

Organic Focusing: crossing Children Focusing and Community Wellness

This workshop came about because I, Nina Joy, wanted to attend Heidrun's Children Focusing workshop to learn more skills and attitudes that would be useful in general community wellness work. Heidrun invited me to teach with her. We began making space for what might jump into awareness while holding these two areas together.

We are finding that Children Focusing work is Community Wellness and most Community Wellness Focusing quickly includes children. Children Focusing uses very simple, delightful activities that help to process the felt sensing that living beings are always doing. These activities can be adapted for any Community Wellness Focusing setting. They can be modeled and learned easily to be taken home and spread in families, faith groups, or working groups.

It helps us to re-visit that felt sensing is going on in and around us all the time in every living thing. It's like the daisy, orienting to the sun, and water and nutrients. Both Community Wellness Focusing and Children Focusing orient to what is working, what is going well, rather than deeply exploring problems.

Focusing begins with bringing awareness to the felt sensing that is already always going on. We are using just the essence, core, heart of Focusing: feeling and sensing, bringing awareness to it, and symbolising. In Children Focusing, symbolisation IS processing.

Workshop Activities

Experiencing Music – listen to a few minutes of music, then pause to find 3 words to describe how it feels in the body. Share with partner.

Modeling in Other Context – sense into how you might adapt and model this for your family member, friend, work partner. Share in group and collect all ideas.

Symbolizing – use anything in the room, in yourself, in your purse, pocket, or out the window, to show how you feel right now. It could be a colour, a material, a texture, a shape.

Experiencing Problems and Resources / Symbolising Felt Sense Experiences

Think of group or person you want to support; look at some of their problems and needs; share with group.

Pause; sense body feel of looking for problems and needs; turn to neighbour-listener and 'paint' your body feel on their back using your hands. Exchange.

Recall group or person you want to support; look at their resources, strengths, skills. Say some into the group.

Pause; sense body feel of looking for resources, strengths; turn to listening partner and paint your body feel on their back. Exchange.

Explore with group what we got from this experience. Talk about how we could model any part of this for our group or person.

Experiencing Focusing Bits

Make a blank puzzle on paper. Together find a skill or attitude of Focusing to put on each puzzle piece. Go in pairs; each pair makes another puzzle blank, choose a skill or attitude of Focusing and fill in each piece with a word that names some aspect of the skill or attitude. Now we have lots of bits that all relate to each other and together create Focusing.

Choose one bit and make up a playful activity to use with the person or group you want to support.

Try some of these in the larger group.

Heidrun Essler and Nina Joy Lawrence