

LETTER FROM THE EDITORS

[Bala]

Way back in March of '08, one of my colleagues just happened to mention in passing that Gene's book came out in 1978. I was astounded. That made the book thirty years old! *Could it really be 30 years since the Focusing book was introduced to the public...?* What had transpired in the Focusing world between then and now...?

My mind (as I imaged it) looked like the inner workings of a clock: spinning, ticking, synchronizing parts...*30 years...ummm... Something* needed to happen to mark this momentous event. It didn't take long...I woke up at 3am with a mantra: *A Tribute Folio* — *yes!* This was an occasion that had to be publicly marked.

I needed help — a really skilled and articulate co-editor, well versed in editing and writing — and someone who (if I may use an oxymoron) had a *serious sense of humor!* We'd definitely need one to be able to pull off a Folio of this size in such a short period of time. I called Paula Nowick.

[Paula]

Ahhh...the offer was hard to turn down: long hours, high pressure, and no money. Yes, a *serious sense of humor* was needed here! After we got through laughing, I began to think seriously about this project and what it meant to me...

Any of us could imagine what an acorn might be in thirty years, but probably none among us could have envisioned the remarkable future of a small 174 page book published in 1978. That book, with its simple one-word title ***Focusing*** bolded across a cover showing pebbles under moving water, would in thirty short years herald the beginning of a paradigm change that, as one of our contributors suggested, could bring hope to a broken world. The unanticipated influence of *Focusing* to stimulate fresh thinking about healing — personally, intellectually, and communally — is continuing to unfold across multiple disciplines. Thus, to honor this landmark, the thirtieth anniversary of *Focusing*, it seemed proper to dedicate an entire *Folio* as a tribute to the very many ways that Focusing has profoundly impacted the lives and professions of Focusers around the world.

And so we went to work, putting out a letter, asking for proposals, setting dead-lines, and gathering Guest Editors to help us out with the first-draft articles. Then the blitz began. Sometimes the articles poured in faster than we could read them; some of the translations into English were very complex and took many more hours than we had imagined. Then there was the world of technology, when one or another of our e-mails crashed at some crucial editing moment — and the frustration — hours and hours on the phone with our servers, hearts pounding in high angst. Humor — right!

One of the highlights for us was around some of the unexpected connections and wonderful friendships we made — priceless and rewarding new bonds for which we are deeply grateful.

So at this juncture, (with a bit of irony thrown in) it just happens that The Tribute Folio took nine months to birth, and indeed, the baby is born and we present it to you with a deep sense of awe, celebration, and gratitude for all the support we have received in our deeply shared love of the work: Focusing.

Our vision: From the beginning we knew that we wanted to put our attention on the evolution of Focusing over the past thirty years from the original six-step model to the numerous integrations and applications that have evolved out of that original process. As you will see, the contents of this issue are very rich and diverse and cover a large territory, from profoundly philosophical to utterly practical. For clarity, we have divided this issue into five parts:

Part 1: FOCUSING THEORY AND PRACTICE, covers a storehouse of meaningful material starting with Christine Langeveld and Erna de Bruijn's twenty year perspective and changing views on teaching about the impact of The Critic. Marine de Fréminville details her work on using the Background Feeling as a transformative and powerful tool in Focusing. Ann Weiser Cornell and Barbara McGavin were each planning to write an article; in the end they decided to keep their team spirit and write both articles together explicating their work on Inner Relationship Focusing and Treasure Maps to the Soul. From Israel we have the totally 'practical' version of Focusing from Atsmaout Perlstein and Bilha Frolinger, in which they teach us how to do "Focusing On The Go".

Part 2: PHILOSOPHY presents a wide-ranging selection from a diverse group of writers. Herb Schroeder, an environmental psychologist, shares his research on the felt sense of natural environments undertaken as part of his work for the United States Forest Service. Nada Lou's interest in philosophy and work with TAE is evident in her fascinating piece on The Passageway Into The Implicit giving us an even clearer insight into Gendlin's philosophy. From Japan we have a most interesting and informative contribution from Tadayuki Murasato, comparing the philosophy of Kitaro Nishida and Eugene Gendlin. Kevin Krycka begins his article with a childhood memory, which metamorphoses into an exposition of one of Gendlin's concepts in The Nature of Our Exceeding. Kye Nelson, who has worked very closely with Gendlin, shares her vision about Why The Philosophy of the Implicit Matters. And finally ending this section, Thomas Froitzheim speaks about his passion for finding the True and Non-Dual Self, and how Clearing A Space assists in that process.

