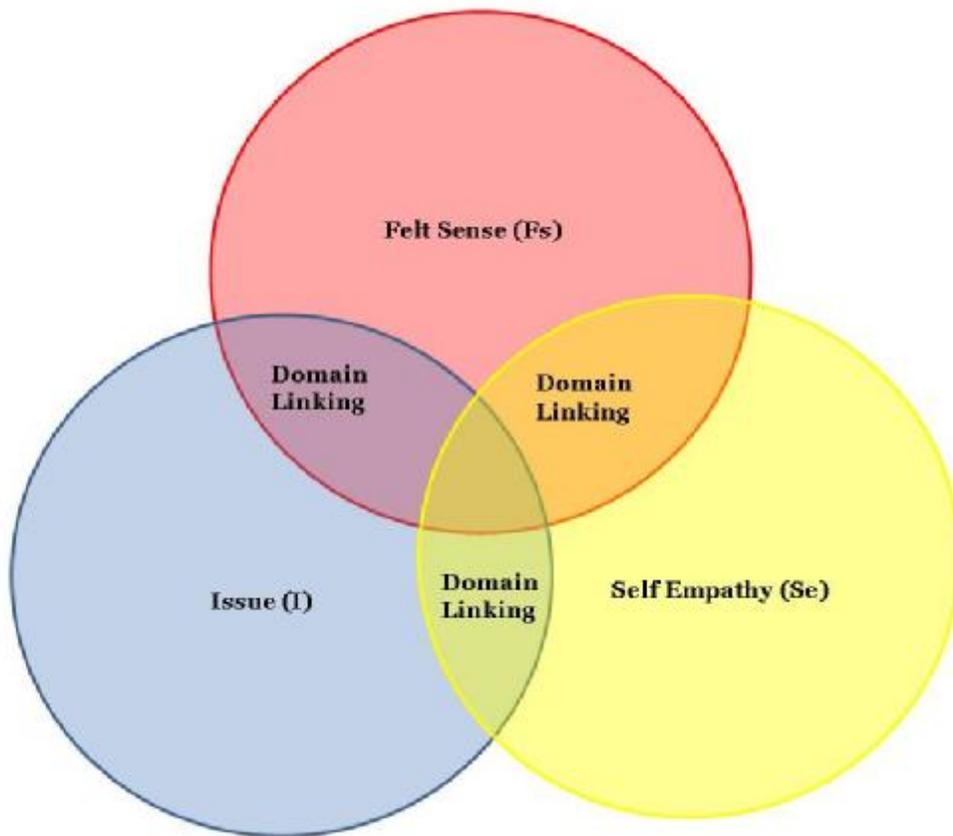


THE FERTILITY OF DOMAIN FOCUSING: The 3 Logics of Growth



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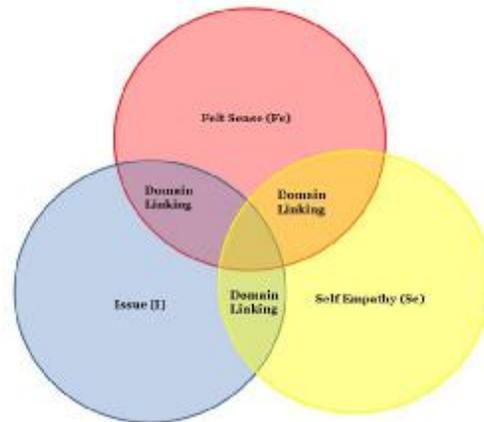
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The Fertility of Domain Focusing: the 3 Logics of Growth

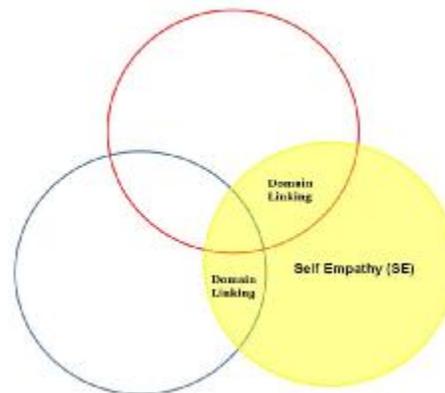
Orientation to Domain Focusing

- A. Sometimes, DF can be jolting to people.
- B. Phases are on the left side and should be familiar if you learned Focusing via Gene's 6 steps. Reviewing.
- C. Domains can be thought of as thinking, feeling, empathy. OR as Issue, Felt Sensing, Self-empathy. OR, for philosophy of the implicit, as VII, VIII, and HELP. OR as modes: 1. regular thinking-feeling-talking mode, 2. felt sensing mode, 3. empathy mode.



