

The focusing steps – What is common to all Focusing teachers /styles (taken from Anglea Hicks paper p.3)

There are certain aspects of Focusing that all styles strive to teach.

1. The body has an inner wisdom of its own. We can sense inside the body to experience both positive and negative feelings. By allowing these feelings to speak we can deal with any of our own personal issues that we knowingly or unknowingly have.
2. When we Focus, these feelings or issues form a ‘felt sense’ or a ‘something’ inside us. This usually starts off fuzzy and unclear and becomes clearer as we Focus. This felt sense arises from the body but is more than just a body sensation.
3. We sit *with* the felt sense rather than *in* it. This allows us to have some distance and to embrace whatever comes up and to allow ‘it’ to reveal itself and to shift.
4. The body will work at it’s own pace and it reveals things to us in it’s own time. The process can’t be pushed and we can’t force it to move quicker than it wants to go - which can be quite slowly.
5. We ‘find a handle’ or ‘symbolise’ the felt sense and then go back and forth between the felt sense and the handle/symbol checking how they resonate with each other. This can also be described as ‘making sure it fits’ or ‘allowing it to express itself’.
6. The resonance allows a shift to occur as the issue resolves itself. This shift can be felt in the body and may be small and subtle or more obvious. This often allows a new direction to form in our life process.
7. Focusing takes us in what Gendlin calls a ‘life forward’ direction. In other words it helps us to take ourselves forward towards what is life enhancing and energy giving