

# The Focusing Connection

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## FEATURE ARTICLE

## EDITORIAL

### Focusing and Fairytales

by Elizabeth English (Locana)

#### 1. What do Focusing and Fairytales have in common?

Among the snippets of dreams, poems, and song-lines that pop up in my Focusing sessions, I often find themes from fairytales. So in the past few years, I've returned to some of my favorite childhood haunts – those yellowing pages of my old fairytale books, and the magical worlds they conjure up. To me the Land of Færy seems particularly apt for Focusing. I've been wondering why this is.

I suppose fairytales, like Focusing, often start off with a problem. For fairytale characters, this might happen in a number of ways. They may be under an enchantment – something which limits or binds them by a power which seems greater than they are – trapped into animal form, or into a 100-year sleep, for example. They may have an overwhelming longing, do something which disrupts the status quo, act unwisely – such as stealing the witch's cabbages, claiming your clever daughter spins flax into gold, giving vital information to a wolf. Or the character inherits a set of circumstances which predate and predict the predicament – wicked relations, poverty, something which sets them off to seek their fortune in the world. The fairytale describes a journey in which the central character has many weird and wonderful encounters, and in the process of which the insoluble is solved.

This journey reminds me of Focusing. In a Focusing session we start with a felt sense of a problem – our own version of an enchantment, trap, longing, impossible circumstances. This is something insoluble on its own level, that is, the level of what we already know. As we come into relationship with the problem, we meet felt senses within us that are new and unexpected; other currents, energies, forces, presences (we might experience them in different



ways at different times). Through these encounters something new emerges. A felt shift may come, and when it does, it brings resolution. As in a fairytale, we're on a journey from the imperfect to the perfect; a journey which takes place within our own unique realm of experience, guided forward by our implicit sense of what is complete and whole.

We know as Focusers that this process often takes us beyond our everyday sense of who we are and our place in the world, into another dimension: "*Your physically felt body is in fact part of a gigantic system of here and other places, now and other times, you and other people – in fact, the whole universe.*" (Gendlin, *Focusing*, 2007 edition, p. 88). Rather like a fairytale character, we may meet tangles, traps, trickery and cunning on our adventure towards a sense of 'all all right'. In other words, we meet other 'partial selves' that seem to exert these kinds of influences on us and our situation. But there are

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Would you tell a wolf where your grandmother lives? For some reason I had never asked myself that question! But after reading Locana English's evocative article on Focusing with fairy tales, I'll never think of the Red Riding Hood story in the same way again. I'm completely persuaded by the parallels she draws between fairy tales and Focusing, and inspired to spin off and try finding process metaphors in some of my favorite genres... like science fiction! What part of me longs for a wise old mentor who advises it to "Trust the Force!"?

Have you ever felt crushed and devastated by criticism coming from someone else? Barbara Dickinson found an inner strong passionate defender who said to her, "Wait a minute! What they are saying is not true!" I really appreciate Barbara's impassioned plea in her article for a world where children do not have to encounter sarcasm and criticism, which truly are a form of abuse.

I opened my mail yesterday and discovered a new book about Focusing by two of the grand masters of Focusing: Edwin McMahon and Peter Campbell. The book is called *Rediscovering the Lost Body-Connection within Christian Spirituality*. We'll bring you more about this book in our November issue. In the meantime I have a real treat in front of me as I sit down to read this book! (If you can't wait till next month, I can tell you that the book is available from [www.itascabooks.com](http://www.itascabooks.com))

Do come to the 23rd International Focusing Conference in California! Our website is up at <http://www.2011intlconference.com/> and we're taking proposals for presentations until December 15 at that website. Even if you don't present, do come and soak up being in the Focusing atmosphere with 200 Focusers from around the world, right on the Pacific Ocean! (June 1-5, 2011) ☺

# The Focusing Connection

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Letters and articles are invited on any subject of interest to focusers.



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## Focusing and Fairytales from Page 1

also unexpected encounters, magical solutions, and rare resources which rescue us within the process. That is, the implicit knowing our body-being holds may come in forms beyond anything we would have consciously dreamed up. By definition, the felt shift comes from something beyond what we originally knew, because it comes from, and opens up to us, a deeper level of implicit knowing.