Self Empathy Domain

2. Orientation to Self-Empathy. It comes out of Gendlin's work on critic and on the "focusing attitude". My question for years was: "what is the underlying function that the work on "critic" and on "focusing attitude" is serving?" I will elaborate on how SE helps in the different phases of focusing.



DIDACTIC

Basic Functions of Self-Empathy in Phases of Focusing

Phase 1 (parallels Clearing A Space, Gendlin Step 1): Getting Started—self-empathy is an unusually strong domain for starting from. It is good for when someone is in a bad place. It is good for when someone wants to work on something particularly challenging. Starting from SE tends to make sessions go unusually smoothly.

Make sure to try each of the SE getting started questions a few different times so you have a variety of ways to choose from.

Phase 2 (parallels Felt Sense Formation, Gendlin Step 2): Domain Linking: SE (self empathy) helps when the linking to felt sensing is difficult or doesn't work. Linking to SE before trying the linking to felt sensing, can help the subsequent linking to felt sensing. Linking to SE can be an alternate path when the felt sense does not form. Be sure to learn that SE questions can receive the answer "no". Can I be kind to myself in this situation.. . . . "no" is a possible answer. Also be sure to learn that what we are looking for, is a kind of self empathy which is accessible easily. For example, "can I be accepting of this depressing felt sense? . . .the answer "sort of" comes in response (not necessarily in a verbal way).. . . . but 'sort of' means you do NOT have easy access. Look for a simple response of "YES".

Be sure to notice the special method for difficult SE— For example, suppose you have tried "kind", "tender", and "gentle" and each one has failed to bring a simple "YES". Then you try this special method, "Can you appreciate the difficulty of changing something when you cannot be kind, cannot be tender, cannot be gentle with it? Remember you can work with SE toward the FS (felt sense) OR toward yourself in a particular situation.

FS formation implies sufficient SE. Sufficient SE implies FS formation.

Phase 3 (parallels Gendlin step 3 and 4—handle and resonating): Entering: When entering through the felt sense does not work or the felt sense does not move or budge, SE becomes a way to loosen the FS and get it moving or as an alternate entry path. It is possible to spend lots of time on entering the felt sense.

Phase 4 (parallels Gendlin step 5 and 6—Asking and Receiving): Shifting. A shift implies more self-empathy. More self-empathy or just right self-empathy implies shifting. You can use SE toward getting a shift or getting more of a shift. Self-empathy also means making room for the insight and new possibilities which come a bit after shifting but are included in that phase.

Phase 5 (parallels a mythical Gendlin step 7 on Action Steps): Acting into the Situation. Self empathy in this phase means protecting the shift from contraction, abandonment, rejection, critic etc. It means enjoying the changes which have come, it means taking the time to let the shift cross into your full knowing in situations. It means taking the time to get a truly right action step.

Having 20 or more words or phrases representing different kinds of SE is important. Kind, gentle, generous, soft, accepting, firm, tender, tolerant, compassionate, tender, loving, understanding, grateful, friendly, welcoming, curious, interested, empathic, caring, receptive, supportive..... is a beginning list.

Experiential : Starting from Self Empathy

Note references to Self-Guiding Domain Focusing Large Form

I=Issue Domain, FS=Felt Sensing Domain, SE=Self Empathy domain

Phases: Getting Started, Domain Linking, Entering, Shifting, Acting Into

- A. Life Context. What is your life context now?
- B. What would be a good way to be with yourself given your life context? (SE#4.)
 - a) Can you sense that as a FS?
 - b) Can you give it a handle?
- C. What issue is good to work on from here? Issue Domain Linking (I#7)
- D. Can you name it succinctly? Issue Entering (I#9)
- E. What is the whole of that _____(issue)? FS Domain Linking (FS#6)
- F. What is a feeling word for describing? FS Entering (FS#11)
- G. Specifying further? FS Entering (FS#19)
- H. Shifting? FS Shifting (FS #20-24)

Partnership exchange after the guided exercise.

