

The Emotion Revolution Harnessing the Power of Mind, Body and Soul with Joan Klagsbrun

[1:40]

Rich Simon: And our guest today is someone who's been practicing focus for many years, Joan Klagsbrun from Boston. Joan, how are you?

Joan Klagsbrun: Hello Rich. Good to see you.

Rich Simon: So lots of people may be familiar with focusing. Some people may not be. So let's start off [2:00], where did focusing come from?

Joan Klagsbrun: Well it is the work originally of a philosopher and psychologist named Eugene Gendlin, who studied at the University of Chicago. And he was interested in the philosophy of the implicit. And he was very interested in how change happens. And he noticed, as a phenomenologist, that change happens when we can feel more in the body than we can cognitively understand. And if we can go right to that edge of experience, where we can feel something we don't understand, something new opens up. So that was how he began as a philosopher. And then, he wanted not to just be an academic, but to apply his philosophy to a practice, and he chose the practice of psychotherapy. He was at the University of Chicago, and he approached Carl Rogers, and asked him whether they could do some research [3:00] together. But first, Carl took a couple of years to train Gendlin as a psychologist in his client centered method. So their series of research studies in Chicago were really the birth of focusing as a process, and a method, and a practice.

Rich Simon: Okay. And this goes back – so Gendlin, in graduate school, I was reading Rogers and Gendlin, and Truax, and Karkoff [sp], and all of that literature that was generated. So this is going back into the late '60's and '70's...

Joan Klagsbrun: Oh definitely. Definitely.

Rich Simon: Okay. Alright. So focusing is, in some ways, one of the – increasingly we hear about all the different mind/body practices in our field. And of course, we're all in love with mindfulness, and you can't have a conference [4:00] without at least 20 different presentations on mindfulness these days. So help us understand – position focusing for us. Let's start off with mindfulness to begin with. Is focusing just another practice of mindfulness?

Joan Klagsbrun: Well there are a lot of similarities between focusing and mindfulness, and they're very complimentary practices. Many people I know focus before they meditate and some people meditate and then they focus on whatever comes up from it. So there's just a lot of overlap in there. And here are some of the ways they are similar. Both of them are about using what we call – in focusing, the focusing attitude; being curious, and interested, and welcoming, and receptive, and inviting, and non-judgmental about whatever rises in experience, whatever you're experiencing in your body. And both of them are very much present-oriented. [5:00] And both of them are making a real effort to just notice

things as they are, and not trying to change or fix anything, or push away anything. So in that way, they are very similar practices. So where they're different is that in – both of them have kind of a light touch, a gentle, light touch. But I think with focusing, there's a little bit more emphasis on the touching. And by what I mean by that is in mindfulness, when something arises, we notice it, and we kind of let it go by. In focusing, when something arises, we make connection with it. We make a relationship to it, and we are really gonna spend time opening it up, trying to learn from it, and get some fresh insight from it. And so we're looking in focusing for a sense of release. And we get a sense of release [6:00] by working with our issues in a focusing way, which we'll describe in a few minutes. And I think that that's a hallmark of focusing, that there's a sense of a kind of transformative moment of feeling a shift, of feeling not so entangled with personal problems, and to get a little bit different perspective, and to get some release in the body. And I think in mindfulness, there's a little bit more about observing whatever arises and kind of letting go. So there's slightly different emphasis, and maybe different purposes.

Rich Simon: And a different relationship to one's experience...

Joan Klagsbrun: Content. And to content as it arises from inner experience.

Rich Simon: Okay. So maybe it's, in the spirit of focusing, in whatever way you think would be most helpful, and I was very much looking forward to this, because I had gotten very intrigued with the focusing process over the [7:00] – ever since you gave a presentation at the conference this year that one of our senior editors took, and found absolutely transformative for herself, and reminded me again of how much I love focusing, and one of those things that I had fallen out of practice. So help us here. How should we get started so that we can all get an experiential sense of what you're talking about? And then we can draw back from it, and look at some of the implications perhaps later on.

Joan Klagsbrun: Well I'd like to at least say a little bit about what focusing is, and the two important foundational aspects of focusing, which are the focusing attitude, and the felt sense. And then I'd be really happy to take you through an experience.

Rich Simon: Alright. That sounds great to me.

Joan Klagsbrun: Okay. So focusing is really a practice of inner listening. And it's a way to connect with meanings that are freshly coming from present experience. Right? And it is also a core process of change that the research that [08:00] – which I hope to talk about later – the research that Gendlin and Rogers did together, suggest that it can make any kind of psychotherapy more effective. So I think it can be joined very easily with any kind of modality, any work at all; both in psychotherapy, and coaching, and counseling. So I think that's why it's important for everyone to have some understanding of it. And focusing is a systematic way to bring gentle attention beneath our thoughts, and concepts, and things that are packaged already, packaged meanings, down to a level of knowing that comes to us through the body. Right?

So when I say, "Body," I don't mean the body as physiology. I mean the body as a repository of memories, of feelings, of emotions, of body sensations, of meanings. And most of this is not in the realm of logic. [9:00] so focusing is a non-analytic way to connect to this deeper knowing, this deeper

body knowing, this other kind of intelligence that's not encoded in words yet. And because of that, you can get to places you can't get to through the intellect alone. It's almost as if we have a separate sensory system. You know, we have hearing, and sight, and we have balance. And we also have this sort of body intelligence that we can access, and that gives us much more information than we consciously have. You know, I think probably, we only have a small subset of what we know in consciousness, and yet we can access more of what we know through the body.

Rich Simon: Okay. So it's as if the – my experience – and you and I have talked previous to this, I've been struck [10:00] by the idea that in so much of our life – I like this idea about pre-packaged. Language offers us up the world in this very pre-packaged – you know, this is a webcast interview. This has specific dimensions, where we have a certain amount of time. We have all these structures. And what focusing is about is we escape this packaging, and we discover the freshness of whatever it is that makes something unique, and special, and a lived moment as opposed to yet another example of something we've already experienced.

Joan Klagsbrun: That's right. And for clients, if you stay on the level of what's cut and dried, and what they already know, many problems can seem unresolvable and very challenging. But when we dip down into this great pool of body intelligence, of what we call the felt sense, then we have access to many more possibilities, and so [11:00] – Gendlin has this line in his book, *Focusing Oriented Therapy*, "Nothing bad is ever the last step." And the implication there is that there's always more. And there's always implicit further movement that's possible if we go to this larger realm where we know much more than we think we do, or our body knows more than we do. In that realm, there are more possibilities, and more possibilities for healing, and movement, and growth.