With a felt shift, then, our energies integrate, or dissolve into Presence, perhaps in relation to just one single issue. We find ourselves complete and fulfilled in that respect. At that moment, in relation to that issue, it's as if we find ourselves at the center of our own unique kingdom or realm of being. Like the King or Queen of folklore, we've been on a journey and arrived.

So Focusing has much in common with fairytales. And fairytales are rather like Focusing. For a fairytale too is "part of a gigantic system of here and other places, now and other times..." Fairytales magically conjure up that sense of 'all all right'. It's a world in which the Perfect Princess lives happily ever with her virtuous and valorous Perfect Prince, abundant in riches, goodness and love.

Too good to be true? That's precisely my point! This perfect world with its perfect ending is 'too good to be true' – but only to those parts of me that don't inhabit it. Elsewhere in this realm-of-me, I have an implicit knowing that I can reach a place where difficulties settle and dissolve; where I'm no longer under the spell of my merged and entangled parts, where my problems are set free to find their own inner riches, love and fulfillment.

### 2. Playing with Fairytales in Focusing: "What in me is like this?"

I started playing with fairytales (which seems more fitting than 'working' with them), because fairytale themes and characters often come to me spontaneously while I focus. This happens as I search for a way to describe what I do not yet have words for:

"What's this *like*....?" "What's this *as if*?"

Sometimes, I'm on a cliff-edge (fondly imagining my listener is too), because I know there's an *as-if* forming in there. What's it going to be...?

"Ah. It's like that moment the King tells

the clever girl to spin wool into gold, and if she won't, the King will cut off her head... It's exactly like that!" And then sometimes (not always), meaning might come...

"I see now. It's like having to do something impossible, but if I don't manage it something awful will happen." This opens up some more...

"And it's like the part of me that's worrying about spinning wool into gold is willing to give away *anything* for help. I can feel how awful it is for this one! It's like when Rumpelstiltskin demands her necklace – even her unborn baby. Is that how the story goes? I think it is... he demands she'll give him her baby when she marries the King..." There's more in those words 'unborn baby', and I sit with them, welcoming what they may hold.

"Her unborn baby... *my unborn baby*. There's something really strong in that. What is this? What's this like?"... More felt-sensing, as I wait for something felt but unformed to emerge.

"Is it like the best in me? My unborn, best me? My next steps into a living-forward energy...?"

And so the session goes on. I'm resonating between my felt sense and the characters/themes of the story. Sometimes the resonance comes to me of itself, and sometimes I go looking for it because it draws me. What exactly is Rumpelstiltskin? Is he something in me? Is he some kind of energy or way of being? An attitude? Or is there something in my life which is like that? It may take a while for the story and the meaning to unfold. Sometimes the meaning seems quite secondary, and only comes some sessions later.

At this point, Focusing with fairytales is very like Gendlin's description of working with dreams. Only after giving real space to the different aspects and symbols of the dream do we come to the point where we ask, "What in my life is like this?" (*Let Your Body Interpret Your Dreams*, p. 11). Or perhaps, in relation to the fairytale, "What *in me* is like this?"

### 3. Drawing on the Richness of Story

I work (or play) with fairytales, myths and legend in different ways. Having discovered first-hand how much richness these tales hold for my unfolding Focusing journey, why wait for them to come to me? I can also go to them. This is like giving attention to dreams, writing them down or recording them, and so encouraging them

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## Emergence: A Glimpse of Life Beyond Sarcasm and Criticism

by Barbara Joanne Dickinson

“Wait a minute!” Something on my right side spoke those words powerfully. I was having a Focusing session with my inner responses to external criticism. This powerful something was determined, slight, but strong, rising. It was responding, addressing something else in me, huddled, as if on the ground, on the left side of me. This second something had a feeling of crushed, burnt to a crisp, wisps of smoke, all that is left.

