

FOCUSING AND SELF REALISATION: Working with Wishes

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In this workshop I'm going to connect Focusing and Self-Realisation experientially through a guided exercise regarding our professional life, considering that professional life is one of the most important ways that we realize ourselves as human beings.

The workshop is made up of two main parts: the first is the presentation of the key concepts concerning this topic, and the second is the guided exercise.

PRESENTATION

When I speak of Self – Realisation I'm not thinking of it in general, I'm thinking of the Psychology of Self-Realisation of Antonio Blay, a Spanish psychologist who died in 1985 and who was my teacher and spiritual master although he rejected being called a master.

Let's start talking about Self-Realisation in the particular way that Blay did. To do that we can read the quotation that I've put in the handout:

“We can develop all of the qualities that we wish. Wishes, when they are authentic, are merely the same qualities that are already in me but have not actualized yet and express themselves as a demand”

Antonio Blay, “Creatividad y plenitud de vida”, Ed. Iberia, 1982, pp 171

In this quotation we have the main concepts I'm going to use in this workshop: the potential of qualities that I am, the development of this potential through the process of actualization, and authentic desires.

All of life follows this natural process of developing an inner potential. This can be seen in animals, plants and all life forms on the planet.

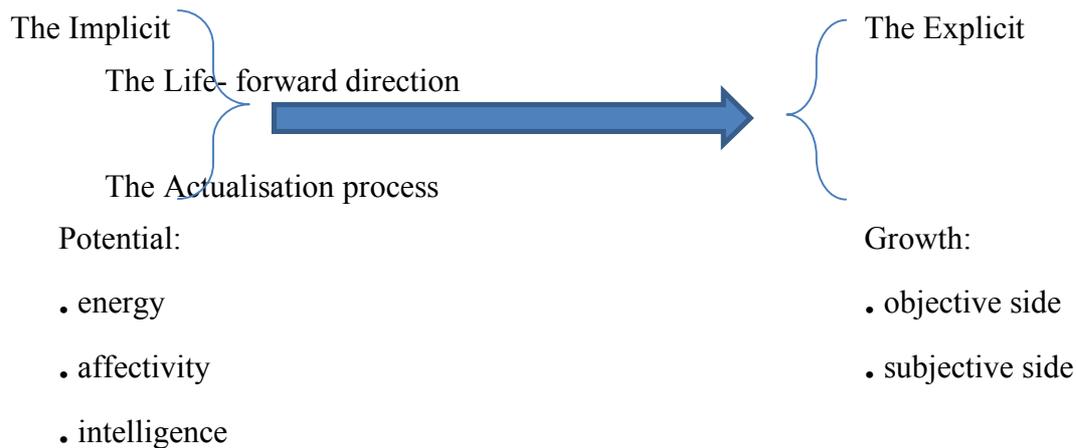
Energy, intelligence and affectivity are the three basic qualities that compose human potential. These qualities are innate to all human beings. However, this potential by itself doesn't guarantee that it will be expressed in our life.

We are this potential in essence, but to become effective we have to transform this essence in behavior. When we put this essence into action it will express itself as growth. This growth, this development will be totally useful in life. Through the process of actualization, we develop our potential of qualities and capacities.

Essence and existence are not the same thing. We have to do something to transform the essence that we are in existence. We have to put this potential in action, and every situation in life offers an opportunity to manifest and develop these three basic qualities that compose our human potential. Life is a progressive process of realization of these qualities: energy, love and intelligence.

For example, when I am Focusing and I am aware of the felt sense, I am developing the intelligence that I am; in addition, if I maintain awareness of an unpleasant felt sense I am also developing the energy that I am, and if I am empathetic with the felt sense I am also developing the affectivity that I am. Through Focusing I am developing all three basic qualities that compose my potential.

Let me show the parallels between Blay's psychology and Gendlin's concepts with a diagram:



The objective side of growth are the real skills that I've developed in my life, the relational capacities, positive attitudes, the strengths, the presence... and the subjective side of growth is the consequence of a real development, and leads to an inner sense of fulfillment, of maturity, a feeling that doesn't disappear.

At this point I can ask myself: Who am I right now?

On one hand, as a concrete human being, I am the development that I've achieved in my life (skills, attitudes, knowledge, presence...).

On the other hand, I am much more. I am the infinite potential of qualities and capacities that hasn't found a way to express itself yet.

Throughout our professional life each one of us has developed many capacities. However, there is a great amount of potential that hasn't manifested yet. These implicit capacities are pushing from the inside, looking for a way to become explicit, and this energy often manifests in the form of wishes. Authentic desire is the desire to live in the best circumstances possible in order to fully express our personal capacities and offer a useful and effective service to others. This is authentic work, which is the manifestation of our authentic desire in the professional field.

In the following exercise you are going to give a concrete form to your professional desire. It's necessary to give a form to your desire. When you put your desire in words, when you imagine your ideal work – context you are sending a message to 'the whole big everything', letting it know very concretely what are you wishing for. Every kind of desire can be authentic. Nobody can say if someone's desire is authentic or not, that is a personal matter.

But the good news is that there is a way to go to the core of yourself and connect with the potential that is looking for a way to manifest itself. The most direct way of connecting with your authentic desire is **honesty**. Honesty with yourself.

In the exercise, be honest expressing your inner wish. **That is all you can do and that is enough.**

THE GUIDED EXERCISE

It has six steps:

1. A lead in to connect inwardly.
2. An invitation to give form to your desire regarding your professional life by using your imagination and being as concrete as possible.

3. An invitation to visualise yourself with this desire totally realised, imagining your whole being engaged and living this ideal work context. Include the way your body is experiencing this new work situation. Be aware of what you are feeling while experiencing this new work situation. Do this until your inner sensation of working this way is clear to you.
4. An invitation to symbolise the felt sense and embody the essential feeling. Let go of the visualisation and only remain with the inner sense that comes from this way of working. Keep your connection to it for the rest of the exercise.
5. An invitation to imagine going to your current work situation fully embodying this essential feeling and notice what happens, what emerges spontaneously from you.
6. An invitation to receive, protect and thank anything you feel has opened and moved in a life forward direction.

After the exercise there is time to take notes in silence and after this, a time to share in pairs. The workshop ends by coming together as a group and asking any questions participants might have.

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