

Why and what is a Focusing Partnership.



Focusing is an exceptional way to get in touch with our inner process to really get to know what we feel from the inside. When we focus we go to the inside and ask the wisdom of our body to show us what it wants us to know and we let it unfold to reveal to us the more of the issue we are wanting to solve or get unstuck from. Temporarily we get out of only being in our heads and hearing what we “should” do or what our mother, father, brother, sister, other relation, friend teacher or counselor thinks is best for us or what they think the problem is about. We get to stop for a moment and stop telling ourselves what we think it is about. We get to be still and quiet and simply ask our body what it knows.

And then we wait and see what comes and what comes can often be surprising. When we focus we always feel better (even though the problem may not be solved). When we allow ourselves to pay attention to what our body knows and let what wants to come, just come and when we acknowledge what comes and we are with “it” in a friendly, gentle way we are given a way forward to the next step for us.

Focusing is best done in a reciprocal partnership because there is something particularly special and empowering about having an enlightened witness accompany us on our journey of settling and soothing ourselves and discovering our way forward.

Focusing only needs to be done once a week and you can have different partners. It takes about 15 to 30 minutes each. It is very much a give and receive process but you are in control of your stuff and so is your partner. No-one is telling the other what to do, what to think, how to feel. You get to do all that for yourself with an empathic, non-judging companion

All your partner does is listen and offer process guiding suggestions to keep you on track so you can get in touch with your “felt sense” and let it unfold and tell you the more of the issue/s you are grappling with. The empathic being with and accompanying your is what makes a Focusing partnership so powerful.

You only need 2 things to be a partner:

1. The ability to be quiet and
2. To keep the other person company – for you to just be there (Focusing Institute from 2009 Gray and Marder editors p, 85).

You only need 2 things to be a Focuser:

1. The desire to get to really know yourself from the inside (your inner process)
2. The ability to be with what ever comes in a gentle friendly way – to allow and acknowledge and to let your body unfold your next forward step.