

## Course: Focusing - A way towards more reflective living

*Listening to your body can change your life.* Aaffien de Vries, Focusing Trainer



Sue Burrell/Marilyn Mayhew

**Starts Tuesday 17 April, 2018.**

**Presenters:** Sue Burrell and Marilyn Mayhew

**Where:** Aquinas Academy, Level 5, 141 Harrington Street, The Rocks, Sydney

**When:** Four Tuesday mornings, 10am - 12:30pm (**note later finish**), 17 April – 8 May 2018

**Cost:** \$144 per person, including some course material.

**REGISTRATION: A few places are left , please contact us as soon as possible to arrange for your individual focusing session with Sue or Marilyn before class begins.**

Father Michael Whelan and Sister Marie Biddle, in the Aquinas course *Developing Your Own Spirituality*, say, “Jesus comes to us disguised as our life.” They encourage us to pay attention to what is happening in the present moment, to pause and consider how to respond. They recommend the body-based awareness practice of Focusing as a key way to become present and pay attention to the movement of Spirit in our lives, and to know ourselves and others more intimately.

Developing our ability to notice and pay attention to the subtle messages of our bodies, allows a doorway to open into deeper meaning and understanding. We start with our own physical body and notice what is happening inside us, in the moment, and that allows a door to open into our inner world. By listening to and being with whatever emerges, we develop deeper relationships with ourselves, others, and Spirit.

And from this place, over time, change occurs spontaneously. It was this astounding observation, based on research with people who were ‘natural’ Focusers, that led Dr Eugene Gendlin to develop the Focusing method.

In learning Focusing, you will learn:

- to listen deeply to yourself and to others, with an attitude of acceptance, kindness and curiosity – a skill increasingly in demand in our world;
- how to make friends with parts of yourself (and others) that are stuck, disliked or dismissed;
- how to connect with the ‘Bigger You’, and discover that you are not the sum of your problems – the skill of Focusing is a wonderful stress reducer in and of itself; and
- how to consciously access your creativity, wisdom and joy.

Because Focusing is a practical skill, you will learn experientially: we will teach and demonstrate, then practise each skill in pairs, then together discuss, question and comment.

Sue Burrell and Marilyn Mayhew both first encountered Focusing with Michael and Marie in *Developing Your Own Spirituality*. They trained extensively with Dr Ann Weiser Cornell, who developed Inner Relationship Focusing, Dr Kathy McGuire and Sydney-based Jane Quayle. Both Ann and Kathy were involved in Focusing with Eugene Gendlin in the 1970’s, and have been instrumental in developing the practice and teaching of Focusing.

Sue: *“My exposure to the skills and world of Focusing has taught me in a very grounded, hands-on way, how to be with myself, as well as other people, in a way that is accepting and kind. And it is this love and acceptance towards my own inner being, whatever emotions and thoughts are there, which has impacted me the most, and helped me find acceptance and sometimes change in areas in which I have been stuck.”*

Merilyn: *“Focusing has enabled me to gently hear and accept every part of myself, including the unpleasant, angry, usually unacceptable parts. It has taught me to pay attention to the stresses and strains my body carries, and to be with what is happening inside me below the conscious level. Focusing has also given me the ability to be aware of and to put words around experiencing the non-rational, bodily felt, transcendent aspects of my spirituality.”*

Further questions about Focusing and this course? The International Focusing Institute website has a wealth of material, demonstration videos, research papers, etc. [www.focusing.org](http://www.focusing.org)

Ann Weiser Cornell's *Focusing Manual* will be available for sale.

Or feel free to call us:

Sue: 0407 104 133, Merilyn: 0409 310 613