

LETTER FROM THE EDITORS

Each Spring we send out an email to all of you asking for suggestions for a theme for the forthcoming *Folio*, and in response we usually receive a huge variety of stimulating possibilities. Normally, we are able to find a commonality among several of the twenty or so suggestions, enabling us to rub our hands together in delight as we agree between ourselves that we indeed have this year's theme.

This Spring, however, each of your suggestions was quite singular, meaning that we had absolutely no consensus! “*My goodness...*” one of us said, “*this list is like a gigantic potpourri,*” and the other quickly responded, “*Potpourri! Wow!! How about THAT as our theme? We could celebrate the diversity of the passions that Focusing evokes in our community...the profusion of differing ways people carry forward their experiences in Focusing...THAT would be an amazing theme!*”

DONE!! We announced *Potpourri* as our theme and did the usual — put out a call for proposals.

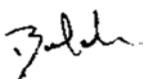
What happened next was a total surprise...and delight! We started getting suggestions — over 50 of them! — for article proposals (a whole lot more than we could possibly print in one edition of the *Folio*). So...we did something that we've never done before — we decided to produce a Part 1 and Part 2, covering the *Potpourri* theme for both the 2015 and 2016 editions. Then with relief for some and disappointment for others, we had to sort out *which authors* would be in this Part 1 and who would have to wait until the 2016 edition Part 2 to see their work in print (Did we mention that almost everyone wanted to be included in the 2015 issue!) Eventually, however (maybe because we all know the wonderful world of Focusing and *being* and *sitting with...*) the roster for the two editions somehow miraculously worked itself out, and we are now able to offer you a very dynamic, very diverse, and very fascinating *Potpourri* of Focusing articles for your reading enjoyment.

In a traditional potpourri, you will find an *assortment* of aromas, textures, and colors that are tossed together without regard to any particular form or order — and so, too, are our articles — artlessly *mélanged* without regard to subject, arranged only according to the author's last name.

And so...what we are hoping is that you will discover that this potpourri, like all potpourris, offers an accumulating perfume that refreshes our senses and adds a most welcoming atmosphere to the world of Focusing. Welcome to Part 1 of the *Potpourri* edition of the *Folio* and enjoy!

AND...for the first time ever, some of you are reading this edition on a Kindle! Congratulations to the Focusing Institute for your efforts in making this option possible.

With regards from your Editors,



Bala Jaison, Ph.D.



Paula Nowick, Ed. D.