Rich Simon: And so before you – we have our experience, and we invite people into the focusing process, is there more that we need to say about what you mean what Gendlin means by the felt sense?

Joan Klagsbrun: Yes. Yeah I'd like to say a little bit more about that. And maybe we can contrast it with emotions, because that's our topic for today. So I see emotions as the large category of feelings that we would [12:00] recognize; anger, and fear, and sadness, and joy. And we can sense as therapists when the client is having feelings and expressing feelings, and it's generative, or it's healing, or it's cleansing, and it's important for therapeutic movement. Right? We can really sense that in ourselves. But there are times when emotions just keep repeating themselves. They get repetitive, and they get stuck. The client who cries every session, the person who just stays in anger. And the problem with emotion is that at times, it can narrow our experience. So you know that when you're really enraged with someone, even someone you love, it's hard at that moment to remember all the good things about them. Why is that? It's because emotion actually distorts our experience. It gives us one facet of the experience, but we lose other facets. [13:00] So again, I think emotion is very important for clients to get in touch with and express, but we have to sense, Is this going someplace? Emotion, is it moving or is it stuck? And that's where this other category of experience that Gendlin named comes in, and he named it the felt sense, because it's a step wider, kind of a step down from emotion. And it's a different dimension. It's not thoughts, and it's not feelings, even though it contains both of those. It has a little more distance to it, so it gives us a little more perspective.

Rich Simon: Lovely.

Joan Klagsbrun: So what I would say about a felt sense, it's how we hold the whole situation, that's W-H-O-L-E. How we hold the whole situation in our bodies. And actually, even though experience is very [14:00] intricate, and there's always lots of facets to it, we can actually get a feel, kind of a mood of the whole thing, whatever the problem, or the relationship, or the issue that we're working on, we can actually – and usually, there's a body word that comes, that holds the whole thing – like it's tight, or it's contracted, or it's jittery, or it's jumpy, or it's spacious. Right? So even though there are many aspects, the body – we have this human capacity to hold the whole thing and to find a handle for it; a word, or a phrase, or an image that calls up the whole thing for us. And once we have the felt sense – now we don't get it immediately. It has to actually form. So we have to wait there with this sort of gentle attention until it opens up. But when it opens up, it gives us a lot of fresh insight. [15:00] It gives us new information, and it often gives us little steps of change that I think are in the direction of more authentic living, because they're coming from this bigger place, this larger intelligence.

Rich Simon: Okay. At least non pre-packaged living.

Joan Klagsbrun: That's right.

Rich Simon: So we discover the difference between having a roadmap that tells you everything in advance what everything means, to discovering in the moment what's going on.

Joan Klagsbrun: Absolutely. Well put. Exactly. Yeah. And we can be very surprised by what we find there. I am always surprised by what clients find when they go to that. It's never what I would have predicted. Because there's so many possibilities. So there are some other characteristics of the felt sense that I think are interesting. I've said that it's at first unclear, that when you go there, you can distinctly feel something in your body [16:00], you know, like you feel tight, or you feel uncomfortable. You can really feel that. But at first you don't know what it is, because you don't have words there yet. So we have to wait kind of patiently, and then it forms freshly. I've said it's about the whole of something. It's not just an aspect, so we can feel the whole of something. And then we want to bring a receptive, questioning to it, so it can open up and tell us what it knows. And then, we often get new understandings, and often a felt shift, where something – at least we hope – that something will open and change. And then the whole thing feels different in the body, even if it's just a little step. So focusing should always feel good, even if we're working on something that's shameful, or painful, it was there anyway in the body, right? The body knew it anyway, so it should feel like [17:00] a relief when it opens up.

But I'm talking about this – I want to make sure that people know – this is something they're doing all the time anyway. We have a felt sense all the time. So let me just give you some every day illustrations. Have you ever had the experience, Rich, of waking up in the morning, and you've had a dream, but you lost the content of the dream?

Rich Simon: Mmhmm.

Joan Klagsbrun: You can still feel the flavor of the dream in your body, right?

Rich Simon: Right.

Joan Klagsbrun: Now if you jump out of bed and hop into the shower, you'll probably lose it. But if you stay right there, you're bringing attention to something you can't analyze. You're just sensing it. Right?

Rich Simon: Mmhmm.

Joan Klagsbrun: That's focusing. Cause you're just being with something, and you're waiting for it to speak to you. So in focusing, we are a listener to ourselves. Rather than talking at ourselves, we're really listening to ourselves. And that's a different way to be [18:00] with ourselves.

Another example is if you're walking down the street in Washington, and you see someone you know, and you know this person with every cell in your body, but you have no idea where you know them from – whether they were at your conference, or whether you just ran into them in the grocery store. And what's interesting to me about this is that the body already knows whether you want to go and approach this person, or whether you want to duck away. Even before you mentally have the handle for who this person is, your body actually knows. It has a lot of memory and experience and wisdom about who this person is. So our bodies are quite wise.

Rich Simon: So this all is so tantalizing. I'm wondering, can we give people – if they're like me, they're thinking, "Let me investigate [19:00] a bit of my felt sense right now." So can we give them a little – can you guide us for a bit? And then we're gonna talk – bring this back – and then you're gonna talk about how you integrate this into psychotherapy. But let's get into the experience of this process.

Joan Klagsbrun: Great. So I'm going to lead you through this process of focusing, because when Gendlin did the research, and it's a naturally occurring process, but he made steps out of it to help people to find the process. So I'm gonna lead you through some steps. I'm gonna leave out the first step, cause I want to come back and talk about that as its own thing. That one's called clearing a space. So I'll just take you through the rest of focusing and then we'll go from there.

Rich Simon: Okay. Great.

Joan Klagsbrun: So Rich and anyone else who's listening to this and who would like to be guided, why don't you begin by taking a few breaths. You might want to allow your eyes to close. [20:00] And bring your awareness down into the center of your body. And just say hello to yourself. And now you might ask yourself, "How am I on the inside right now?" And feel free to share anything you would like to, and [21:00] to keep private anything that feels like it ought to stay private. Actually when you're doing this with someone, they don't have to say their steps out loud, but Rich has agreed to do that today.

Rich Simon: So one thing that's just coming up, earlier today, we had sort of a jangly experience with doing one of these recordings and had a lot of technical problems. And then just this sort of this joyous free feeling of don't have to worry about the technical side of this recording and your – this tone of

voice that just feels so invited, and I can kind of just let go and surrender – this feeling of fun, positive surrender.