DEMONSTRATION: Focusing with Difficult Feelings in an Applied Focusing Session

Didactic in Preparation for Demonstration: With difficult feelings or problems like rage, obsession, addiction, anxiety, grief, depression, dissociation, disorientation, trauma, lovesickness, and social isolation, it can be very hard to do focusing. The feelings are too intense. Rather than getting a felt sense of the whole of the situation in a way, from outside the situation, you get a feeling of the intensity of the situation—a possible entry to felt sensing but not necessarily a felt sense (a feeling of the whole). The intensity or strength of the feeling overwhelms what little felt sense is there. For example, rather than getting a whole sense of the depression which necessarily brings hope, you feel the spreading devouring all encompassing intensity of the depression and just feel more depressed. Rather than feeling the whole of your issue with anxiety which is, by definition, “more than” the anxiety, and which, by definition, brings the promise of a way forward, you only feel accelerating debilitating anxiety. This is NOT felt sensing, but it can be quite challenging to make the distinction.

It is challenging because entry into the intensity CAN be a route into felt sensing, a preparation for felt sensing. However, the intensity can dominate and then rather than getting to felt sensing you just get into the hopelessness of the anxiety for example.

“Obsessive-compulsive” tendencies are another good example. If you are working on a kind of compelling non-productive repetitive circle of thinking/feeling, the effort to enter felt sensing may easily just trigger the compelling non-productive repetitive circling rather than triggering the way forward (characteristic of felt sensing).

One method for checking if you are indeed felt sensing, is to consider how familiar the feeling you are exploring is. If it is exactly the problem you have, if your exploration of depression brings a depressive feeling, it may confirm you are indeed exploring your depression, but it also confirms you are not yet in the area of true felt sensing. True felt sensing, is always characterized by having “more than” what you know in it. If the feeling is only what you know, you are not yet in felt sensing territory. Moreover, you may not make it into felt sensing territory, because difficult feelings by definition, tend to trap us.

Solution is a special series of SE moves which take particular account of this tendency to get trapped in the feeling.

SE MOVES for Difficult Feelings

- I. Is it ok to be exploring this issue (or feeling)? Possible responses, are No, Maybe, Yes. “No” may be absolute or it may permit some delicate exploration.
- II. If yes, continue. If maybe, ask if it is ok to find out what the danger or problem in exploring could be? For example, if exploring depression, I could get more depressed. If exploring overeating, I could trigger overeating. Then ask, “Is there a way to explore this _____(e.g. depression) without getting more depressed?” If this question is working as it is intended, the client will be quiet for a while—15 seconds to 5 minutes. This question is to your intuition, your higher self, executive self, to you as the person in charge of your life. If there is a yes or even an implied Yes (the client continues exploring) then I am careful to follow. If there is a NO, I ask if it is an ABSOLUTE NO or a No which might be changeable. If an ABSOLUTE NO, I stop or I help them change the issue they are working on. If the No might be changeable I ask them if it is ok to talk about the danger of exploring this issue; i.e. is there a way to tell me about the danger without getting into the danger. If there is not a way to tell me about the danger without getting into the danger, I suggest going to a related issue which isn’t as dangerous. It could be one aspect of this issue/situation, it could be a different slant on this issue/situation. I call this method of finding related, but safer to explore issues, SLIDING. At some point with a changeable NO we either get back to an ABSOLUTE NO or we get to a MAYBE where there is some notion of

the danger in exploring. Then I proceed with the “Is there a way to explore without triggering the ____ (danger)?”

