

LETTER FROM THE EDITORS

The eclectic mixture of articles in this 2016 *Folio* edition of the Potpourri, Part 2 attests, once again, to the amazing versatility of our treasured practice of Focusing. Our writers for this special collection reflect the wide-ranging expertise within our community and their enthusiastic sharing of their experiences with you. We hope you will thoroughly enjoy and learn from these thirteen spirited contributions.

Our first article by Jack Blackburn explores the healing potential of touch and Focusing with clients who've suffered from severe trauma, losing sensation in parts of their bodies. He presents three case studies detailing the application of certain proprioceptive interactions that enabled the clients to bring consciousness into their paralyzed tissue. As clients became more articulate with their somatic awareness, they became more articulate with words, and hence were able to participate directly with their felt-senses.

As befits a Potpourri the next article offers an entirely different application of Focusing: dreams. Trees Cuijpers-Kessels will intrigue you with her story of three mysterious, seemingly unconnected dreams that eventually unlock the powerful grip that childhood experiences have had on her life. Only after attending a workshop on Focusing and Dreams was Trees able to weave the many strands in the dreams into a sense of wholeness.

Entrepreneurship, mission statements, business plans, and collaborative leadership took a dramatically more powerful elaboration as three businesswomen applied the insights from Focusing and Thinking at the Edge in the first stages of their cutting-edge philanthropic enterprise in Africa. Barbara Dickinson and Margaret Herrick take us on a behind the scenes look at a new type of business model developed from working at multiple edges.

The crucial role that the right brain hemisphere plays in attunement, resonance, and regulation is central to our Focusing ability to attend inwardly and to stay present with others, writes Annmarie Early. Her extensive review of the emerging findings from neuroscience, as well as her exercises to enhance our subtle energies, is designed to expand our experiences of the living felt sense of aliveness, as we feel our way forward through new pathways.

Dawn Flynn's article on Focusing and naturopathic medicine plumbs the profound meanings of health and disease from the perspective that no single part can be understood except in its relationship to a whole complex pattern of the body in a fluid interaction with its environment. She describes the many ways her practice tries to align and connect us with ourselves, each other, nature, and all of life.

As the director of an urban outpatient mental health clinic, Charles Herr writes of his efforts to ameliorate the high stress levels of his staff by incorporating Focusing into their daily interactions, and his eventual creation of 'Reflective Practices' which included Focusing along with Non Violent Communication and other meditative practices, such as mindfulness. He describes his continuing goal to seek ways to enhance the quality of living for each person in the organization and the people that organization serves.

Bala Jaison looks back on an article she wrote over twenty years ago and rethinks the implications of the sometimes intense bonds that are forged when one begins following

a path of spiritual-awareness and self-reflection. Her article explores a particular aspect of *attraction* to other people for which we don't currently have a term-of-expression in our present culture. She proposes some possibilities for creating some new ways to address how we cope with and manage this enormous outflow of energy.

Yet another potpourri! Robin Kappy shares with us her delightful quick pencil sketches of some New York City subway riders drawn from her wordless felt sense of their presence as they ride together "Between Stops."

Five Spanish Focusing-oriented psychologists, headed by Luis Lopez González, undertook a quantitative study to discover whether adolescents have the ability to comfortably work in a Focusing way while completing a sequence of six drawings of their felt-sense. Their study also sought to find out if the sequenced-drawing-exercise aided adolescents to be in a more direct contact with their body. Read about their positive findings.

Eric Lorup and Bruce Nayowith describe for us a radical exploration of what might happen when a small group of Focusers gather together to create a field of attentive listening for the Earth. The group has been expanding the traditional Focusing process by sensing into something outside of their physical bodies that is larger than any of them, and then group-felt-sensing as each listens to one another and the planet in a "co-sensing and co-resonating" process.

Practicing psychotherapist Salvadore Moreno Lopez reflects on his best practices in helping clients cope with life's stresses which have left many feeling powerless to reduce its negative consequences. He describes how he has found that taking time to PAUSE to pay attention from the bodily felt sense greatly helps people find better alternatives for living.

The next article introduces an entirely different flavor of potpourri: a thank you letter written by Steve Moscovitch to his Felt Sense. He begins his witty and poignant note with "The contribution that you have made to what is good in my life, and to what I have done with the events and situations that I wish had never happened to me, has been huge. That's close to what brings my tears now." You'll want to read on.

If you've ever wondered what life would be like if you consciously *lived* the Process Model, read the engrossing travel narrative written by Anna Willman. Fulfilling a "bucket-list" dream to walk across the United States, Anna shows us that she's not just a person on a linear quest, walking from one point on a map to another, but rather, "I am *in a process*. I am myself processing."

So, we are delighted to present here the 2nd edition of the Potpourri. We hope you enjoy reading this edition as much as we've enjoyed editing it. Welcome to Part 2 of the Potpourri!

With warm regards from your Editors,



Bala Jaison, Ph.D.



Paula Nowick, Ed.D.