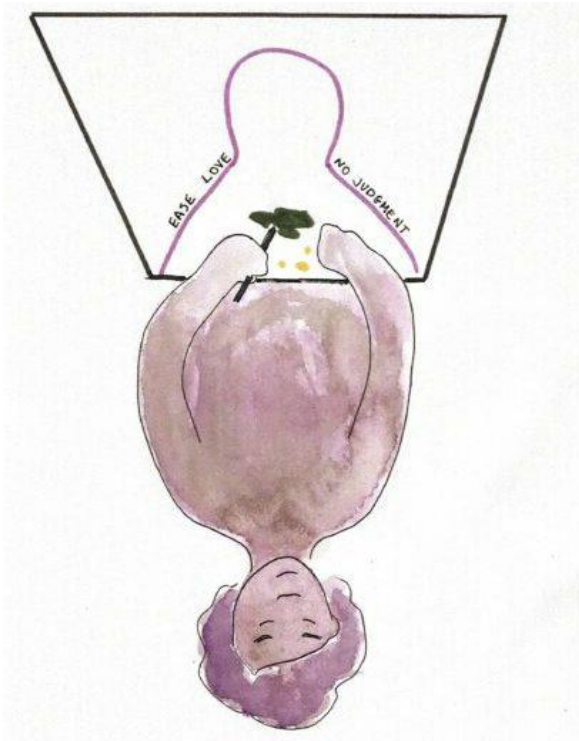




Focusing Journal

What is Focusing?

"Focusing is a body-oriented process of self-awareness and emotional healing. It's as simple as noticing how you feel - and then having a conversation with your feelings in which you do most of the listening."

"The results of listening to your body are insight, physical release, and positive life change. You understand yourself better, you feel better, and you can act in ways that are more likely to create the life you want."

-Ann Weiser Cornell

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing, and
invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

The Guest House

How to Use this Booklet

Clearing a Space Inside

- ☞ Take a moment to notice what you are carrying inside - thoughts, sensations, or emotions, even if subtle or murky.
- ☞ Jot them down as words or symbols, maybe in a place corresponding to where they live in your body.
- ☞ Behold it all gently. A sense of relief may come; this may be just enough for what you need.

Going Deeper

- You may choose to focus on a particular issue by dedicating a whole page to it.
- ☞ Listen to the feelings, the thoughts. Allow them to express themselves on the page.
 - ☞ Welcome them with compassion and curiosity, safety and acceptance.
 - ☞ Thank them for their wisdom.