- III. Patience and understanding the importance of the approach. Rather than being anxious to get a felt sense, we are quite content to be finding a place where felt sensing could be possible. Within a session, this may mean that felt sensing only happens at the very end of the session, if at all. Within a therapy, it may mean that felt sensing only happens after lots of things creating the possibility. For example, felt sensing seems to imply a sense of self and personhood which some people seem to not have access to so easily. Even though, this access seems to be innate, in that it can be present at any place in the lifespan, it also seems to be able to be less accessible at any place in the lifespan as well. Accessing this personhood which allows felt sensing, could be quite a long drawn-out process.
- IV. With physical reactions to exploration (sweaty palms, palpitating heart, cold feet, tightening shoulders, top of head sensation), or other acceleration of something difficult—terrifying, depressing, anxious interrupt and move into the questions above
- V. In demonstrations I move between the chairs representing the domains unless this becomes too distracting to the client. Ideally, this helps the client by cueing them in bodily way about what I am looking for, it helps the audience follow the focusing process and not get lost in the trance of a focusing session or lost via not connecting the experiential in the session. Thirdly, it helps me hold the whole of the process and to know what to do next.
- VI. Outtakes/Commenting during the demo. During the demo I occasionally turn to the audience and make a comment. Ideally this also serves 3 purposes. For the client, it gives them a break from the spotlight and lets something happen in the body/whole which might otherwise be blocked by the spotlight. Secondly, it points to something for the audience to notice which is much clearer in the moment than retrospectively. Thirdly, it helps me find a next step by articulating something in the present. The audience should understand that they should not respond to these “outtakes/comments” even if they come in the form of a question.
- VII. Focusing is intrinsically non-mechanical. Consequently, it CANNOT always work. Only mechanical things ALWAYS work. A demonstration is an exploration of a process, they do not always work for getting a shift, or even getting a felt sense. It helps if the audience and the client and myself understand this going into the work.
- VIII. Discussion after the process is not about the client, it is about the focusing process AND/OR about my listening, moving between chairs, and intervening. Discussion after the process should avoid addressing questions to the client. It should also avoid giving feedback to the client. After the demo, the client should have no demands whatsoever—that includes sharing positive things and how moved you were. Share that with the group NOT with the client directly. I

interrupt comments which inadvertently or directly interfere with the post-demo protective bubble for the client. Please forgive those interruptions. The client is free to ask questions or make comments in the discussion but are never expected to do that. Observers should be careful NOT to take participation in the post-discussion by the client, as freedom to ask them questions or give them feedback.

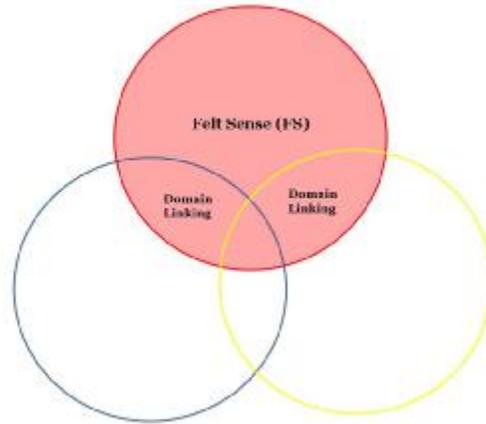
3 person 3 hour (3p3h) applied focusing sessions

IX. 3 person 3 hour (3p3h) applied focusing sessions are sessions where I work for 30 minutes or so with each person and there is discussion afterwards. These sessions are taking an increasing role in my teaching. They are the most effective/compelling introduction to focusing for someone completely new to it. They are more effective than 1:1. They are relatively low in “time expenditure”. They are part of an alternate “level 1”. One 3p3h + four 1:1 partnership coaching sessions with a trainer can substitute for a 12 hour level 1 focusing course and permit entry into a 10 month course Launching Focusing as a Practice. 3p3h applied focusing sessions are a powerful adjunct to this 10 month course, accelerating and deepening the learning. I am starting to build them into the course for this reason. 3p3h applied focusing sessions are essential for people learning to use focusing professionally. It is the model for professional application. It is important for the professional-in-training to learn how to receive interventions—in contrast to focusing partnership where it is important NOT to have interventions. 3p3h applied focusing sessions are very relevant for very advanced focusers—professionals with many years of experience applying focusing. Experienced focusing professionals can learn to do/lead 3p3h applied focusing sessions. Knowing Domain Focusing and learning to let movement between the chairs help you/your client/and your audience, is an integral part of 3p3h applied focusing sessions.

