

Focusing Instructions

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Preparation

You can get comfortable and relaxed. Pay attention to your breathing. Notice how your breath goes in and out of your body. Notice how your body is making contact with the chair and your feet with the floor.

1. Clearing a Space

Then in a friendly, gentle way you can ask yourself, "How am I now?", and name anything standing in the way of your feeling O.K. right now. As you name each thing, notice how the whole thing feels in your body. Imagine setting the whole thing with the feeling outside. How would it feel if you didn't have that whole thing?

Repeat the next paragraph until the Focuser has cleared a space.

Other than that is there anything else standing in the way of your feeling all O.K. right now? Notice how that whole thing feels in your body. Imagine setting the whole thing with the feeling outside. How would it feel if you didn't have that whole thing?

Then you can choose something to Focus on.

2. Getting a Felt Sense

How does that whole thing feel in your body now

3. Getting a Handle

Take time to be with your felt sense and notice the words or images that come to describe your feeling.

4. Resonating

You can check if you have any other words to describe the feel of it. Where in your body do you feel that?

5. Asking

What is it about this whole thing that leaves you feeling this way?

How does this whole thing feel in your body now? (Return to Steps 2 - 5.)

What's the worst (best) of this whole thing for you?

How does this whole thing feel in your body now? (Return to Steps 2 - 5.)

What does this whole thing need right now? How does this whole thing feel in your body now? (Return to Steps 2 - 5.)

6. Receiving

Take time to notice that X feeling that came with the words...

*When reading these instructions, pause at the end of each sentence to give the Focuser time to respond. Please remember to give instructions slowly and in a friendly, gentle way. Questions need to be given as suggestions, for example, "You might try asking yourself, 'What's the worst of this whole thing for me?'"