Part 3: CROSSING FOCUSING. The entries in this section align with our vision of exploring the evolution of Focusing over a thirty-year period and clearly demonstrate how many different integrations and utilizations people have used to *cross* Focusing in their various fields.

With the Arts: We start with Laury Rappaport's Focusing-Oriented Art Therapy summarizing her innovative development of an enriched approach to art therapy incorporating the fundamentals of Focusing. Tereza Crvenkovic, in her piece entitled Focusing and Writing about Doing the Dance, illuminates an area we don't often discuss: the difficulties of writing experientially about folk dancing and the invaluable assistance of Focusing in the writing process. Then, David Orth, a very talented philosopher, sculpture, and builder of furniture, shares his ruminations on the essence of the creative process in Clearing a Space on the Workbench: How Focusing Helps Me Build.

With Bodywork: This section offers two articles highlighting some breakthrough discoveries when integrating Focusing with physical movement. First, Kevin McEvenue and Glenn Fleisch co-author an article demonstrating the benefits of integrating Focusing into their individual areas of expertise in the Wholebody Focusing Story. Seven authors, Larry Hurst, Jack Blackburn, Francesca Castaldi, Mathias Dekeyser, Claudia Conza, Steven Scholle, and Nicoletta Corsetti, have each had a part in Tying the Thread of Bodywork, Movement, and Focusing, in an article describing their unexpectedly rich collegiality as they experimented with applications of Focusing as a basis of their organizing during a bodyworkers' conference.

With Education: Akiko Doi, in Let the Felt Sense Speak in English, shares a meaningful experience highlighting specifically how, through Focusing, she helped transform a group of reluctant students studying English as a Second Language into eager and 'happy' conversationalists. Joan Klagsbrun, in Finding Sanctuary in a Stressful Environment, shares the results of incorporating Clearing a Space into the opening of her college and graduate classes, including some very informative and positive student evaluations of improved concentration, learning, and reducing overall stress levels.

With Psychotherapy: Salvador Moreno Lopez discusses and demonstrates through transcripts several crucial ways the complex process of supervising new therapists in training can be enhanced by the supervisor's integration of Focusing techniques. Finally, Dave Young explains and applies some of Gendlin's most basic concepts in the Process Model as it forms the framework of his family therapy practice in his challenging article, Sing Focusing and Systems!

With Business: Kathy McGuire brings Focusing and The Creative Edge Pyramid together incorporating Listening/Focusing into the workplace as she details a new "kind" of Focusing Community.

With Children: First, Heidrun Essler, René Veugelers, and Simon Kilner present a fascinating explanation about their current work and forward-moving directions in Children Are The Future. Next, Lucy Bowers tracks her career with children from the 'early landscape' of working in the school system to the current progression of introducing Focusing into the classroom in Gene Gendlin's Gift for Children.

With Community Wellness: Pat Omidian and Nina Joy Lawrence end this section by taking us back to Afghanistan to demonstrate their Work In Progress, illustrating how they adapt the Focusing process to meet the cultural needs of the Afghan community.

Part 4: PERSONAL JOURNEYS. This issue would not be complete without the sharing of some personal journeys and true stories about the effects of directly using the Focusing process with deeply felt issues and concerns.

Thérèse Fortier and Solange St. Pierre share their experience of Partnership, Friendship, and Mentoring, outlining the personal stages, ups and downs, and the development of their process as partners and friends. Rob Foxcroft in Doing The Thing You Love writes as only Rob can, and we'd do his article a disservice to even try to describe it — we'll just say, it is *poetry!* Elena Frezza, writing about Focusing and Chronic Pain, shares a personal journey detailing her experience of how Focusing transforms the ability to 'relate' to severe physical

obstacles. In their article on *Cultivating A Graced Life*, mother and daughter Marianne and Elizabeth Thompson team up to share their parent/child experiences of having Focusing be a natural part of their daily living and relationship together. John Keane also talks about his journey with chronic illness, illuminating the realm of dealing with ongoing health issues through the lens of Focusing, the philosophy of implicit entry, and narrative philosophy. Finally, Debbie Belne ends this section with a charming and insightful tale of how to use Focusing with a very cranky child who has just received some not-good-news in her tale of Focusing with her daughter 'Under The Covers'. For those dealing with young children — you'll love this!

Part 5: We end this Folio with some inspirational words and hopes from Eugene Gen-dlin presenting his Vision Statement For Focusing, and Action Steps and Projects for the next thirty years.

We will stop now so you can read this journal. It has been a joy for us to produce the TRIBUTE ISSUE and to celebrate with you our Thirty Years of Focusing! We hope you enjoy it.

With regards from your editors,



Bala Jaison, Ph.D.



Paula Nowick, *Ed. D.*