Felt Sensing Domain

Focusers usually use one or two avenues into the felt sense and rarely use the others. Moreover, focusers tend to integrate the relating to the felt sense into their regular process and to lessen the explicit use of felt sensing in partnership.

Learning about many avenues helps sustain the explicit use of felt sensing in partnership. It makes you better able to get shifts. It allows you to work on more subtle issues. For a trainer or therapist, this self-training is more important. If you are not using different avenues in, you will not be able to recognize those avenues in others, you will not be fluid in helping the other go in there. Helping others use more than one avenue helps their depth as well.



Before listing these 12 avenues, I want to talk about modification and specification. If you have an emotional handle like shy, you can ask what kind of shy? Is it an absolute shy, or a soft shy or a timid shy? It is often helpful to ask for a one word modifier (absolute, soft, timid are the one-word modifiers in the example). You may then ask for a third modifier. What kind of “soft shy”? . . . A teary soft shy. This is an incredible way of entering further into the felt sense and stimulating the shift. Note that the modifiers may be from the same avenue. For example, “timid shy” are both from the “emotional word” avenue. The modifiers may be from different avenues. For example, “soft shy” with “soft” being more of a “kinesthetic word” avenue and “shy” being from the “emotional word” avenue.

Once you have an initial entry into an avenue, you can go further in with the further specifying. The second and third modifiers can come from any avenue.

Note that often getting a felt sense has a panoramic, standing back, ‘not going into the details’ quality to it, but then entering the felt sense has a different, ‘going into the details’ kind of quality to it.

12 Avenues Into Felt Sensing

- 1) Physical, kinesthetic, textural, temperature
- 2) Emotional: anger, but also shy, awkward, nuances
- 3) FS Location and Shape : where (have a direct referent they can check back with)
Body location (“a tension”—may be on the way to a FS, but may not be an actual FS) Up/down, Narrow/precise, vague...then flares out this way. shape & actual body space don’t have to “fit”
- 4) Sound: with a word: squeaky, Damn it strong, Damn it without any consonant: Whooooooo, a song: use FS to find the right song does not have to have “content”
- 5) Gestures—conscious gesturing to represent FS
- 6) Body Postures: use whole body to symbolize FS
- 7) Relevance from the past: “this feeling reminds me of this time....” Story—being careful to not allow the story to fill all the time (2 mins)
- 8) Metaphor/Simile: It’s this/it’s like that
- 9) Imagery: Tricky: be sure to take the image and resonate it with FS---how does the image change when you do resonate it with the FS? Also tricky: something forms and quickly becomes an image—again, attention to resonating so that track does not become strictly the picture
- 10) Internal Dialogue: Parts/Dimensions within. They may be in conflict. Pick one “strand”—explore and see what comes. Then explore other. Experience the relationship between the two; feel the whole of it. What does this “strand” (part) want to say to me? Can be a way of dialog, as if it were someone in me (inner child, inner Teenager, inner jock...) Tricky like imagery. Remember to resonate.
- 11) **Speaking from** the felt sense. Tricky, be sure to check and resonate
- 12) Conflict: “how are you feeling inside in relation to _____?...Punched, Pressured, Pushed, Stymied, Ruined, Contaminated. (_____ed words which imply the other doing something to you. To disengage and own, move to texture. To be assertive, move to a “you” statement.

How to work with Positive Felt Sensing

1. We don't generally describe the positive as much as the negative
2. Get something GOOD and find a metaphor to strengthen it—to go back to it when ready
3. Have the issue be: How do I sustain “this good thing”?
4. A positive place may be especially good for approaching a difficult something. It may allow you to go further in before hitting scaredness and defensiveness.