Let me call these two “something strong” and “something crushed.” They emerged in my inner area in the wake of an event relating to the abrupt end of my 34 year career in government service. There is much I could tell about these events, but for now, I want to tell the story of these two and what they taught me.

On the day I sensed them, I had heard derogatory remarks describing my past work performance. In fact, my record is exemplary, but a lingering conflict gave rise to this criticism. Right away, I was worried! What if a future employer received such a report? It felt like all the air had left the room. Suffocating!

In that moment, something crushed came to my attention with a feeling both familiar and very old. Somehow it even felt validated by the negative report, as if it was thinking, “See! I knew it! I really am no good!” The sense of “going down in flames” was strong. The sense of shriveled, old, no good, worthless, and fraudulent puddled around this small, sad something as it clutched its knees and tried to console itself.

Some say we find a place to work as adults that is similar to the environment in which we were raised. We can feel a sort of safety in familiar surroundings, with familiar types of people. I believe this adage. The organization that employed me has a very important mission in the world and a very rigorous, controlling organizational “personality,” formed over decades, with which it executes that mission.

From my critical, controlling, scared and insecure first family to my critical, controlling (and scared and insecure?) employer, I travelled across five decades of living, never realizing how much of that

controlling criticism and sarcasm I had internalized, how little of my own strengths and talents I could recognize.

No wonder the crushed one was huddled in that “corner,” sobbing, devastated! The feelings of “I knew it!” and “They’ve found me out!” and “I’m through – the shoe has finally dropped!” were pervasive.

What struck me most about the depth and breadth of the despair of that crushed something was how quickly it manifested, and how quickly I was able to relate to

the strong one emerged, a shift occurred in me that was subtle but powerful in an underlying way. I can still recall the exact moment when the strong one rose to its full height, looked out over the crushed one with compassion and said, forcefully, “They are not speaking the truth. The truth is different from what they say and can be proven!”

As those words flowed through me, what felt crushed began to change to a different emotional quality and a different

*As those words flowed through me, what felt crushed began to change to a different emotional quality and a different appearance. It seemed less destroyed, and it felt less despairing... A mildness came over it and it looked to the stronger something with a more peaceful expression.*

it. From the time I heard the report that was the trigger, no more than an hour had passed. And I was not even having an “official” Focusing session – this was Focusing “on the fly!”

Even more striking to me was the emergence of something strong in that same hour, palpably responding to what felt crushed. Something strong arose on my right side, while something crushed remained on the left. No more than a shadowy figure, something strong held the resonance of a recurring image in my Focusing. A Medicine Woman in full Native American finery, tall, strong, wise, and even, at times, fierce. It was as if the Medicine Woman had sent her shadow to be with and comfort the some-thing that felt crushed. Then, I noticed, so much more than comfort was coming from this something strong: resolve, conviction, and power exuded from it as well.

“Wait a minute!” it said. “The things they are saying are not true! They are attacking, telling their stories, but the facts of the matter are very different!” In the moment

appearance. It seemed less destroyed, and it felt less despairing. Still small, young, uncertain, and afraid, it became more of a child figure than the wizened, shriveled figure at the start. A mildness came over it and it looked to the stronger something with a more peaceful expression.

The figure of strength went on to say that the attack on me was the product of a need to diminish people. As it picked up steam, it worked up a righteous anger for all the years – decades, really – of criticism and sarcasm I endured during my career. Objectively, and even though I have great respect for the mission of this organization, I nonetheless have to say that the internal culture there is one of putting down more than building up its “human resources.” This strong one in me definitely had a point!

There is a puzzle in my life, that sometimes I hear words of sarcasm and criticism and say to myself, “Ha! They don’t know what they are talking about! I’m fine.” On another day, I might hear

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to come. In the same way, I enjoy reading fairytale and myth, and discovering themes that catch my attention.

I remember noticing a sense of shock which came to me in the story of Little Red Riding Hood. It's when she tells the wolf where her grandmother lives. "No!" I want to call out to her. "That's a *wolf* you're talking to!"

I'm almost squirming with hopeless frustration.

"Don't do it, Little Red Riding Hood!"