Joan Klagsbrun: Ah, that's lovely. So you're already allowing yourself to let go of this experience this morning. That's good. So when we focus, we usually begin by choosing [22:00] something that wants our awareness. So I'm gonna invite you to just see if there's something in your life that you want to explore for just these three, four, five minutes with me, and that would feel okay with your body to share. So just let me know, and take your time, and let me know when something comes up that wants your loving attention.

Rich Simon: What is coming up that's very immediate is that we're doing this on a Monday, a day filled with events, and assignments, and to-do's is all happening there. And so I'm preparing myself. Part of me is preparing myself for that, [23:00] so how to greet that without feeling to overwhelmed by it. Just sort of like – huh – I'm curious about what the day will bring.

Joan Klagsbrun: So there's – I'm hearing two things. I'm hearing some curiosity about what the day will bring, but also some way in which it feels like a lot that you have going on. There's a lot there that's sort of weighing on you.

Rich Simon: Yeah.

Joan Klagsbrun: Is that right?

Rich Simon: I've had to pack it all in, and all of the decisions about what they are... you know it's not unlike what I imagine an experience a lot of folks are having on their Mondays.

Joan Klagsbrun: Yes. Right. So you're feeling the Monday-ness of this day, with all of its decisions, everything that's awaiting you. Right? Okay. And so now I'm gonna ask you to stand back a little bit from that experience. And take your time, and allow yourself to experience it, how the whole thing about it being Monday [24:00] feels in your body.

Rich Simon: Okay.

Joan Klagsbrun: And at first it's probably unclear and fuzzy. And just wait and notice whatever comes.

Rich Simon: So there are pieces. The first piece, I feel some tensing up about, oh my, all of that stuff, all those things that are waiting to be done. So there's that. But it's not entirely unpleasant. There's a positive piece to it also. There's a sense of a positive challenge to it, like I'm looking forward to it. But also a bit of a clenched thing inside. Seems to be clenched, tense.

Joan Klagsbrun: So there really are there [25:00] – there's the positiveness, the anticipation. But there's also a clenched feeling there, right? And you can feel both of those.

Rich Simon: Yeah.

Joan Klagsbrun: So go back and forth and see if clenched is the right word for that part.

Rich Simon: So it seems that I'm preparing for it. So can I find the energy, and the interest, and the curiosity, or...get into these various tasks of the day.

Joan Klagsbrun: So clenched – is that still right, or is that shifted a little?

Rich Simon: The clenched is sort of I'm searching for..

Joan Klagsbrun: Ah, I get it. So the clenched is the searching for whether you have the interest [26:00] and curiosity, and energy to face everything that's in front of you on this Monday.

Rich Simon: There you go. That sounds right. That seems better.

Joan Klagsbrun: Alright. So let's go back and forth now, and see if those are the right words... searching for the curiosity, the interest, and the energy. Just see if that captures where you are in this moment.

Rich Simon: Mmhmm.

Joan Klagsbrun: So now we're just gonna keep it company.

Rich Simon: Mmhmm.

Joan Klagsbrun: And see if your body sense has anything it wants to tell you.

Rich Simon: Hmm.

Joan Klagsbrun: And it may not. That's fine.

Rich Simon: Yeah there's a – it's as if it felt understood. There's something – there's a positive that comes out of [27:00] how you just helped me find a different handle for it.

Joan Klagsbrun: Uh-huh. It likes this new handle.

Rich Simon: It likes it. It's fun. Oh yeah, let's go with that one. Let's see what happens with that one. That seems better than the clenched one.

Joan Klagsbrun: Yes. And that's so typical of a felt sense. There's certain words that it likes. And then it opens. Right? so now I'm gonna ask you to ask your felt sense some questions. And if they're not right, just let them go by.

Rich Simon: Okay.

Joan Klagsbrun: And the first one is; what's the crux of this? What's at the heart of this that makes this challenging? And then just wait and then let it tell you.

Rich Simon: Mmhmm. Yep. And as you say that, what came up is, "Am I up for this? Am I up for this?" So there's the excitement part, and then there's the thing, "Well what if I'm not up for this?"

Joan Klagsbrun: Yes.

Rich Simon: Both things, but that question. [28:00] So the question – I feel the question inside me.

Joan Klagsbrun: So you can really feel this question of, “Am I up for this?”

Rich Simon: Mmhmm.

Joan Klagsbrun: What if I’m not up for this? That’s really there. What if I’m not up for this? Right?

Rich Simon: And that’s the negative. That’s the fear. Like, “Oh boy.”

Joan Klagsbrun: So there’s something there, and it may be fear. But it’s something there. What if I’m not?

Rich Simon: Mmhmm.

Joan Klagsbrun: And now maybe we can ask the whole thing, “What does it need?” And see if it can tell you what might ease that sense of, “What if I’m not up for it?”

Rich Simon: Mmhmm.

Joan Klagsbrun: And just wait and let your body tell you what it might need to make the day go easier for you.

Rich Simon: It [29:00] wants – what you have in phrasing it, I find myself responding very easily and almost instantaneously to what you’re saying. So it’s the – I’m – its waiting for this excitement. It’s waiting for a buzz. It’s waiting for this little spark of [indecipherable] that’s gonna say, “Okay, okay, okay. Let’s go. Okay. On with the show.”

Joan Klagsbrun: That’s wonderful. It’s waiting for this little spark, this little positivity, this energy to come to say, “Okay. Okay. Okay.” So now see if you can imagine what a small step in the right direction for that buzz and that excitement might be. And just wait and see if there’s a knowing there about what that might be, something that might open you to that buzz. [30:00]

Rich Simon: Mmhmm. So the thing that comes up immediately is kind of my version, focusing. So instead of a whole bunch of things happening simultaneously, and oh my, this is a bit overwhelming – okay, start here; this thing. This is the thing I will do...

Joan Klagsbrun: That’s lovely.

Rich Simon: And I feel, “Oh this – I can do this.”

Joan Klagsbrun: So it’s like you’re saying you need to give yourself the opportunity to come downstairs right with where you’re experiencing this, and just be with this. That would be a step in the right direction of facing all of the tasks ahead. It’s just to be with yourself and be with how you’re feeling about the tasks. Is that right?

Rich Simon: And that buzz, that pleasant buzz...

Joan Klagsbrun: Oh and be with the pleasant buzz. I see.

Rich Simon: I'm there with it. It's focused. It's there. And I haven't lost that nice sense of the pleasant buzz, rather than the [1:00] am I up for this. Oh it's the buzz. Oh okay, pleasant buzz.

