

FOCUSING and HOPE

Forward: This exercise was devised to explore that through the 'process' of Focusing you can find hope. (Gene) "It is perfectly true that through Focusing you find Hope. Through Focusing and the felt sense coming you really discover to your own surprise that there is hope. Now intellectually if somebody would ask you."

Pre-step: If in a group, listen to each other on what ever is on your mind. If you are on your own do your best to find someone to listen to you in person or on the phone.

STEP ONE : CLEARING A SPACE/RELAXATION

- Take a moment to relax. Get comfortable --- feel the weight of your body being fully supported by the chair --- loosen any clothing that might feel too tight.
- Close your eyes and take a minute or two to bring your attention within, around the chest and heart area or anywhere else in your body that draws your attention.
- Take as much time as you need. As we go through the steps if at any point you feel you need more time raise your hand.

STEP TWO. Think of when you experienced a sense of hope in relation to a person or a situation. Whatever arises pay attention this and receive any slight felt bodily sense that comes with this sense of hope. (Note: What may arise is a number of situations or persons. You may wish to create a list in your mind or write the list down. Then settle on one to follow now.

If may need to place the list some distance away from you so that you feel relatively comfortable. Be careful not to include in list what have chosen.

STEP THREE. If this not already happened, allow to arise the "felt meaning" of this sense of hope that you have chosen, as a vague, sensing within and –and be willing to accept that it is an unclear body sense *and stay in touch with this.*

STEP FOUR. Can you locate the centre of the body sense within, maybe around the heart and chest area or anywhere else in your body that draws your attention.

- **STEP FIVE.** Ask yourself while paying attention to what is it about that feels hopeful. Be certain that anything that answers arises from the felt sense.

- - **STEP SIX.** Be aware of an image, word, phrase, sound or bodily discomfort that arises as you pay attention to this felt meaning. – Just experience what arises.
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 - **STEP SEVEN.** If a word or image does arise check to see if it resonates with the bodily sense. Does it match?
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 - **STEP EIGHT.** *Do whatever you need to do to make a friendly nurturing space for what has arisen.* Be certain to protect it from critical voices within that may interrupt, that might keep you from making that space.
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 - **STEP NINE.** Ask yourself, "What is so important about this and attend to what comes go answer"? Or "what is **most difficult** of keeping this sense of hope? **WAIT QUIETLY** for the "feel of it all" to emerge within – just wait and be with what is now present that arises from this felt sense of hope.
- STEP TEN.** Can you accept it as it is right now? Or you may not yet accept it now. Put whatever arises into that nurturing space.
- STEP ELEVEN.** Welcome what comes and be willing to accept it spoke. See if you can consider **It is only one small step to accept this sense of hope, not the last.** Even though you might feel it is not possible, can you accept this a start of a process and not necessarily an immediate resolution?
- STEP TWELEVE.** Ask what is needed now to finish so you do not feel left hanging in any way. Receive what comes to answer and find away to come back to this later.