

## Focusing Style Attunement Transcript

So just finding a comfortable space where we can be together for maybe fifteen minutes or so. Putting down whatever you might be doing. Taking your time to get comfortable in your body.

You might have both feet on the floor, and your back supported so that the spine can be straight but not strained. Notice sitting, and give yourself a moment to observe how it is with you, just now. What is the quality of the surface you are on? Noticing the points of contact that your body is having with its immediate surroundings.

Introduce the notion, gently, that this piece of furniture is supporting you here and now. You do not have to hold yourself against gravity, or hold yourself up with your own mind. You can settle into what is there and is supporting you. Right now.

So however disconnected or overcome you may feel sometimes, which can happen in moments of great stress where you don't even feel your body, it's still here. It's still here. Sometimes the awareness can be obfuscated, or blocked, but even then the body is still right here.

Notice the quality of your breath, is it easy or constricted. Not trying to change it, just exploring whatever is there.

Noticing if you can feel inside, inside your body. And by body we mean your whole physical and energetic existence. Noticing how the inhale implies the exhale. The exhales implies the inhale. Without any deliberation, without any manipulation. The in breath and the out breath is an example of life's forward movement. An organic movement and wisdom of the body.

Bringing the awareness back to your feet. See if you can experience yourself in your left foot and your right foot, simultaneously. The you, that is more than just your feet, inhabits the left foot and the right foot. Just playing with that notion, we sense what it is to be in there, in the right foot, and also in the left foot.

And with that we bring our attention up into the shins and the calf. The whole of this lower leg, noticing again if there's any particular feel of it. If there's a heaviness. Or a lightness. If there is an itchiness. Maybe a restlessness. Not judging, just noticing and describing.

Noticing that there is not just the front of the leg, but the back of the leg. We're this whole thing. Not just our front body, but back body too. And we'll keep that in mind as we continue to move our awareness through our body.

We're coming up into knees, the front and back of the thighs, both hip joints. Notice if there's a quality in there. If there is a holding on, perhaps checking if it would like to let go a bit. To relax. And just saying hello to whatever you're finding there.

And now we'll turn our attention to the pelvic bowl. Where all of these vital organs are housed. In this area, and in the hip, and in the thighs, these are areas that hold a lot of meaning, a lot of tensions. Just saying hello to all of these bodily parts and the meanings that are there. Without going into any of it, you're just keeping company with it. Saying hello as you would to someone at a gathering, someone you don't know well. And it can be helpful to put a gentle hand on the lower belly or any part that might want to feel a bit of support.

And noticing that the back body is also here. The lower back. Which often carries a lot of what's going on for us. You might even put a hand there, on the small of your back. Just, in a new way, saying hello, welcoming it to this conversation.

Now we're moving into the core around the belly, coming up into the solar plexus. Sometimes called our power center, or powerhouse. Coming into this core central place, and just checking in. You might even ask, "What is the weather in there?" and "How is it in there today?"

We are now in the area that Gene Gendlin, the originator of focusing, expects we are going to get the strongest senses of things. So we're just going to spend a little time here. See if a word or a phrase or image might come, or might not come. We say hello to whatever is there.

We are just bringing our attention to the heart center beyond the breastplate, through to our back, all that's inside the rib cage, all that goes into the make-up of what we hold behind our heart, in our upper back and shoulders, how we are carrying what we carry. Literally or figuratively.

And just noticing, and maybe even thanking the body for all it holds for us. Bringing this gentle curiosity with this observer-self. Notice the support from our own skeletal structure. See if you can notice the space inside the body and outside the body simultaneously.

Bring awareness up into the shoulders, the upper arms, seeing if you can notice the existence of yourself in both the left elbow, and the right elbow, in the forearms, into the hands, the backs of the hands, up into the fingers, the knuckles, the fingertips, that sensitive pad that touches the world around us.

And bringing our awareness both to the throat and noticing the back of the neck. And into the skull. Let's pause right here just to recognize the globe, the entire head, and all that it contains being held and balanced upon the small bones in the neck. The connection between the upper skull, the upper spine, and the cranium. Bringing awareness into the head now, noticing if it's full of thoughts like a sky full of birds, or more like the surface of a still night lake. Knowing that in your cranium, the brain is held in fluid. Sensing what the fluid might sound like. If it sounds like ocean, what that is like to imagine something oceanic inside of you. Here is an invitation to visit freshly to your own inner landscapes.

And just noticing how it is for you right now to be keeping company all of this, in this particular way.

Perhaps there is some resistance, and we welcome that as well, making a friendly space for all that is occurring.

And having walked through the body, perhaps whether it feels good to keep the eyes closed, or maybe begin to gently open the eyes and come into the environment that surrounds you. The feel of the air against your skin, the sense of the space of the room around you.

Allow your awareness to broaden so that it includes the knowing that the room you're in belongs to a greater structure, and that its architecture too is part of something more. You are located on a particular point on our map, and yet belong to the whole earth.

Here we are on this planet we share with all living and nonliving things, within this solar system, in this rather inconceivably vast galaxy. Each of us made of much the same matter as all the other things around us, even the stars.

And sensing what it's like to bring your attention to the idea that while we know ourselves to be situated within time and space, perhaps this is not the entire picture. Perhaps we are also like stars in the night sky, already existing in an entirely different form at the same moment they are perceived to be quite otherwise. Some stars no longer exist in the same form as they appear to us. Some no longer exist within our same space or time - what we are seeing is an explosion from thousands of years before we came to be. We meet the stars and yet we don't occur at the same time they do. We are in constant relation with both the expected and the extraordinary, the present and the past. There is more to reality than what we can glean by looking outside ourselves.

Let's welcome into our awareness both what is known and what is unknown, perhaps holding them both just the same way, as we would two of our own twin-children, and see how that is now inside. Maybe exploring from this place, aware of the familiar and the possible, making room for the unimagined. With the spacious, friendly curiosity, keeping company with yourself and with all that arises as you live into each moment. And with that, and a wish for you to be very well, we'll close this attunement.



