I'm letting it know I'm willing to be back."

"I'm thanking my body and my body's process."

These self-guiding suggestions were adapted from *Focusing Alone*, a class taught by Ann Weiser Cornell with Sharry Teague assisting.