With such a strong response, it's clear there's something worth exploring in me. So I begin by opening up the felt sense in my "No!" The distress I'm feeling as I know Little Red Riding Hood is about to divulge the address of her beloved, sick grandmother, to a *wolf*.

I don't just take this to Focusing sessions. I live with it as a problem. Every now and then, I take it out, dust it off, muse on it. I witness again the distress of *all that* – the motif in the story. I spend time with that felt sense, letting myself feel and acknowledge how awful some part of me feels about telling a wolf where someone special is, someone who's wise and loving, but sick... And gradually, the themes begin to open up, or some felt shifts in relation to the issue.

I find it's important not to rush the themes, or to try to understand them too quickly. Our aim is to come into relationship with what is there, not (necessarily) to understand it. As Ann Weiser Cornell says (Focusing Tip #234), "Focusing is not a process of insight, it's a process of relationship. It's through relationship that change happens in the direction of fuller life."

Or in Gendlin's words, "understanding is a by-product" (*Focusing*, 2007 ed. p. 79). Our experience is often in danger of being hijacked by what *part* of us knows – often our clever, analytical, critical, want-to-know-and-solve-things selves. Working with dreams, Gendlin suggest we apply 'bias-control' (*Let Your Body Interpret Your Dreams* Ch. 10). This might involve applying the opposite sort of analysis on purpose in order to loosen the grip of our consciously-held views and values – because if

we identify solely with those, it means we may lose a new growth direction, and just become more of the same (*Let Your Body Interpret Your Dreams*, p. 49).

Sometimes, like a dream, fairytales come to me unbidden. This happened recently when I watched Tim Burton's animation film, *The Corpse Bride*. I hadn't expected a major Focusing moment to emerge, but it did, suddenly and unexpectedly. Having started the film in a downcast mood, by the end of it, I felt transformed. Something has changed in me – the story has in itself produced a felt shift. So I begin to muse and focus on what this may be.

I can feel at once that it relates to the figure of the Corpse Bride herself. So I sense and search for those energies in me with the question:

"*What in me is like this?*"

The response is clear and immediate. Suddenly I'm with an old, familiar aspect of myself, but in an entirely new way. Many a long Focusing session has revolved around this complex knot, but now I find I can accompany and empathize with that partial-self, because I have a way to perceive it more fully *through* the character of the Corpse Bride. Once again, I'm resonating between my felt sense and the character: her faded, maggot-ridden beauty, her dashed hopes, her longing, her desperate attempts to grab what she needs (in this case, the young groom) and to fit it into her world. I begin to feel how she's present (in me) at any moment when a hope, or wish or life-energy is un-acted, unexpressed, unrequited – whenever there is life-energy which doesn't quite find its way into life.

Like the Corpse Bride, that beautiful fresh energy is 'murdered' just as it's about to be fulfilled. I can sense how this relates to specific moments of my life, as well as in more general ways, when a life-direction wants to be lived, and yet is cut short.

Through Focusing in this way, I'm able to welcome the Corpse Bride felt sense in me much more fully. I feel a whole new freedom to be in her presence. Or to be in presence with her. Then other characters from the film also start asking for attention... what or who, for example, is doing the murdering?

The answer to that comes to me one day as I give a little space to a moment of grumpiness over my work. In my mind's eye the wicked aristocrat from the Corpse Bride suddenly appears. Having killed the Corpse Bride years before, he's now planning to marry, abduct and murder the New Bride. There he is in me – a sort of nasty 'I don't care how you feel, just get back to work' attitude. I see immediately how he drives underground the more receptive, flowing parts of myself, which then feel stressed and sore. So I live with this wicked male energy – and begin to see links with other fairytales; other characters who seem to act for the best (in worldly terms), but at great cost, like the King who threatens to cut off the clever girl's head if she won't spin flax into gold. Once again, this gives me a clearer way in to exploring my felt senses of those aspects in me.

