

7. Macroshifting insists in a **good cost/benefit ratio** and **accompanying growth in integrity**.
8. MacroDF emphasizes **linking felt sensing to contemplative territory** and vice-versa as part of moving a macro (Gendlin: "Felt Sense is halfway down, meditation is all the way down.").
9. MacroDF MINES Philosophy of the Implicit and hidden gems of 6-step Focusing toward making focusing strong enough for Macroshifting (usually it is NOT strong enough) through:
 - ❖ **'Coordinately Differentiated'** Guided Sessions= crucial 4 person 4 hour format
 - ❖ Multiple partnerships are encouraged toward more effective **'Eveving'** and **'Relevanting'**
 - ❖ Disease is approached as a **concrete 'occurring' and implying of body-process with its own continuity and internal relation between events** (aPM IV p. 28) not from Holistic glomping nor from purification approaches
 - ❖ **Whole Whole** becomes a route into grasping the macro
 - ❖ **'Holding and Letting' (aPM) BECOMES** Domain Linking
 - ❖ Journaling becomes schematizing for grasping implicit process better and **'Schematizing by Schematizing'**
 - ❖ **Stranding** comes out of **'Strands'** and reclaims the forgotten genius of Gendlin's 'Clearing a Space' and then develops it much further
 - ❖ **Felt Sense Location** evolves into Domain Focusing's 'extensity' for changes in felt sense, parachuting into the felt sense space and describing the ambiance, evolves into states of consciousness / beingness
 - ❖ **Handle** for Felt Sensing gets extended into Thinking Domain and Self-Empathy Domain toward entering the implicit through each
 - ❖ **Asking and Receiving** becomes an elaborated shifting process including slow-shifting, waiting for insight, waiting for new possibilities, waiting for acting into the situation
 - ❖ **The Critic** and **The Focusing Attitude** becomes the Self-Empathy domain. The Critic is insufficient self-empathy. Self-empathy broadens the focusing attitude substantially
 - ❖ Self-empathy and Felt Sensing are described as being **'Mutually Implying'**
 - ❖ **'Carrying Forward'** the carrying forwards becomes a culminating process toward macroshifting
 - ❖ **'Present-Past'** becomes Macroshifting's 'Getting help from the past'
 - ❖ **'Present-Future'** becomes Macroshifting's 'Giving help to the Future'
 - ❖ **'Logic of Experiencing' INSPIRES** Logic of Beingness/Loving
 - ❖ **'Crossing' INSPIRES** Domain Focusing's Domain Linking and Logic Crossing
 - ❖ **'En3' parallels** building your professional developmental holding environment