

The body fills itself in



The organism can fill in what should have happened in its infancy and early childhood. ...

Jung said that every organism has not only the experience of its actual mother and father; it also has an internal (he called it “archetypal”) mother and father. ...

Gendlin says:

The infant organism knows (feel, is implies...) its next bit of life process, which means how it will be with a mother and father. It implies how its life process will be carried forward by them. Just as it “knows” how to inhale the air into its lungs, so it “knows” how it will be held, nursed, welcomed, and protected. ...

The bodily implying is always still there. If it can generate the missing interactional events, it will. ...

The steps come from the body just as, when there is a wound or a cut, our part is only to clean it. It knows how to heal, how to match up all the capillaries.

Gendlin

Focusing Oriented Psychotherapy pp276 -282

There is an openness at the centre of the theory of change in Focusing Oriented Psychotherapy.

In this theory of change we don't leave behind where we were, we carry forward where we were. There is a quality of transformation, for which Gendlin coined the term “carrying forward”. He says that it is not the case that experiencing situations in a fresh way is either a matter of having “shuffled the contents of consciousness” or a matter of “replacing old contents with a new set”. He asserts that when we come into relationship with our Felt-Sense with a quality of “holding and letting”, a kind of transformation occurs which is neither a (radical) leaving behind, nor a staying the same.

Gendlin

Experiencing and the Creation of Meaning

Jane Quayle adds, From my own Focusing, I realize ...

The fact that I am a human being means that my body knows the whole of human experiencing. Now that I have Focusing I no longer need to define myself by my past experience or by the rejection of that experience. I have the capacity to embody more than the limitations of my past experience and to grow forward differently into my next moment.