

Definitions of Focusing from writers and teachers of focusing



“Focusing is a process in which you make contact with yourself with a special kind of internal bodily awareness in which your body lets you know what the crux of the issue is and the next right step to resolve it” (Gendlin).

Focusing is the process of listening to your body in a gentle accepting way and hearing the messages that your inner self is sending you. It’s a process of honoring the wisdom that you have inside you, becoming aware of the subtle level of knowing that speaks to you through your body” (Ann Weiser Cornell).

“A bodily sensed intelligence...focusing allows our minds to see what our bodies already know about the whole of a situation” (Kevin Flanagan).

Every situation you encounter in life, whether it is joyful or sad, large or small gives you a distinct body sense. In Focusing you learn how to attend to the subtle language of the sensing body which has its own sense of the next right step. Every concern you have, if you sit with it, at the unclear edge, has a sense of a next right step. You have a lot of wisdom in there and Focusing is a way to access that wisdom” (Joan Klagsbrun).

“Focusing teaches a way of being with feelings, respecting and even making friends with them in a non-critical way; holding a gentle nonjudgmental curiosity toward whatever you find inside. Focusing works when you can hold whatever you find inside in a caring loving presence. It works when you can trust your own inner process and stay with the sensation/feeling until words or images emerge from it and it begins to change on its own” (Linda Gray (2009, p. 9).

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Focusing is a process of finding felt senses, being friendly to them, symbolizing them and allowing them to shift. A self-propelled feeling process carries forward the focuser’s experiencing until a stopping place is reached (Friedman 2007, p. 44).

“With Focusing you become your own guru”. Focusing gives you “The power to access our own feelings and make sense of them with both mind and body” Focusing is a powerful process that taps the power we all have to live life in a manner that is more congruent with who we really are; to find what it is we really need; to tap into how we really want to be. Once tapped the power to be becomes possible” (Hernandez 2009 p. 42 in Gray and Marder eds).

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