Joan Klagsbrun: Ah. So you're really looking for that buzz that came there. That would be a step is to really find that in yourself.

Rich Simon: That's it.

Joan Klagsbrun: It would give you the energy, and the curiosity, and the interest to go through your busy day.

Rich Simon: That's it. Yeah. Yeah.

Joan Klagsbrun: So be thankful for whatever came. You might want to be. And then to just see if this is a good time to end this little round of focusing.

Rich Simon: Mhmm. Great. Yep. Lovely. Yep. Hello, how are you? Hello networker folks, whoever's out there. What an interesting process.

Joan Klagsbrun: So I do think that Gendlin was really [32:00] very wise to take this naturally occurring process that he found, that people had – some people had – in psychotherapy, when he did research, and to develop this protocol to help other people to find this place. And I think it's designed to help you listen very deeply inside to what your body and your intelligence knows – your non-verbal intelligence knows.

Rich Simon: And also, what's stood out is I've been there a thousand times in one way or the other, but there's something like a rediscovering with your help a way to be there, go there, that seems both extremely familiar and absolutely brand new at the same time.

Joan Klagsbrun: Oh how lovely. Yeah. Well the thing about focusing is its always fresh. It's always creative, because it's coming in the moment. [33:00] So the felt sense isn't something that's been hanging around all week. Right? It's something that you just got in this very moment. And I think being in touch with something that – that's freshly arising, is very enlivening.

Rich Simon: Yeah. Yeah. It's a beginning.

Joan Klagsbrun: Yes.

Rich Simon: There's the excitement. I've always liked – I think many of us liked the idea that there's always something inherently – unless the default response to beginnings is, "Hey this is great."

Joan Klagsbrun: That's lovely. May your day go well.

Rich Simon: Alright. Well you've got this interview off to a great start. So now we've gotten – and I hope folks had whatever their version of this experience, they really begin to feel what you're talking

about and we're getting this in our bodies. So take us into kind of the next step and whatever demonstration or however you want us to [34:00] be able to really get a felt sense of what you're talking about, you'll let us know. But as a therapist then, so you have this tool, and your orientation then as a therapist in addition to your interest in focusing, is there a particular model of psychotherapy? Is there a particular kind of specialty area that you have?

Joan Klagsbrun: Well I would consider myself a focusing oriented psychotherapist. And I use the word "oriented," I take that seriously. Because I orient myself always to what's right over the horizon of awareness. And I'm interested in helping people to get at this level of experience that I think is so fruitful, and productive, and juicy. Because that's where movement happens. I think that's where change happens. And so it looks very different from client to client to client. Occasionally, [35:00] I'll use the focusing process as a whole, as I just did with you. But more often, I just kind of sneak in aspects of it, because I think there is – to teach your client something puts something between you and the client. So I more use the principals of focusing to help people to be able to dip into this place underneath their words, and concepts, and thoughts, where I think more can happen for them in the direction of healing and wholeness. And sometimes solving problems, sometimes getting a bigger perspective on things...

Rich Simon: Mmhmm. Okay.

Joan Klagsbrun: So I would say that's my orientation. But I want to say that in the focusing community, there are people who are relational psychoanalysts, people who do short term therapy. Every variety and modality of people can – behaviorists. So it actually is a skill that's applicable in many different arenas [36:00] in therapy and also outside of therapy. It's being used in 43 countries. And it's being used to help people in developing countries, NGOs, and Afghanistan, and Pakistan, and El Salvador, and Ecuador. There are big focusing programs in those places, where people are being taught focusing. And of course in each culture, it's changed a little bit. But interestingly, it's not relevant where your educational level is. There aren't categories of people who can't do focusing. Some people have a natural ease. You're obviously good at this. But everybody can learn it and profit from it. And in therapy, what's most important is that the therapist knows how to focus. All clients don't know how to do that. And we'll talk about that in a few moments when we get into that.

Rich Simon: Okay.

Joan Klagsbrun: Focusing actually began with this research on psychotherapy. So maybe I can just take two minutes, or three minutes...

Rich Simon: Sure.

Joan Klagsbrun: ... and tell about that. [37:00]

Rich Simon: Okay.

Joan Klagsbrun: Cause I think it's an interesting beginning. So Gendlin and Carl Rogers got together, and they asked the question that's still a very good one today, 40 years later, which was: Why is it that some

psychotherapy is effective and some isn't? Some people go through years of therapy, and nothing changes. So they looked – they had the old fashioned reel to reel tape recorders, and they taped hundreds of hours of different kinds of psychotherapy that were practicing in Chicago then; psychoanalytic, and client centered, and Gestalt therapy, and other kinds. And what they did was they listened to five to ten minute segments of first and second sessions. And interestingly, they were able to predict who, in a year's time, would get better, and who wouldn't. And their metrics were the self report of the client, and the therapist [38:00] evaluation, if the client made serious or real and lasting change in therapy.

Rich Simon: Okay.

Joan Klagsbrun: And what they found was that it had nothing to do with the kind of psychotherapy. And in those years, people really did practice their kinds of therapy. We're all more eclectic now, but...

Rich Simon: Yeah.

Joan Klagsbrun: And it had nothing to do with the content of what the client was talking about, whether they were talking about their early childhood, or how they felt about the therapist, or what they did that week. That wasn't relevant. So the relevant, critical factor that predicted success in psychotherapy was the manner of experience – how the client was speaking. And there were successful clients who, right from the start, the first and second sessions, were ones who could speak from their feelings, rather than about them, and who could touch into this realm that is later called the felt sense [39:00], but at the time was just a realm of referencing something that they would check against and see if it was right. And those people did well right from the beginning and got better. Other people who didn't know how to do this process were rated low at the beginning of therapy, and they never learned it through therapy. So that's where Gendlin got the idea that he would make a protocol to teach it to clients, so that they would make better use of psychotherapy. And there have been a lot of studies that have shown that it is teachable, and that when people know it, they have more success in therapy. And it makes sense, because it is really the essence of any good therapy. Right?

Rich Simon: Mmhmm.

Joan Klagsbrun: When we can touch down into something that's more than on the surface level, or more than our narratives, and can really get in touch with feelings [40:00] and listen to them, and speak right from them. So let me give you an example of what such a person might have sounded like who did well on that rating scale, which was called the experiencing scale. And the experiencing scale was looking at people's capacity for being with experience within that wasn't yet clear, and who could stay with it, question it, and find fresh meaning from it in a bodily way. So that was the scale they used. So person who was high on the experiencing scale from the start might have sounded like this in a session: "I'm so pissed at my sister. She's drinking again. How can she be drinking again, when we just saw our father die from alcohol? So I'm just pissed at her. Is that it? No I can feel it in here. It's more like, um, I don't know what it is. [41:00] It makes me sad, and it's so damn disappointing. Yeah. That's what it is." So these people knew how to reference something that they could feel and check it against themselves. And so they didn't necessarily use the most tissues, crying in therapy. They didn't have the most

intellectual insights. They were the ones who could kind of grope their way towards something that was deeply resonant with how they were holding it inside, how they were holding it in their body.