Some questions for working with Positive Felt Sensing

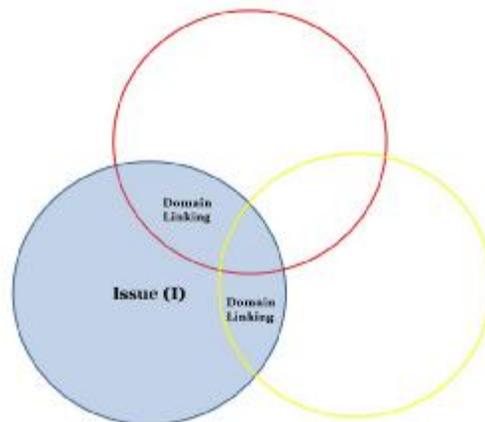
- *What would this space be especially good for in terms of: what I go into or what I approach?*
- *Which Felt Sense space would be a good place to operate from or to start from in approaching my “chronic issues”?*
- *What could I do creative from this place?*
- *From this place, what NICE thing could I do for this person who is difficult in my life?*
- *Which space could help me with creativity, thinking, or writing?*
- *Can I expand this positive felt sense? Can I strengthen it?*

Issue Domain

Notes on the Issue Domain

In support of “Focusing as a collaboration between Thinking and Felt Sensing”

In Focusing, the logic of thinking does not just exist to blend into felt sensing, it has its own place, it cannot be cancelled out. It is a partner to the logic of experiencing. In Domain Focusing, the logics of thinking and of experiencing are discriminated even while acknowledging that the bleeding and blending together of the two can be very valuable. In addition to teaching this method, we will be working on the entire Issue Domain in this workshop.



Benefits of Domain Focusing via its Issue Domain

1. As a teaching model, Domain Focusing gives more attention to Thinking generally and to the Issue/Situation particularly than other teaching models.
2. Domain Focusing puts more emphasis on the linkage between issue/situation and felt sense than any other model. A felt sense is OF something, an issue, a situation, a dilemma.
3. Any issue may be able to generate a felt sense. You may not need to do special preparations to find a felt sense.
4. The Issue Domain gives special attention to how issues and situations are generated and found. Some of this comes out of many variations of "clearing a space", but it makes explicit the value of finding a "new issue" or working in a "new dilemma". For therapists, a client/focuser who is adept at clearing a space, is already way ahead of other clients who tend to generate exactly the same issue week after week. (*See presentation on Stranding on Wednesday Afternoon.*)
5. Different formulations of an issue may generate different felt senses.
6. The issue changes with felt sensing. At a recent workshop, a psychologist worked on "a couple decision", in the second round, she worked on, "her behavior in relation to the couple decision", in the third round, she worked on "her actions in the next 24 hours regarding this couple decision".
7. In Domain Focusing we use Gendlin's "Holding and Letting (Waiting)" from A Process Model as the way into felt sensing from an Issue or Situation.
8. Having an issue domain gives a "place" to: Insight; New Possibilities; and Action Steps all of which typically follow a shift. Other models do not make such a clear place for these essential aspects of the focusing process.
9. Making a clear place for Insight; New Possibilities; and Action Steps; means it is easier to recognize and support these aspects AS a Listener.
10. Having an Issue Domain which includes Thinking, begins the reclaiming of thinking in focusing. In some focusers, the effort to "get out of the head" and into the felt sense, leads to a devaluing of thinking. While Gendlin's development of TAE, the 2nd practice of the Philosophy of the Implicit, counters this tendency to devalue thinking; Domain Focusing attempts to reclaim thinking from within focusing.

Naming the Issue: a thinking move to enhance your focusing

“Naming the Issue” is a highly successful method for entering the felt sense through a familiar process like titling a poem, a painting, or an essay. It is part of a thinking logic which is critical to the focusing process. It can be used to deepen your own focusing process or to empower your professional work with focusing. It provides a natural entry to focusing.

1. Naming the Issue. Questions 9, 10, 11 under the Issue Column on the Large Domain Focusing Form. Entering (Phase) through the issue.

I want you to see how naming the issue either briefly like Issue question 9 from the large Domain Focusing Form (Can I state the issue in a succinct way?) or in a more extended exercise (Issue question 10 and 11) is a preparation for jumping into the felt sense. The part of a listener’s narrative which comes right before felt sensing, (the name of the issue in my work) is particularly important in a reflection even if you don’t get a chance to reflect until after the felt sense is referred to directly. I.E. if someone is using “Naming the Issue” just right, they may possibly go straight from saying the name to felt sensing rather than making a pause and hearing the listener say the “just right” name back. In that case, the listener would reflect the “just right” name and the handle (first felt sense word) back at the same time when the pause for reflection comes later.

