

FOCUSING

THE SIX MOVEMENTS

1 Clear a Space

- **How are you? What's between you and feeling fine?**
- Don't answer; let what arises in your body do the answering.
- Greet each concern that comes.
- Put each aside for a while, next to you. **Except for that, are you fine?**

2 Access the Felt Sense

- **Pick one problem to focus on.** Don't go into the problem.
- **What do you sense in your body as you recall the whole of that problem?**
- Sense all of "that", the sense of the whole thing, the murky discomfort or the unclear body-sense of it.

3 Get a Handle

- What is the quality of the felt sense?
- **What one word, phrase, or image comes out of the felt sense?**
- What quality-word would fit it best?

4 Resonate

- **Go back and forth between word (or image) and the felt sense.**
- Is that right? If they match, have the sensation of matching several times.
- If the felt sense changes, follow it.
- **When you get a perfect match, let yourself feel that for a minute.**

5 Ask

- **"What is it, about the whole problem, that makes me so ____?"**
- "What is the worst of this feeling?"
- "What does it need?"
- "What should happen?"

*Don't rush to answer;
wait for a feeling to stir
and give you an answer.*

- **"What would it feel like if it was all OK?"**

*Let the body answer:
"What is in the way of that?"*

6 Receive

- **Welcome what came. Be glad it spoke.**
- It is only one step on this problem, not the last.
- Protect it from critical voices that interrupt.

*Does your body want
another round of
focusing, or is this a
good stopping place?*



Source: Gendlin, Eugene T. Focusing. Bantam, 2007.