

Focusing Training Programme - Becoming your true self.

Focusing is about:

- Bringing kindness and compassion to what you find inside.
- Keeping company with those things that hurt or feel uncomfortable.
- Being gentle with yourself - respecting those feelings that aren't ready for you to be with them.
- Being open to what is not yet known - sensing into uncertainty.
- Noticing all that your body has to tell you.
- Listening to how things are right now inside.
- Becoming your true self.

Each learning journey with Focusing is different and the courses will be a series of exercises to help you to find your way to a greater understanding of yourself and others. The exercises outline a map but they are not the territory - for that you need to journey on your own - but in the company of friends.

The first step is to learn to listen to yourself and others - without judgement, without having a goal or an agenda, and with acceptance, compassion and understanding for whatever you find. Notice what you find inside, whether its a word, image, feeling or body sensation. Having a silent listener can help you to stay with the process and notice what is there.

Then you need to recognise the difference between you and what you feel inside - becoming a witness to your own feelings. You need to be far enough away from them so they don't overwhelm you and so you can see them as they are, but close enough so you can notice how it is for them. You are looking to achieve a state of separation and connection.

Feelings at this stage need to be understood, accepted just as they are, given space to be there, and know that you care about them. You are looking to develop a relationship based on trust, acceptance and understanding. Having a listener who keeps you company in whatever way you like is helpful here. This may include reflecting back the essence of what you are with.

Next you need to nurture this relationship. Inner places are fragile and easily trampled on or ignored. Bringing a caring presence is one way of doing this. It may start to feel like these feelings are wanting to let you know something. It helps if you can let them know you've received what they have to tell you. Receiving what they have to tell you is not the same thing as doing what they tell you to do. All you are trying to do is notice how it is for them.

Once you have received what they have to tell you there may be a sense of new knowledge or awareness - you may even notice a change or shift inside. It may be worth acknowledging what you know now that is new or fresh. It can also be helpful to notice that there is more that is not yet known.

Finally, you may want to sense for how you can nurture this new awareness as you go about your daily like.

This is a journey in being kind to yourself, being gentle with yourself, and being willing to find a way to be with feelings that you might have avoided being with before.

What you will learn:

Skills - for the focuser

Listening with acceptance

Noticing - making a space inside for something new to come

Welcoming what you find inside

Presence language and other ways of being in presence with a feeling

Getting a felt sense of what you are with

Getting into a relationship with what you notice - close enough, but not too close.

Finding how it wants you to be with it - distance, attention

Developing that relationship - settling down and getting to know the feeling

Receiving what it has to tell you

Sensing for the more - what is unknown

Bringing this new awareness into your daily life.

Skills for the listener

Listening with acceptance

Not trying to fix or judge

Holding the space

Reflecting back the essence

Reflecting back with presence language