Rich Simon: So it's kind of – and to focus on the theme of our webcast – what you're describing is a certain kind of conversation that they have. And I'm using that in sort of a broad sense, not simply...

Joan Klagsbrun: Absolutely. Right.

Rich Simon: They'll have this conversation. It's kind of a relationship they could have with their experience that might shift [42:00] from moment to moment. And in terms of the overall topic for our conference about emotion, and working with emotion, and how to help people regulate their relationship with emotion. Talk to us about some of the ways some people – who are too intensely emotional, who are caught up in the grip of emotion. Like what you were talking about before about primarily that some of us were at a great distance, where we really don't get a felt sense of our lives. So take us through some of the various ways you as a therapist help people shift their relationship with their emotional states by using this tool.

Joan Klagsbrun: That's a wonderful question, Rich. And I think focusing is very helpful in helping people to befriend their inner experience, and to develop the right relationship to it. You know? Most of us have one of two ways that we deal with feelings. Either they're sitting on our lap, breathing down our neck, and we're feeling overwhelmed [43:00] by them, right? Or they're...

Rich Simon: Breathing... that's a tough one, that lap and breathing down the neck one. But I get it. Okay. It's a little entangling. Okay.

Joan Klagsbrun: Or they're down the hall in a closet we have locked away, and we say we're gonna get to them, but we never do. Right? And what I find is that focusing is very useful for both kinds of situations, both ends of the spectrum.

Rich Simon: Mmhmm.

Joan Klagsbrun: So when you have somebody who's drowning in emotion that's too intense, too heavy, too present – they're feeling tremendous fear or anxiety, or drowning in their sadness, we have ways in focusing to special metaphors for starting that say, "Let's sit down next to it. Let's see if we can find a way to make a space for it, to be friendly to it." Because we want people to not – when people are overwhelmed by emotions, often it's because they're overly identified with that emotion. I am sad. I am depressed. [44:00] As opposed to I have sadness. So by having people have a spatial metaphor, sometimes I even say, "Let's see where would you want to put that fear of the recurrence of your cancer? We want to work with it today, but it's so close. Where would you like to put it?" And they might say, "I'd like to put it behind the couch." And so I often say to people, "You want to get it just back up enough so you get a whiff of it, but that you're not overwhelmed by it."

Rich Simon: Uh-huh.

Joan Klagsbrun: And Gendlin had a wonderful phrase that I love, “You don’t have to stick your head in the soup in order to smell it.” So we really want to help clients get a whiff of whatever it is, because if you don’t have a whiff of it, it’s hard to work with it. But if it’s too intense, you can’t work with it either. Okay so there are a couple of ways to do that. So one is the spatial metaphor; you know, place it at the right distance away. Make a friendly space for it. Sit down [45:00] next to it. Put your arm around it. You know there are ways of helping people to distance. And then you also want to – sometimes you ask people to locate it in the body. Right? So where are you feeling that? And it’s very grounding to say, “Well I’m feeling it in my throat. My throat is tight,” or “My chest is feeling clenched.” Because then it’s not all over. It’s in one place. And even sometimes we can ask people, “Would you like to put a gentle hand there?” Help them ground themselves in the emotion. So that’s one way. And then another very good way that comes from the work of Anwiser [sp] Cornell, is to use facilitative language. And that could really help a person not be so over identified with an intense feeling. And one of the...

Rich Simon: Sorry, go ahead.

Joan Klagsbrun: That’s fine. One of the magic words to use, that we often [46:00] use in focusing, is the word, “something.” So if you come and say to me, “Joan I’m overwhelmed today. I have so much to do.” I would say back to you, “So Rich, something in you is overwhelmed today,” or “You’re sensing that something in you feels overwhelmed today.” Can you feel the difference between that?

Rich Simon: Hmm. Hmm. It’s facilitative and you’re describing this as facilitative language?

Joan Klagsbrun: Facilitative language that’s gonna help you have a little bit of distance. If I say, “Something in you is overwhelmed,” or “Something in you is depressed or sad,” rather than, “You’re just depressed.” I’m implying that it’s not all of you. And that can be very useful.

Rich Simon: Yeah.

Joan Klagsbrun: And there are other phrases that have been used a lot too, like, “There’s a part of you, maybe a large part, but it’s a part of you,” or “There’s a place in you.” So all of those methods; [47:00] the getting the spatial distance, the locating it in the body, and the facilitative language all help with very overwhelming emotion.

Rich Simon: Okay.

Joan Klagsbrun: But then there’s the other kind of clients, right? The ones that come in and have a lot of trouble tolerating any affect. Cutting off from their feelings, warding it off, maybe afraid of their feelings. And we have ways of focusing and working with that, too.

Rich Simon: So Joan, we’re having our technical adjustments here. Just adjust your mouthpiece a little bit.

Joan Klagsbrun: Oh how’s that?

Rich Simon: I think that’s better. Yeah. There you go. Loud and clear.

Joan Klagsbrun: Thanks for letting me know.

Rich Simon: Alright.

Joan Klagsbrun: So you have someone, for example, who might come into your consulting room and say, “Well three years, and he just broke up with me like that. Just packed his bags and moved out. [48:00] But I guess it’s for the best. I guess it wasn’t gonna work out.” So a client like that, I would be using my felt sense and saying, “Wow, when you say that, I just felt my whole body tense up like I’d been hit by a truck. I’m wondering how it was for you in that moment when he’s gone and you’re just in that place of noticing how drastic this is, and how unprepared you were. And I’m imagining... etc.” So I’m using affect in my voice and in my words to try and help the person kind of get a little bit more embodied. But it’s a very delicate thing when someone has warded off emotions. And so we want to be very gentle there. And it’s like we want them to be able to turn the faucet on, but to have some control, because they’re afraid of being flooded. And so we want to be very respectful [49:00] of saying, “So just notice it, and whenever it doesn’t feel right, just – we’re gonna back away and get a comfortable distance away so we can work with this.” And maybe the person will be able to sustain that for only a minute or two at first, and then we’ll go back to telling a story, or go back to being shut down. And that’s fine. It’s never a pushing. It’s always just an inviting and seeing if there’s that possibility for having a more embodied awareness.

