

Friedman tells us “There is nothing sacred about any particular focusing instructions”. This amended version is what he uses now

- 1. Saying Hello** – Get comfortable....relax...close your eyes...take a few deep breaths...let your attention follow the breath down into you body....and when you are ready ask, “How am I inside right now?” Don’t answer. Give an answer timer to form in your body....imagine your attention is like a searchlight and you can turn it on and shine it into our inside feeling place and just greet whatever you find there.....Practice taking a friendly attitude to whatever is there.....30 seconds of silence
- 2. Clearing a space** – Making a list (optional): Now imagine yourself sitting on a park bench. Ask yourself , “What is in the way between me and feeling all fine right now?” Let whatever comes up, come up. Don’t go inside any particular thing right now. Just stack each thing at a comfortable distance from you on the bench....Take inventory: “What’s between me and feeling all fine now?’ (or what are the main things). If the list stops, ask except for am I all fine?” if more comes up, add it to the stack. Give me a signal when you are ready for the next step.
- 3. Picking a problem** – Now, feel yourself as if magnetically pulled toward the one thing in the stack that most needs your attention right now....If you have any trouble letting it choose, ask, “What is the worst?’ (or “what is the best”). “What most needs some work right now?” What won’t let go of me?”... Pick one thing. (Pause). Let me know when you have one
- 4. Letting the felt sense form:** Now ask, “What does this whole thing feel like?”...What is the whole feel of it?” Don’t answer with what you already know about it. Listen to your body...Sense the issue freshly...Give your body 30 seconds to a minute for the feel of “all of that” to form.
- 5. Finding the handle:** Find a word, phrase, image sound or gesture that feels like it matches, comes from, or will act as a handle (symbol) on the felt sense, the whole feel of it. Keep you attention on the area in your body where you feel it and just let a word, phrase, image, sound or gesture appear that feels like a good match for the feeling sense inside.
- 6. Resonating the handle:** Now say the word, phrase, image, sound or gesture back to yourself....Check it against your body...See if there is a sense of “rightness of fit”,.....an inner “yes, that’s it”.....If there isn’t, gently let go of that handle and let one that fits better appear.

7. Asking and receiving: Now we are going to ask the felt sense some questions. Some it will answer, some it won't. Don't be concerned about questions it does not want to answer. Receive whatever answers it gives. Ask the questions with a friendly attitude and be receptive to whatever comes. Ask, and Wait 30 to 60 seconds: "What is the crux of this feeling?" or "What is the main thing about it?" or "What is the worst of this feeling?"

Other questions could be: "What does this something need or want?" How does it want you to be with it?" "What is a good small step in the right direction for this thing?" or "What is a small step in the direction of fresh air?" "What needs to happen?" "What action needs to happen?" "What would your body feel like if this thing were all better?" (You might want to move your body into a different position or posture) or "What's in the way of it being all OK?" Wait.

Finally ask your felt sense to send you exactly the right focusing question you need at this moment. Don't answer with your head. Just hang out with your felt sense, keep it company, let it respond. Wait

Coming back: Ok now you have a minute to use however you like. Some people find it useful to retrace the steps they have come. Some like to stretch and relax. Some find it useful to underline the furthest place they have come to: pitch a tent there so you can come back if you want to.....Some people like to thank their bodies for what it has shown them. Use this minute however you would like and then feel yourself back on our chair, with your feet on the ground. Come back into this room, Open your eyes when you are ready. Look around. How are you? This round of focusing is over.