Then the New Bride herself begins to speak. I explore her energies, the felt sense that she brings...beauty, love, fresh life. I notice how often I'm unaware of the New Bride, how blank she seems for me. But as I approach that blank-unaware place with curious wonderment, I now find I'm holding two things within me: the Unlived-and-Unloved (the Corpse Bride), and the Living-and-Loving (the New Bride). Both are there equally. With this comes another movement forward. I find the Living-and-Loving one is making her presence felt in me. She's taking up her natural place. Her beautiful being begins to find a fresh, clear voice, no longer drowned out by the part of me that has merged and identified with the Corpse Bride. She fills me up intensely for several days.

So the themes continue to blossom and unfold. Often other fairytales help to bring the understanding which one tale alone does not. I notice other aspects of the Corpse Bride – sisters in Faery – such

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as the Sleeping Beauty and Rapunzel. All aspects of the feminine in various stages of fulfilment: dead, sleeping, trapped. Of course, at this point, it would be very easy to turn to other sources, and to read classic interpretations of these tales by others – and that may prove valuable and fascinating. But in the first instance, what’s important is how the themes emerge and land *in me*. As with dreams, “The interpretation comes *inside the dreamer* or not at all.” (*ibid.* p. 24). Classic psychoanalytic theory may be helpful, but it’s our own felt-response to the story that holds the richness for us.

This reminds me that coming into relationship with ourselves is itself a journey. For some deeply-merged, deeply-engrained aspects of ourselves, that journey may take time, and different approaches can prove useful. The approaches are gateways which allow whatever needs attention to move into awareness – not necessarily into understanding, but into wholeness. So whether it comes as a body-sense, or movement, or feeling, or image, what is key is that we allow it to arrive within us, resonating with it – trying to allow it the form it needs. And at times, a fairytale or myth may speak just the language we need to reach down to the exiled parts, and allow them to come to life. Then we can engage with them, and they can come to life in us. ☸

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something similar, but this time, I feel crushed. My best work so far suggests that my skills are not fully developed in the area of shielding myself from unwanted and abusive communication. I certainly picked the right employer as a “training ground” for the last thirty-plus years to work on those skills!

Looking at the patterns of my first family, I have realized that criticism and sarcasm were the most common forms of communication we used. That is why my workplace of thirty-plus years felt like “home”! They spoke the same language as my first family. It took many years of working there before I realized the damage these patterns could do. To this day, I still feel emotional pain when I am not able to shield myself from sarcasm and criticism. On those occasions, it feels very much like Barbara McGavin’s description (*The Focusing Connection*, January 2009) of being hijacked by a partial self – something in me believes the criticism and feels diminished and damaged and wants to act from that place – shrink, hide, quit, surrender. From a place of Presence, I have work to do relating to that partial self, comforting, protecting, understanding its point of view, asking what it needs, relating.

Focusing has been a part of my life for only the past four years, and it is through Focusing that the sounds of criticism and sarcasm have become distinct from other ways of communicating. It is through Focusing and Focusing-oriented therapy (FOT) that I have learned how devastatingly hurtful criticism and sarcasm are to human souls, especially young ones, and that I have been able to connect the event – the critical or sarcastic words – to the response in me – the crushed one. And it is only through Focusing and FOT that I have met the strong me, connected to myself as a present being (“Self-in-Presence”) and begun the process of integrating the partial deeply wounded self that is this something crushed.

The good news? It works! I am not finished yet, and there is much more work to be done on old memories of abuse. I believe that criticism and sarcasm are verbal forms of emotional abuse. If my magic wand were in working order, I’d wave it and utter the incantation to rid the world of all the messages of criticism and sarcasm that leave so many crushed, wounded, and devastated souls in their

wake. It is in the community of focusers where I have learned how much better it is for this human soul to be guided, taught, led, encouraged, comforted, companioned, and reflected than to be criticized and subjected to sarcasm, as if these could ever be tools to help a person grow!

