



MindfulLiving™ Module 5

Pain-Free Living

Chapter 12 - Resources: Reading

The Power of Focusing

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Cultivating Awareness Intelligence

The passage from *The Power of Focusing* by Ann Weiser Cornell explores how to approach one's internal experiences with the same care and respect one would offer a shy animal. It emphasises the importance of creating a safe and non-judgmental internal environment for oneself and how this approach can facilitate meaningful change and understanding.

Here are some key takeaways and concepts from the chapter:

1. **Creating a Safe Space:** Just as you would approach a shy animal with patience and gentleness, you should approach your internal experiences with a similar attitude. This means being still, patient, and attentive rather than trying to force change or analyse your feelings immediately.
2. **Letting Feelings Be:** It is crucial to allow your feelings to exist without judgment or immediate attempts to change them. Trying to suppress, analyse, or judge your feelings often keeps them static and unresolved. Instead, accepting them as they are can lead to natural evolution and change.
3. **Relationship with Feelings:** Developing a relationship with your feelings means observing and understanding them without becoming overwhelmed. Think of it as sitting beside a lake rather than jumping into it. This approach helps you stay connected and responsive to your inner experiences.
4. **Good Listening:** Just as good listening to others involves being non-judgmental and attentive, good listening to your inner self involves a welcoming presence, holding space, and staying present. It's about hearing the essence of what your feelings are communicating.

5. **Being a Friend to Your Felt Sense:** Treating your inner experiences with friendship—acknowledgement, patience, curiosity, respect, and compassion—can help facilitate understanding and change. Simple acknowledgements, like saying hello to your feelings, can have profound effects.
6. **Handling Unfriendliness:** If you struggle to be friendly toward your feelings, acknowledge that. Sometimes, feelings about the emotions (such as anger or frustration) need attention before you can engage with the original feeling.
7. **Embracing Ambivalence:** It's natural to have mixed feelings about something. Focusing allows you to accept and integrate all parts of yourself, even those that seem contradictory.
8. **Wisdom in Not-Knowing:** Approach your internal experiences with curiosity and openness rather than assuming you already know what they mean. This attitude of not knowing can lead to new and deeper insights.



9. **Following the Felt Sense:** Trust that your felt sense knows how to deepen understanding and change. You can't force it or predict what will happen, but you can find meaningful insights by following it respectfully.
10. **The uniqueness of Each Session:** Every Focusing session is different. Being open to whatever arises in each session, without expectations or predictions, allows you to engage more fully with your internal experiences.

These principles underscore the importance of patience, acceptance, and respect in self-discovery and inner work. By applying these ideas, you can create a nurturing environment for personal growth and change.

Thank you for reading this excerpt from *The Power of Focusing* by Ann Weiser Cornell. I hope it provides valuable insights into the practice of Focusing and how we can develop a compassionate and attentive relationship with our inner experiences. Your engagement with this material is deeply appreciated, and I encourage you to explore how these principles can enhance your personal growth and well-being. Please feel free to reach out if you have any questions or want to discuss this further. Mindful Living Coach ♥ Shery Clein