Rich Simon: Yeah. Yeah. And so do you find that some people have no idea what you’re saying when you say, “Felt sense? What’s that?”

Joan Klagsbrun: Right. Absolutely. So she was – this example I gave was a woman like that. Right? If I had said to her, “Take a moment and sense inside,” she would have looked at me like I had two heads. Right?

Rich Simon: Uh-huh.

Joan Klagsbrun: But by using the felt sense of the therapist, and empathically and in an [50:00] in tuned and empathic way, then we can co-create the environment where it feels safe enough for the person to check within themselves. And for some clients, they’re natural at it, and you mostly want to stay out of their way. But for some clients, we have to kind of do focusing in thimblefuls, just a little bit – and you know you don’t lose anything buy just reflecting something twice on the felt side of it. “So you say you’re really anxious. So you’re really anxious there. And I’m wondering if that’s the right word for it. is that right?” And by asking questions like, “Is that the right word for it,” there’s only one place to go to answer that, and that’s to check within. So there are ways that we can very subtly help people who are not naturally introspective to make good use of this approach.

Rich Simon: So at the beginning of a [51:00] – so one of the things – it occurs to me, is – particularly those of us who – and I count myself in this crew of people – who get too focused on language, is that we begin the chatter of the therapy session, and that gets us off in some direction where what needs to be said, the word deeply felt, experience, whatever it is, gets lost. So when you’re – is there a way in which when you begin your psychotherapy, do you have certain ways of beginning sessions that move

people more easily, more maybe even efficiently into this awareness of felt sense, out of which this kind of exploration can more easily go?

Joan Klagsbrun: Yes. That's a great question. And I would say that for some clients, they just take a moment of silence, and that's often a good way. Some people are just kind of come in more centered, and they know what [52:00] they want to share, and then we can go there. But there certainly are clients who come in, and they are scattered, or they have so many different things to share. And then I find that the first step of focusing, which is called "clearing the space" is a wonderful way to begin. And I don't label it and say, "Now we're gonna do this process." I just say something like, "You know there's a lot that we're bringing in today. I can hear there are many concerns and issues. And I wonder if we could just begin by taking a little bit of an inventory, and to just notice what's there for you." And maybe you and I could do this. And that would give people a sense of that.

Rich Simon: Alright. Perfect.

Joan Klagsbrun: Okay. So Rich, you've just come in, and I know you've got a lot going on. And maybe it would be good for us to just sort of notice what's there. And so we're just gonna take a moment to bring your attention down into the center of your body, and just say hello to yourself. [53:00] Greet yourself. And I'd like you to begin by actually remembering a time when you had a sense of well being, or a sense of peace.

Rich Simon: Hmm.

Joan Klagsbrun: And just remember what that was like with all your senses, what you could smell, or hear, or see.

Rich Simon: Hmm. Yeah.

Joan Klagsbrun: Yeah? Do you have that sense?

Rich Simon: Yeah that's nice.

Joan Klagsbrun: So now we're gonna ask you what's between you right now and that sense of peace and well being?

Rich Simon: Hmm.

Joan Klagsbrun: And if nothing's in between, of course, then just stay right there. But most of us are carrying [54:00] problems, or issues, or burdens. And we're just gonna take each one that comes up one at a time. So you might just notice if there's one thing in the way between you and feeling that sense of well being and peace. And please don't fall into it. just notice it, maybe where you're holding it in your body. Or if there's a name.

Rich Simon: Mmhmm.

Joan Klagsbrun: You have something there?

Rich Simon: Yeah, I just had that quick flash of a friend visited last weekend. Saturday morning, went to a market. The day is beginning, just that beginning. Here I am; I'm at [55:00] the beginning. So everything else is there waiting in the background in that lovely sense of being at the beginning of something, anticipated – positively anticipated.

Joan Klagsbrun: That's lovely. Wonderful. And then when I asked was there anything in the way of that sense of wellbeing, I'm just wondering, did something come there?

Rich Simon: Yeah, you know, the rush of I can't spend too much time at the beginning. I have to move to the next place.

Joan Klagsbrun: Okay. So let's take the whole thing about the rush, and see if you can make a package out of that, and place it at the right distance away. We're gonna place it for the moment, outside of the body, like we're giving the body a little respite from that. Whole thing about rushing. And really notice what it would feel like to be you inside without that.

Rich Simon: Hmm.

Joan Klagsbrun: Let's see if you can get a little breath there, [56:00] a little more space.

Rich Simon: Well it certainly feels like clearing a space.

Joan Klagsbrun: You're clearing a space.

Rich Simon: There is – not being crowded by the future, but just clearing a space to be there right now. And it's okay to be at the beginning of something, and not feel crowded by what's the next thing.

Joan Klagsbrun: Wonderful. And so now, just bring your attention back inside and say, "Except for that, am I all fine?" And again, just wait and see what comes in the body.

Rich Simon: Mmhmm. And the thing that comes, and this has come up through this time we've been listening to you and working with you in this way, having you guide the process in this way, this quality of this friendliness, this friendly presence.

Joan Klagsbrun: Mmhmm.

Rich Simon: I can generate it, but you generate it so naturally, this feeling of a friendly presence inside. [57:00] It's very nice company to have.

Joan Klagsbrun: Mmhmm. Mmhmm. So you're really feeling that friendly company. It's like whatever's there is just fine.

Rich Simon: Uh-huh. Yeah.

Joan Klagsbrun: So I'm just wondering if there's another issue or concern that you can notice in the body that's between you and not feeling fine? And there may not be today.

Rich Simon: Mmhmm.

Joan Klagsbrun: Or just see what's true for you.

Rich Simon: Mmhmm. Yeah, it's – seems there may be storms on the horizon a little further on, but in this vicinity now, a space is cleared, and I can feel ready to go onto the next step, and that's something...

Joan Klagsbrun: That's great. Good.

Rich Simon: Cleared of my space again.

Joan Klagsbrun: That's great. So I would just say that in addition to those issues that we carry, most of us have a background sense; always feeling a little too busy, or a little sad [58:00]. And I'm just wondering if there's a background sense that's typical of you that you're experiencing right now.

Rich Simon: Mmhmm.

Joan Klagsbrun: And see if you can just wait and see what comes. What's a background, like the flavor? Almost like the wallpaper you don't see any more, cause it's there all the time.

Rich Simon: What a great question. So I can – it seems like a great question, a great thing to...