From a practical standpoint, this something strong brought me so many useful things: a new positive self-respecting attitude is the most important, and beyond that, resolve to make the situation better. I arose from that Focusing time to collect the information and evidence that proved my contention about my attacker. The facts of the case did not support the statements that felt like attack. Validating my position in worldly terms went a long way toward building out a Focusing shift into living forward. As it says in the Gospel according to John, (8:32), “...the truth will set you free!” ☸

*Barbara Joanne Dickinson may be reached at barbara.j.dickinson@gmail.com.*

#### Connections from Page 6

- **MONTREAL, PQ:** Changes group. Contact Solange Saint-Pierre at 514-384-3233.
- **TORONTO, ON:** Changes group every other Monday 6:30-8:00 pm. Bala Jaison 416-482-6689.
- **OTTAWA, ON:** Ottawa Focusing Circle meets the last Thursday of every month. Contact Shulamit Day Berlevtov [shulamit@inbox.com](mailto:shulamit@inbox.com) or 613-868-9642.
- **SIMCOE CO/MUSKOKA, ON:** Changes Group. One Sunday a month. Judy Archer, Orillia, ON. 705-325-2055 [judyarcher@rogers.com](mailto:judyarcher@rogers.com)
- **LEEDS/HUDDERSFIELD, UK:** Regular Practice Group meetings, all focusers welcome. Contact [simon@reflect.fslife.co.uk](mailto:simon@reflect.fslife.co.uk) for details.
- **REP. OF IRELAND:** The Irish Focusing Assoc. Quarterly meetings. Phil Kelly 01-4513207.
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- **NEAR SHEFFIELD, PENISTONE, UK:** Me & My Elephant: Self-in-Presence in the Midst of Life, **Oct 9-10**, with Barbara McGavin. Contact Karen Sage at [sage.karen@gmail.com](mailto:sage.karen@gmail.com) or 01457 870 630.
- **JERUSALEM, ISRAEL:** Level 1 starts **Oct 12**; Level 4 starts **Oct 13**; Focusing Training Program Consultation Group starts **Oct 14**; Level 2 starts **Dec 14**; Level 3 starts **Feb 15**, with Ruth Hirsch. [ruth@ruthhirsch.com](mailto:ruth@ruthhirsch.com) or phone: U.S. Number (rings in Israel): 510-868-0885. In Israel: 02-563-0999
- **BY TELEPHONE:** Level 1 starts **Oct 12**; Level 4 starts **Nov 14**; Level 2 starts **Dec 14**; Level 3 starts **Feb 15**; Level 4 starts on **May 1**, with Ruth Hirsch. [ruth@ruthhirsch.com](mailto:ruth@ruthhirsch.com) or phone: U.S. Number (rings in Israel): 510-868-0885. In Israel: 02-563-0999
- **NEAR CORNWALL, UK:** Level 1, **Oct 16-17**; Level 2, **Nov-13-14**, with Fiona Parr. 01837 840165 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk).
- **BERKELEY, CA:** Level 4, **Oct 23-24**, with Ann Weiser Cornell. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **VASHON ISLAND, WA:** Level 1, **Oct 23-24**, with Jeffrey Morrison. 206-935-7850 or [jeffrey@morrisontherapy.com](mailto:jeffrey@morrisontherapy.com)
- **BY TELEPHONE:** Level 4 Practicum starts **Oct 24**, with Katarina Halm. 604-263-9123 [HappyBones@telus.net](mailto:HappyBones@telus.net)
- **BY TELEPHONE:** Calm Clear Decisions starts on **Oct 27**, offered at both 10:30AMPST and at 7:00PM PST, with Ann Weiser Cornell. Level 2 starts on **Oct 27**, with Lucinda Hayden. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
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- **COPENHAGEN, DENMARK:** Deep Listening & Time Out - How to Gently Approach and Solve Difficult Life Situations, **Oct 30-31**, with Elmar Kruihoff. <http://www.focusing-center.de/ir-focusing-in-copenhagen>
- **REGINA, SASKATCHEWAN, CANADA:** Level 4 Focusing Centered Expressive Therapy, **Oct 30-31**; Level 2, **Nov 20-21**, Level 3, **Jan 22-23**, with Karen Wallace. [kwallace@islandnet.com](mailto:kwallace@islandnet.com)
- **BRISTOL, UK:** Level 2, **Oct 30-31**; Level 3, **Dec 4-5**; Level 4, **Jan 15-16** and Level 5, **Feb 27-28**, with Fiona Parr 01837 840165 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk).
- **BY TELEPHONE:** Levels 1-4, including Level 2 for Healing Professionals, all start in **November**, from Focusing Resources. Module 2 of Teaching

