

Focusing on UFOs

Focusing is a technique that enables us to get in touch with body wisdom. The body craves completion. Focusing allows you access to this felt sense wisdom and move things that have been halted. It's a simple process that can have quite profound results.

How to:

- Sense inside for a new sensation (the felt sense)
- Try to put words to what you're feeling (it's like...)
- Check with the felt sense (Is that right? Does that fit?)
- Say hello
- Be with in a kind curious manner
- Perhaps you will feel a shift – some relief or ease

When you're the Focuser the main thing is to maintain a kind attitude. Whatever arises, be curious, nonjudgmental and open. Say hello to whatever is there. By just acknowledging rather than suppressing, blocks can be removed. If you get stuck, return to the sensation, image or memory and just describe it. Check back with the felt sense.

As the Listener, simply listen. No advice, no prodding, no steering. Just be as present as you can be. Acknowledge with sounds or murmurs. If you are really inspired, repeat back what the Focuser is telling you, using the words *Something in you is...* Just know your witnessing presence is enough.



Further Resources:

Focusing.org. The Focusing Institute. Plenty of free reading material.

You Tube – search Gene Gendlin to see samples of him working with folks.

Focusingresources.com. Ann Weiser Cornell’s site. Looking for her free course “Getting Bigger Than What’s Bugging You.” A great introduction.

Focusing, by Gene Gendlin. The OG, original paperback still in print. A wonderful primer.

Your Body Knows the Answer, by local author David Rome. He looks at Focusing through the lens of Mindfulness practice.



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Some UFOs are not meant to be finished. If you have one of those, you can donate it to the Rocky Mountain Quilt Museum for their upcoming garage sale.