Joan Klagsbrun: So does something come there, then?

Rich Simon: So two things come. One is the background sense of expectation, of excited expectation. And a sense of eagerness, the next thing. And then a kind of [indecipherable 59:00] for oh my... what's a little further down the road? Maybe it's gonna be a little more than I can handle.

Joan Klagsbrun: Both those things are there. And we really want to give space to each of them. There's that expectation, and excitement, and curiosity. And then there's also this [indecipherable] feeling about will I be able to handle that. Right?

Rich Simon: Yeah.

Joan Klagsbrun: So let's make a package out of that, and see if you can – see what it would be like to be you without that [indecipherable] feeling. And see what, if there is some way you can imagine putting it at the right distance away...

Rich Simon: Mmhmm.

Joan Klagsbrun: Where you would be able to pick it up again, but right now, you get a little breather from it.

Rich Simon: Oh it's very light. It's very light. And light. And light. Carefree.

Joan Klagsbrun: Nice. [1:00:00]

Rich Simon: And young. And all the excitement of beginnings. Feeling at the beginning of whatever it happens to be.

Joan Klagsbrun: So I'm just gonna invite you to spend 30 seconds or so in this clear space, where you don't have to do anything, and just allow yourself to be. And many people find in the space that they are not their problems even though they have them. They're much larger.

Rich Simon: Mmhmm. Hmm.

Joan Klagsbrun: And before you come back, maybe you could just notice if there is a word, or a phrase, or an image, or a gesture, something that would act as a handle for what it feels in the clearer space.

[1:01:00]

Rich Simon: Feels like a ... Yeah just that – bring it on.

Joan Klagsbrun: Uh-huh. Uh-huh. Openness and movement...

Rich Simon: Openness. Yeah. The word hadn't occurred to me, but that really, that connect – kind of a sense of openness. Okay what's this? Okay here we go. Ready?

Joan Klagsbrun: But I love that you symbolized it with the gesture. Because gestures are such wonderful symbols.

Rich Simon: Yeah.

Joan Klagsbrun: So then, in therapy, once we did that little process, which would take anywhere from five minutes to fifteen minutes depending on the person and the amount of packages that they had that they wanted to note, then we might just go on in therapy, and they would have kind of taken an inventory [1:02:00] and also had a moment of having had a little bit of sanctuary. And that feels very important because as Einstein said, "We can't solve a problem with the same consciousness that caused it." And so in this clearing of space, we're really changing our consciousness. We're changing our perspective. And I have found that to be particularly useful when people are going through serious illness, that having a chance to put down the cancer, or put down the whatever, and to just find what else there is that's in the way of feeling fine. And then to have a couple of minutes of feeling all free, and all clear and fine. It becomes a very positive resource for being able to live life with lots of challenges. And so that the more people do this process, the more they are able to call up this resource of the cleared space. And some colleagues and I actually did a couple [1:03:00] of pilot studies, some research studies done with women with breast cancer using just this clearing of space. And we found that just after six weeks, that they had better mood, more energy. They were functioning better. They felt more equanimity, more calmness. So it's a practice. This is like a little practice that people can do. It's an optional step in the focusing, but by itself, I think it's very stress reducing and helpful.

Rich Simon: Oh my, yeah. So it – what I have experienced throughout this definitely delightful hour with you is this sense of discovering things that are extremely familiar and seem absolutely new, and this capacity to shift consciousness seems a breath away. You keep [1:04:00] – within a few moments as

we move through the different kinds of practices that we've been doing together, there's a different consciousness there that can take me to a completely different place. So that...

Joan Klagsbrun: That's great.

Rich Simon: That seems – it's something – a real hallmark of doing this kind of work – and the way in which you are working with between, the implicit, the non-verbal, the unstated, and the language.

Joan Klagsbrun: It's a zigzag. It's a back and forth. It's not just going there and staying there. It's having this conversation.

Rich Simon: Yeah. It's a conversation. A very different kind of conversation...

Joan Klagsbrun: An inner conversation between your everyday consciousness and what the body knows. Yeah. Gendlin calls it the upstairs and the downstairs.

Rich Simon: Uh-huh.

Joan Klagsbrun: And we bring it downstairs to the conversation. So I wonder if we have time – I haven't been watching the time, for me to share a couple of ways to integrate this into therapy. [1:05:00]

Rich Simon: Yeah, we're coming to the end of our time, but take us down the home stretch here.

Joan Klagsbrun: Okay. So the first thing I would say, the first way to use focusing is to just notice when your clients are right at that edge, where they're just opening to the felt sense, because many people get there and then they back off, because it's unknown territory. And so it's very helpful to be aware of when clients are right at that edge, and to help them to stay there with it. So it's important then to notice the hallmarks of when they're at this place, and they're often when a person slows down their speech, says, "I don't know how to say this," maybe uses their hands, uses metaphors, gets groping, stops, slows down their speech. So all of these are signs that a person might be coming to this very fertile place where if they could stay there, it would tell them more. And we might just say gently, "[1:06:00] So maybe you could just stay there for a moment and see. There's something there that's not clear. You can't concentrate on writing, and yet you want to. And just see if words come that would capture how it is when you're sitting at your computer and to get really back into the experience." So that's one way. And then when clients are telling stories and they're very far from getting to that felt sense level of experience, you might just ask them to notice what comes in the body right there, or what comes inside. So an example would be a client who's saying, "My mother's coming to visit. I'm dreading the visit." And then she goes on for 15 minutes about the ways it's been disastrous in the past and how she – what she's worried about and so forth. And then I might say, "So you've said everything about that, and it sounds very complicated [1:07:00] and challenging. I wonder if you can just take a moment to just sense inside and see what comes there when you say, 'My mother is about to visit?' And just wait there." And sometimes I even use a little shortcut. I say, "Tell yourself it's gonna be great, even though you know that's not true." And often when you do that, when you say to yourself, "Oh this visit's gonna be fine, ugh," all the ways the body knows it isn't comes up. So that's a little shortcut. And then, once I

have the person there, then we can begin to work and explore this inner territory of the deeper feelings, and the deeper knowing.

Rich Simon: Hmm.

Joan Klagsbrun: And so we start with the bodily sense. So – and this particular woman, I'm remembering I asked, "What comes there?" And she said, "I feel nauseated. I feel like a want to throw up." And so I say that back to her, because I always want to sort of resonate it and see if that's right. And then she said, "Well now it's in my throat. [1:08:] I'm feeling kind of choked up about it." And then we worked with the choked up feeling, and it turned out that there were feelings there that she was afraid to express. And she got in touch with what that was and was able to do that more easily than she would have had she not come into her body to get it's information.

