

Dr. Eugene Gendlin explains how to learn **focusing**.

There are six steps to focusing:

1. **Clearing a Space:** How are you? What's between you and feeling fine? Don't answer, let what comes in your body do the answering.
2. **Felt Sense:** Pick one problem to focus on. Don't go into the problem. What do you sense in your body when you recall the whole of the problem?
3. **Get a Handle:** What is the quality of the felt sense? What one word, phrase, or image comes out of this felt sense? What quality word would fit it best?
4. **Resonating:** Go back and forth between the felt sense and the word, phrase, or image and feel how they resonate with each other. See if there is a little bodily signal that lets you know there is a fit.
5. **Asking:** Now ask: what is it, about this whole problem, that makes this quality from the word, phrase, or image? Make sure the quality is sensed again, freshly, vividly, and in the present moment.
6. **Receiving:** Receive whatever comes with a shift in a friendly way. Stay with it a while, even if it is only a slight release.