

## **TAKING OFF THE STRAIGHT JACKET A Healing Focusing Process through the Inner Connection to Other Existing Dimensions**

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Knowing that something exists that is broader and larger than what we can tangibly see and know has accompanied me since childhood. I remember many conversations with God, having a sense of things that are beyond, that have no name and cannot be translated into something tangible. However, over the years something in me has closed. Struggling and trying to live up to other people's expectations and trying to be a "good girl", has taken over the space of my earlier inner feelings.

Over the years, through my own personal journey and through meetings with people in times of severe crisis in their life processes, a renewed connection inside of me began to grow. My professional background, countless Focusing processes, the reading of spiritual books that came to me by coincidence—all that and more—have enabled new expansions and a still-growing-understanding of the multi-dimensions in life.

In recent years, my evolving understanding and growth demanded another step to unfold: the need to express my broader vision—to give, to teach, to speak out, and bring directly and openly my understanding about the extended dimensions I meet to the educational and therapeutic field.

The process presented here is one of many, marking the internal struggle to come out publically—and the fear that accompanies it.

*I am sitting on the beach with a friend and colleague...I am glad we are on the shore, where I can breathe in some of the spaciousness of the beach and the sea. Despite the openness of the sea, I feel this weight inside of me—a heavy weight that is connected to my next step—to dare to talk about the inner connection we have to other dimensions, to speak about what I feel and see in these non-physical dimensions, and to bring out my understandings—helping other people reconnect to the Light that lies dormant within themselves. I feel the urge inside of me that our world needs this more than ever. And again, I am feeling the heaviness inside and the fear of not being understood.*

*As I stayed with this sense of heaviness, it swelled. There is a great deal of fatigue and a desire to end the process. "You won't be able to Focus," says the voice of the inner critic inside me. An escape window? Something in me wants to escape from this Focusing process.*

*Besides the heaviness, another part of me is beginning to emerge, pulling me up above, giving me an eagle's eye view. Higher and wider. A new awareness is increasing; I'm feeling a new experiential space, feeling the air entering my body, and feeling bodily*

*relieved. I am now simultaneously aware of the part experiencing fear and the experiential bodily spaciousness and ease.*

*The bird's-eye perspective starts to expand. At first I see the great sea, everything looks different, clear, beautiful, shiny . . . My body absorbs it all. There is a feeling of physical expansion.*

*Then suddenly . . .*

*I see her—a young girl with dark hair. And I know it was me, from another time. From a previous life. I feel pain in my heart together with a strong attraction to get closer to her. Both of us are present in the same space. Past and present are one. I try to capture her eyes . . . They are petrified, looking in panic to all sides, in terror.*

*I am trying to make contact with her . . . starting to feel deep inside of me 'her horror'. The traumatic memory starts to re-live itself inside of me, coming in as a muffled sensation embedded in the felt sense. Past and present are becoming one, and then separating again in a continuous circular movement.*

*Past and present interlocking with one another is reflecting my dilemma and fear of taking the step to share the extended knowledge that exists and is available to me. In this past life experience (that I am describing here) I had dared to share my understandings of other existing dimensions. I was misunderstood then . . . and locked up in a strait jacket. (And there still is, in me, the bodily sensation and experience of that straight jacket, now manifesting as the fear to be misunderstood and to be judged again.)*

*I return my attention back to the beach, again feel the space, the sea, breathing, and feeling the Focusing companion sitting next to me, listening to me, making me feel understood. There is another breath.*

*I want to try to reconnect with the girl. It is tough. She is frantic, constantly moving, afraid. I am in an inner zigzag between the experience of the terrified girl and the bodily felt spaciousness, finding there some kind of quiet, not identifying with the feelings/experiences of the girl, sensing the expanded awareness that can contain everything and anything.*