Rich Simon: Mmhmm.

Joan Klagsbrun: So we invite people to do that, and when people can't do that, then we as therapists do that. We do the focusing. "You're describing your mother's visit, and it's coming, and it sounds like it has a possibility of being a real disaster and I'm just wondering is it that you're feeling trapped by her visit? Are you feeling kind of claustrophobic, that it does gonna be intrusive?" And then I'm very happy when they say it's none of those. Cause then I know they've really checked inside. But sometimes I have to begin the process as the therapist, of doing my own focusing [1:09:00] to help them ease into finding their place inside.

Rich Simon: Mmhmm. Yeah. Yeah. Is there some – in a moment we'll spend a little time making people aware of some resources and ways they can find out more about focusing, as we bring this exploration to its conclusion, do you have some final thoughts or applications that you think you'd really like to pass along when you're explaining these methods to people?

Joan Klagsbrun: Yes. Well I think the last thing I'd like to say is that I think that therapists can use focusing to help nurture and notice the positive that comes into therapy. And I think one of the big mistakes therapists make is to focus too exclusively on what's negative and whatever we pay attention to grows. Now of course, I'm not suggesting that people exclude what people come to therapy for. [1:10:00] But I have found that the positive is always present, even in the midst of very challenging situations, and we can lift it out if we notice it. And focusing is a wonderful way to lift it out. So when people come in, and there's some new energy they come in with, or I sense some new excitement, or maybe some movement or some new accomplishment, or just a better mood, or they say, "I was just listening to NPR, and it was so interesting on the way over,"... whatever it is, I want to slow down and see if we can mine the positive with focusing. Because so often, there's significance and meaning to the positive that can be very enriching to people. And we know from the neuropsychologists that staying with something positive for 30 seconds allows us to savor it and to bring it into long term memory, and to have it as a rich resource for us. [1:11:00] So I'm always looking for that. And so I'll just give you a quick example, and then we'll wind it up for today. But there was a fellow how came into my office and he said, kind of like a throwaway line, "So my son is moving to Medford, you know, the next town over from where I live. And that's good news." So I said, "Oh well can we stay with that for a moment and

just see what's so good about that news?" And then I said, "So just go inside and sort of notice what does it feel like in your body that your son is moving close to you, your grown son?" And he said, "Well I can feel some warmth around my heart." I said, "Yeah." "After the divorce I wasn't sure I was a really good dad to him, but the fact that he's moving here and wants me to be close to him is kind of makes me think maybe I wasn't so bad after all." And then he said, with a tear, he said, "It kind of lifts a big weight from my shoulder." So by just noticing [1:12:00] this little positive that I could have just gone – you know he said it as a throwaway statement. We could have gone onto the problems that he brought in, we ended up coming to something very rich and important for him to have articulated, that some part of him knew but he hadn't yet said it fully to himself.

Rich Simon: Yeah. Yeah. Yeah well it seems – I mean that was my experience repeatedly through these various processes that we went through today, this way that you have of inviting and helping people to discover these little – even in the midst of what may seem stress or difficulty, to mend – once the focus happens, there's something kind of natural unfolding there with the positive that emerges.

Joan Klagsbrun: That's right. There's always the sense of a next step, if we ask, "What does this need?"

Rich Simon: Yeah.

Joan Klagsbrun: There is a forward direction, I think in every [1:13:00] – even painful and shameful situations, if we're with it in a friendly way and really go to that level in which we know more than we think we do.

Rich Simon: Well a great note on which to end this part of our conversation. So tell us, if people are interested in finding out more about focusing, training opportunities, things to read, where do they go?

Joan Klagsbrun: Well the website, www.Focusing.org, is a really wonderful, rich repository of hundreds of articles you can download for free on focusing and every topic; focusing and philosophy, focusing and meditation, focusing and working with children, working with different populations, focusing and spirituality. So it's just a great resource, and so I recommend that. There are many trainings for focusing oriented therapists around the world, including [1:14:00] Boston. And New York as a wonderful training that's connected with – it's called Focusing Oriented Relational Psychotherapy, and it's a combination of relational psychoanalysis and focusing. So people can find trainings on that website. There's a summer school. I'll be one of the five teachers at the summer school this summer in August in New York state. And that's a fabulous experience of immersing yourself in a focusing environment for a week, where you study a major topic in the morning, and can learn from all the different teachers in the afternoon.

Rich Simon: And how do you find that one? Is that through the focus...

Joan Klagsbrun: That's right on the website.

Rich Simon: Okay.

Joan Klagsbrun: Called Focusing Institute Summer School. FISS.

Rich Simon: Okay.

Joan Klagsbrun: So that's an opportunity. And that's what comes to mind.

Rich Simon: Alright. That certainly will get people started. [1:15:00] And speaking of getting things started, we have – so today, Joan has really not only given us these concepts, but given us such a rich experience of focusing and these various processes that she's demonstrated with us. So there's a comment board if you're so moved, and I hope you are, please take a moment now, take whatever implicit sense this experience has left you with, or senses, or whatever it is that's in consciousness now. Share that with the rest of us through the comment board, insights, discoveries, connecting the dot type experiences, questions. Joan will be looking at the comment board. If she is so moved, she may very well respond with the important thing...

Joan Klagsbrun: I'd be glad to.

Rich Simon: That's great. That's great. Or we can respond to each other. So let's keep the conversation going.

Joan Klagsbrun: I also wanted just to remind you that I also offered some handouts that people can download.

Rich Simon: Okay, so on your screen [1:16:00] you'll see – thank you for reminding me of that Joan – these are terrific, so useful – the processes, the clearing the space processes, the steps in focusing, the ways that will really help you get what Joan does with such a sense of mastery and was able to demonstrate for us today. So those are all available to you, up on the screen, if you have signed up for the webcast. Joan, I can't remember an interview where I've felt so rejuvenated.

Joan Klagsbrun: Well that's great.

Rich Simon: Send on your bill. I feel very refreshed. And what a great practice. And we've just begun to explore so many of the nuances. Thank you so much for sharing your work with us.

Joan Klagsbrun: You're so welcome. I'm glad you've found, Rich, that one step in the body is worth a thousand steps in the mind.

Rich Simon: Okay. I'll bear that one in mind. [1:17:00]

Joan Klagsbrun: Thank you very much. I enjoyed being with you enormously.

Rich Simon: And thank you to all of you who joined Joan and I today. We'll see you again soon for the next installment of this webcast. Bye bye for now.

[1:17:13]