Two Naming Examples for Projects

- A. First Example of Naming Process:
1. Losing weight – Bodily Exercise
 2. Me & food
 3. Body & me
 4. Heavy & me
 5. Not enough when enough
 6. Eating
 7. Eating/exercising/body sizing

Final Name: Eating – Health – Body-Sizing – Value

-
- B. Second Example of Naming Process
- To claim myself within my marriage/family
To claim myself *within* my commitment
despite
through
beyond
underneath
apart from
pushed away from
(fit the felt sense best)

Final Name: To claim myself my commitments

Shifting

Shifting is my name which corresponds to Gendlin's step 5, Asking Into. I think Shifting is not so well understood by focusers. Here are some of my ideas.

Before trying a shifting move, there needs to be sufficient felt sense entry. Usually, a “narrative, just finding feelings” approach is not sufficient entry. Often there needs to be some very direct referencing to the felt sense and then a further discovery.

When there is sufficient entry and you try an "asking into" question like "What does that sticky down (felt sense descriptors) need?" focusers often leave out the felt sense referents (e.g. sticky down), and instead just ask, “What does that need?” This is a mistake though it occasionally works anyway. The referent being stated enables you to really be asking into the felt sense of what is needed there?

After the asking in, there are often ideas and thinking which comes in response. These ideas may be just right, the new thinking which comes with the shift, OR they may be merely interesting without a shift. The ONLY way to know which, is to check the Felt Sense. Is the Felt Sense the same or has it changed? If it has changed, is it in a forward direction or just a development? Focusers often forget to check directly with the felt sense after asking into.

Timing is very important in shifting. Things sometimes really slow down during the arrival of the “carrying forward”, the shift. For example, after the asking into question, when an idea has come and you are checking if there is a change in the felt sense, it may not be clear. Often it may take a minute or more for the carrying forward to show clearly. In working on very difficult issues this is even more common. So when you ask, is the felt sense different and it isn't clear, it does NOT mean that there hasn't been a shift. It just means you should hang out for a while here with the felt sense and even the idea which has come. Similarly, if there is a change and you are checking if it is a carrying forward change (a shift), this may take a while to manifest. You need to be in a place of being willing to be very slow and also to be very non-judgemental.

What makes a change a forwarding? It is possible to have a negative change while focusing. For example, you are working on depression and you get sucked into a more depressed place. That is NOT a shift. On the other hand, a forwarding is not necessarily sweet or easy. For example, suppose I get an intense seriousness which comes about a situation which I have been taking in a milder way. That intense seriousness which might feel “heavy or heavier” may come with a strong forward sense—yes it is really right to take the dangers much more seriously, then it is a forwarding. But the feeling tone may not be a typical “positive” like a lighter, easier feeling. Just check the new feeling and ask yourself, “is this a forwarding?”. If the answer is “yes” you can consider it a shift.

When there is a confirmation of a change and that it is a carrying forward, then afterwards, there is a critical time for patience, for slowness. The carrying forward has come and its purpose is to deliver hope, insight, new possibilities in the situation. But this can take some minutes. If a “self critical or objecting idea” arrives in this time (3-5 minutes or longer after a shift), I am quick to say, “oh lets consider that in a little while. The carrying forward just arrived, we need to make

room for it for a little while before we get to the “objections” or “counters”. I am surprised by how often this works to delay the “objection” and how often the person has no interest later in going back to the objection.

While some shifts are dramatic and very clear and the insight and new possibilities fall out easily, other shifts are much more subtle and the insights may even need some coaxing.

First, if the change in the FS has been confirmed and that it is a forwarding, then I just get very slow. I have an image for this slowness. I imagine Huck Finn on a lazy Mississippi river raft kind of doing nothing go down the river. As a guide I am happy doing nothing.