- Focusing starts **Nov 1**, with Ann Weiser Cornell. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **VICTORIA, BRITISH COLUMBIA, CANADA:** Level 4 Focusing Centered Expressive Therapy, **Nov 6-7**, with Karen Wallace. [kwallace@islandnet.com](mailto:kwallace@islandnet.com)
- **NEW YORK, NY:** Introduction to Focusing: Day 1, **Nov 7**, with Janet Pfunder. [www.focusing.org](http://www.focusing.org)
- **TORONTO, ON:** Treasure Maps to the Soul Retreat, **Nov 8-14**, with Ann Weiser Cornell & Barbara McGavin. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **DUBLIN, IRELAND:** Focusing Series starts with Level 1, **Nov 13-14**, with Manjudeva. Contact (01) 817 8933 or [www.dublinbuddhistcentre.org](http://www.dublinbuddhistcentre.org)
- **STONY POINT, NY:** Focusing Institute Advanced & Certification Weeklong, **Nov 14-20**, with Mako Hikasa, Robert Lee and Ann Weiser Cornell. [www.focusing.org](http://www.focusing.org)
- **BY TELEPHONE:** Focusing and Dreams ongoingly, join each month, **Nov 15** next start date; Focusing Study Group, ongoingly, join each month, **Nov 21** next start date, with Katarina Halm. 604-263-9123 [HappyBones@telus.net](mailto:HappyBones@telus.net)
- **BY TELEPHONE:** Level 3 starts on **Nov 16**; Level 1 starts on **Nov 21**, with Jo Kennedy. 0418141870 [focusingaustralia@gmail.com](mailto:focusingaustralia@gmail.com) [www.focusingaustralia.com](http://www.focusingaustralia.com)
- **BY TELEPHONE:** Demonstrations of Facilitating Focusing starts **Dec 2**, with Ann Weiser Cornell. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **BY TELEPHONE:** Levels 1-4, including Levels 1 and 3 for Healing Professionals, all start in **January**, from Focusing Resources. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **BY TELEPHONE:** Module 3 of Teaching Focusing starts **Jan 17**; Module 1 of Teaching Focusing starts **Jan 20**; Demonstrations of Facilitating Focusing starts **Jan 25**, with Ann Weiser Cornell. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **GARRISON, NY:** Focusing Level One: A Residential, In-Depth Experience AND How to Teach Level One: For Advanced Focusers, **April 29-May 1**, with Ann Weiser Cornell. [www.focusing.org](http://www.focusing.org)
- **HAMBURG, GERMANY:** Finding Life-Forward Energy in the Dark Places, **May 7-8**, with Ann Weiser Cornell. <http://www.focusing-center.de/awc2011/>

• **ASILOMAR, CA:** 23rd International Focusing Conference, **Jun 1-5**, taught by Focusing people from around the world. Proposals for presentations welcome! <http://www.2011intlconference.com/>

- **SASKATOON, SK:** Treasure Maps to the Soul

- Retreat, **June 16-22**, with Ann Weiser Cornell & Barbara McGavin. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **BIG SUR, CA:** Getting Unblocked, **Jun 24-26**, with Ann Weiser Cornell. Contact the Esalen Institute at 831-667-3005 or [www.esalen.org](http://www.esalen.org).