*I am not only in the traumatic story, but I also feel this bodily expanded awareness, which can consist of the here and then, allowing the process to move as it wishes. I am sensing in my body a big opening. I realize that all the multi-dimensions are interconnected, interlaced, and undividable in a way that cannot be put into words, but can only be felt and rested in. There is an expansion, the infinite space between then and now, the contact between different time dimensions without the regular time sequence that we know. This feeling is very exciting. I want to sink into that feeling more and more.*

*Then I see her again. This time I can feel something deeper inside as I sense into the connection she had then with other dimensions in life. I am sensing that something from her knowledge is awakening in me. An ancient memory.*

*There is in me an allowing . . . to be with both experiences—the fear and the expansion. I breathe . . . Allowing the process to happen.*

*I am feeling that this is enough for now. It feels like it's time to finish the process...promising to go back to it at another time.*

*I go back to the physical sensations of being at the beach, the hot sand, the sea, the sun warming the body. I feel the need to be grounded. There are new insights emerging, still vague, into my awareness. Time is needed to allow them to sink in.*

What is this connection to other times and spaces? What are those levels contained in our body—and when do these old memories come alive and why? Is it continuity from an unfinished stoppage that occurred so long ago...and has now received the opportunity to *imply* the process forward?

From my understanding, these memories come 'alive' again...when they are needed...for our life continuity. Memories from past lives re-open, expanding our understanding of the meanings, healing traumatic experiences, and allowing the life process to continue. This multi-dimensional process helps the life energy to continue from the way it stopped a long time ago. The organism is supplying what is needed to continue this life process. There is something greater than ourselves that wants to create movement and progress, bringing what is needed.

The process itself contains dimensions of time and different places, appearing and revealing in a precise way, a new texture with the potential to move the entire process forward. Past—present—future, moving in new ways inside the interactive time, that takes place in the here and now, concealed in the pure essence of transformation.

Eugene Gendlin describes time not as separate events that just come alive in our memories but as an *intricacy of life forward movement inherently containing the implicit*. He is inviting us to look in a different way at time and space.

What the organism brings to the present interaction has been called the 'background'...not considered as if it were a static thing rather than part of a regenerating process...The organism taking account of its past is a *regenerative* process; this regenerative process is the implicit precision. (Gendlin, 2012, Implicit precision, p.1)

Implicit memory...does not represent the past, but re-enacts it in the course of the body's performance...the present living process reshapes its past by reshaping itself...the past is not past because an observer determines that it happened at an earlier position on Newton's absolute time line. The past is the living process's own past, made past by its new present...(Gendlin, 2012, The time of the explicating process, p. 1)

The depth of the process and the integration of a different time and space is a *new process* happening in the *now*. Expanding our conception of time and space, deepening our understanding of the meaning of our lives and of the continuum of life at various levels, as well as the ones that are not visible. This essence is beyond time and place, and contains

countless experiences and knowledge. This sequence is constantly in motion, embodied within us individually—and linked to the whole.

In the deepest sense, the Focusing process allows us to delve into our essence. Within this *new* process there is not only a meeting with difficult or traumatic events and situations embedded in stuck-fear, waiting . . . for a space . . . a breath of fresh air and expansion . . . but also a *direct contact* with our *essence*.

Within ourselves lies the potential to be in touch with different dimensions, to expand and to rebalance them. This is a real potential inherent in being human. From here we can meet each other in a new way that will take ourselves both as individuals and as a whole society *forward*.

*It is night when I am writing these words. I am going to finish writing this article. Something inside me relaxes. A part of me did not understand what all the fuss was about. . . A new sense of freedom bubbling gently in my body. . . I'm ready to move forward, feeling the inner peace, acceptance. Also fear. . . but it is no longer paralyzing me. . . There is room for everything. I feel aliveness, new life energy and excitement. There is a rejoicing inside. . . I feel that I finally dared to take off this straight jacket!*

Note: There are many methods of working with past lives. It is not my intention here to prove, confirm, or refute anything. My personal process felt real—a real life bodily experienced memory, not an outcome of a vivid imagination.

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