



5. Learning Domain Focusing Facilitation is coordinated to sustain Macro work toward completing 60-80 journaled focusing segments in a year, **the tipping point** where movement begins to occur.
6. MacroDF looks for a **macro key** which can safely and surely open the macro and inch it forward. TAE methods establish the key as an implicit action space.
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'** Followed/Guided Sessions become 4 person 4 hour central format
  - ❖ Multiple partners are encouraged toward more effective **'Eveving'** and **'Relevanting'**
  - ❖ Disease is approached from experiencing's differentiating into physical and behavior (chapter 4) not from Holistic glomping nor from participation approaches
  - ❖ **Whole Whole** becomes a route into grasping the macro
  - ❖ 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
  - ❖ **Half-way down** concept of Gendlin becomes extending felt-sensing into meditative territory necessary for macroshifting
  - ❖ **Felt Sense Location** evolves into Domain Focusing's extensity 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
  - ❖ Self-empathy and Felt Sensing become **'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'** becomes building your professional developmental holding environment