• **GARRISON, NY:** Focusing Institute Summer School, **August 12-18**, with Ann Weiser Cornell, Joan Klagsbrun, Nada Lou, Kevin McEvenue, and René Veugelers. [www.focusing.org](http://www.focusing.org)

- **GARRISON, NY:** Advanced and Certification Weeklong, **August 19-25**. [www.focusing.org](http://www.focusing.org)
- **TROGEN, SWITZERLAND:** Treasure Maps to the Soul Retreat, **Sept 11-17**, with Ann Weiser Cornell & Barbara McGavin. [info@focusingresources.com](mailto:info@focusingresources.com) or 510-666-9948. [www.focusingresources.com](http://www.focusingresources.com)
- **LONDON, UK:** UK Focusing School 2011: Supporting Your Focusing Journey, **Oct 19-23, 2011**. [www.focusingresources.com](http://www.focusingresources.com)
- **ARLINGTON, MA:** Changes group meets one Sunday afternoon a month. [www.arlingtoncenter.org/events](http://www.arlingtoncenter.org/events).
- **NEW YORK, NY:** Changes group, Union Square area. Marsha Lipshitz, 212-734-9004, [syoung5@juno.com](mailto:syoung5@juno.com).
- **NEW YORK, NY:** Westside Changes group, 1st Sunday evening each month. Contact Larry Hurst [larry.hurst@focus-in-touch.com](mailto:larry.hurst@focus-in-touch.com) 917 595 6884.
- **NEW YORK, NY:** NY Metro Focusing community meetings. Each evening has its own theme. <http://www.nymetrofocusing.org>
- **CHICAGO, IL:** Changes group in Loop, third Thursday evening. Chel Ferraro, [chelferraro@comcast.net](mailto:chelferraro@comcast.net).
- **OAK PARK, IL:** Chicago-area Changes group meets Tuesday eves. Bebe Simon, 708-524-1114. <http://lgrossman.com/bebe/>
- **EVANSTON, IL:** Sunday nights from 7-9 pm. Marsha Smith (847) 491-1062.
- **CHICAGO, FAR WEST SUBURBS:** Meet 1st and 3rd Sunday of each month in Naperville. Contact Jack Hatfield at 630-375-0881, [jackhat1@aol.com](mailto:jackhat1@aol.com)
- **EUGENE, OR:** Changes group, 2nd and 4th Wednesdays. Linda Prier, 541-345-9672.
- **CORVALLIS, OR:** Focusing Group, 2 Sunday afternoons/month. Nina Joy Lawrence, 541-745-5377 [9ajoy@comcast.net](mailto:9ajoy@comcast.net).
- **PORTLAND, OR:** Changes Group, 1st and 3rd Tuesday evenings, in Hollywood Dist. [focusinginportland@yahoo.com](mailto:focusinginportland@yahoo.com)
- **RENTON, WA:** Changes group meets 3rd Monday. Gail Beck 425-226-9139 or Merry O'Brien 425-271-6417.
- **VANCOUVER, BC:** Focusing Circle. Every third Thurs afternoon Katarina Halm [HappyBones@telus.net](mailto:HappyBones@telus.net) 604-263-9123

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# Finding Ourselves in the World: Intimacy, Diversity, Inclusion

23rd International Focusing Conference  
June 1 - 5, 2011



**Location:**

Asilomar Conference Grounds  
Pacific Grove  
California  
USA

**Main Conference:**

From dinner on June 1 to  
lunch on June 5

**Coordinator's Meeting:**

Starts at 2:00 PM May 31  
and ends at Noon on June 1

**Conference Fee:**

\$375  
until December 15, 2010;  
\$425 after

**Room and Board:**

Single: \$157-\$202/night  
Double: \$106-\$125/night  
Triple/Quad: \$82-\$99/night  
(Prices depend on room type selected.)  
(Register with Asilomar using the form  
you'll receive after registering with us.)

*Join us for a stimulating, nourishing,  
enriching, vibrant experience of sharing and  
learning in the spirit of Focusing.*

*We'll be showcasing the astonishing  
diversity of the Focusing world and all its  
applications.*

*Our daily schedule will include presentations,  
workshops, interest groups, Focusing time,  
and time to enjoy and connect with each  
other, as well as to enjoy the gorgeous  
natural setting where ocean meets forest.*

**Organizing Committee:** (including, but not limited to)

John Amodeo, Francesca Castaldi, Ann Weiser Cornell,  
Glenn Fleisch, Doralee Grindler Katonah, Laury Rappaport

**Conference web page:** <http://www.2011intlconference.com/>