If insights do not emerge after a few minutes, I can back up 2 or 3 steps before the shift came and rethread, keeping the sequence and words of the focuser as much as possible to help the shift happen again so to speak. Sometimes I repeat this process a couple of times and each time the shift becomes more pronounced and the felt sense of the shift stays present in a more stable manner.

If I have waited 5 minutes and I am convinced there has been a shift but no insight comes, I will also try supporting the shift through slow paced reflection and then say, “can you sustain this felt sense while going back to the issue or situation you started with? But don’t go back to that mood, keep this new feeling and then think about the situation from this new feeling.” If you have done something like “naming the issue”, a method I developed, this helps this step a lot because the issue is well defined.

In my experience, insight comes first and the new possibilities are not so obvious just that this is a new understanding, but then a minute or two after insight come the new possibilities. These almost never arrive with the label “new possibilities”. You have to be actively looking for the new possibilities as a guide and even so, they sneak up on you. Usually, there is an , “of course, these are the new possibilities.” For some reason, initially, I often don’t recognize the new possibilities.

Recognizing the new possibilities IS a big deal. It is the confirmation that focusing has indeed been happening. It confirms that indeed there was felt sensing, that there was entry and there was a shift. It is almost like all of that is tentative until the shift and the subsequent insight and new possibilities is confirmed.

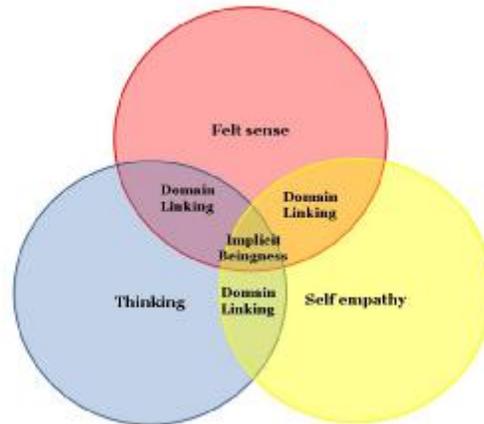
When I worked with people with difficulties with felt sense formation, I realized that they would sometimes get a shift about the time that they were about to recognize the felt sense. But getting a shift means they were felt sensing and entering the felt sense even if it wasn’t in a classic “easy to recognize” form.

So in some way I am saying that really getting into shifting may mark a subtle change in emphasis from felt sensing being the key thing to shifting being the key thing. If shifting happens it confirms that a felt sensing was happening even if it previously looked like intellectualization.

When I take this perspective, it gives me a broader sense of what felt sensing can be.

Implicit beingness

- Beingness comes from my dissertation and my work with Marty Cohen and Becky Falk especially around having a taste for beingness in the interior feel (sort of a word for felt sense).
- Beingness is inherently antithetical to evil and wrong (the clearest symbol of that is Nazism). Beingness is toward the Good, toward the Right (right action), toward the responsible, toward the ethical, but not compulsively so or PURELY so or rigidly so.



- Beingness has a capacity toward resilience. In fact I have a definition of resilience based on beingness. I think beingness strengthens felt sense when it comes to resilience.
- Beingness has a push both toward mental health (horizontal—happier, better mood) and toward maturity (lifespan development though I have hesitations about taking the stagist developmental theories too seriously). Beingness strengthens the felt sense in this area of mental health and especially the movement toward maturity.
- Beingness has more sustainability and more resistance to breaking back than felt sense. In terms of macroshifting, this becomes quite important—what will not break back, what will not just turn into a guard dog (set back), what can endure and bring the macroshift and then sustain? Beingness adds to felt sense in this area.
- Felt sense, implicit, and focusing have magnificence in a spreadable free molecule called partnership. That model teaches “empathic listening”, something the world needs to develop.
- That model is philosophically derived and psychologically derived rather than being spiritually derived. Thus, it is open to science AND spirituality.
- That model has a positioning to combine with many many things to strengthen them. (though much better with a strengthening from beingness)
- That model has a notion of movements through a process (6 steps). And it has the innovation and creativity of growth positioned as the basic starting place in the philosophy, occurring into implying, organism and environment mutually implying, new possibilities and carrying forward, and it has a non-religious language for all that. These are some of the primary things I see in the implicit and focusing.