

## Towards a Diversity of Life-Forward Processes

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Areas in **PURPLE** are optional, extra story line. Can be read or skipped over.

Areas in **BLUE** are exercises designed for the workshop then

Areas in **GREEN** are additional comments about TAE and NVC that can be read or skipped

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### Introduction

Welcome!

The theme of this article is about welcoming more of life-forward information and energies into our lives.

It arises out of an engagement with questions such as:

**"What is Focusing's place in the universe?"**

**"How does Focusing relate to other ways of knowing that do not involve felt sensing?"**

Focusing itself opens us to a richness beyond what we could connect with by just using ideas, logic, thinking a felt connection with Life-forward movement. Yet there are other ways that also connect us to what is beyond concepts, without necessarily felt sensing.

What about information that comes in dreams, or that pops into our minds during prayer, or out of nowhere?

There are people who channel information? How does this fit in with what we know about Focusing?

This article suggests that there are **different realms of knowing and connecting with information** which can support and inter-affect each other:

**-Conceptual/cognitive**

**-Bodily-felt knowing**

**-Imaginal/disembodied knowing**

And, as we build bridges between practices and processes, how can we work with these in a way that is compatible with Focusing AND also honor each of the others, as well?

### Objectives

- 1) To honor and welcome additional life-forward energies into the realm of experiencing and awareness:
  - distinguishing alpha (bodily) and theta (disembodied) intuition, with suggestions for integrating both
    - to make a distinction between Focusing and Felt Recognition
    - to be more aware of some distinctive qualities of **felt recognition** and **disembodied intuition**,
- 2 ) To **create bridges and synergies** between Focusing and other intuitive practices - increase mutual respect between practices, and apply these understandings to various processes including: prayer, Focusing, TAE, and community-building.
- 3) To introduce some neurobiology that supports all of this.

#### **How these distinctions arose for me**

(descriptions of a few instances that led to the insights in this paper. )

#### **I. Gene Gendlin at Stony Point – a spectrum of connecting with ways of knowing**

A. At one point during a Thinking At the Edge workshop, Gene Gendlin was sharing some of his own work-in-process to illustrate some of the steps of TAE. He said something like this:

"There seem to be several different ways, or levels, of connecting with knowing:

- a) First, there is I **don't know what it might be, but there has got to be something more than this.**
- b) Then there is something else, like **I don't know what it is, but I would know it if I encountered it.**
- c) Then there is having a felt sense of something - **I have a felt sense of it, and can be with it and it can unfold and tell me what it is about.**
- d) And there is the **knowing and speaking about it** - I know it in my mind, and can say it.

Ah ,yes. There is much information that comes to me that is NOT coming from felt-sensing. Yes, **these other ways of knowing have real value.**"

These 4 statements of his seemed to fall into a spectrum of knowing.

It seemed as though three of these **had a different degree of bodily-felt referencing** - from none at all, to a bit, to full bodied...

B. That same night, I was awakened at 2 am by a compelling feeling and insight about b) - the second of these levels, and its special importance and value. This did not come as a felt sense - it came as a zip file unzipping in my mind, a disembodied intuition!

## **II. Health Intuition workshop with Karen Kassy**

(very quick, very fascinating, very different from Focusing)

I was very surprised and impressed with my experiences at Karen's Health Intuition workshop. I expected it to be more like what I did when Focusing. But it wasn't.

Focusing tends to go something like this:

- A centering/preparation by coming into the body.
- A mild trance/relaxed state from this attention, yet the mind is kept present and interactive
- Staying open to what comes in the body
- The sense impressions tend to come in a **felt** form, though there may be accompanying images and words.
- In Focusing, insight/knowing/intuition comes **slowly**. It unfolds, often in steps or stages. It often begins with a very fuzzy sense, a sense of something vaguely known, almost known, on the tip of your tongue that may slowly become clear.
- Accompanying this unfolding knowing is a **physical** feeling of release, and a sense of a **grounded knowing**, a sense that "This is **really** true." Whether or not it **is** accurate, it **feels** very accurate/right in the body.
- This process of the unfolding and shifting and **receiving the bodily-felt knowing itself is associated with physical change**, and possible healing. Even if no further action is taken, one feels differently and carries the problem or issue differently in the body after the encounter and the being with the unfolding energetic felt sense in the body.

.....

The Health Intuition process went more like this:

- Karen giving us **permission** that, yes, it is possible to connect intuitively and receive information
- An invocation/preparation/centering
- Mild trance
- Being open to something

So, far, similar to Focusing. What came next was **so different**:

- Information came **quickly** - all at once!
- It could come in any modality - in a visual form, verbal, felt, or 'just knowing.'
- The linear mind was encouraged to act as "an energy journalist" during the process, taking notes as an observer, **not interacting nor resonating** back and forth **with the intuitively received information**.

As participants, what we received were specific details about things that there was **no way to sense into** from the bodily-felt intuition style that I have been accustomed to.

The information **seemed to come from outside of the body and mind**. From "somewhere else", rather than feeling that it was coming from or connected with the inside of the body. This information often would come **without any accompanying body sense of rightness** or fit.

(Karen said that she often would have a feeling of "I make this stuff up real good, don't I!?" while receiving information in this way. But then, when she would check, it was often quite accurate. She has been verified at about 85% accurate for numerous extensive phone readings of people's health, when she was only given a person's name and birthdate.)

- The receiving of the intuitive insight itself was **not usually accompanied by any physical changes or release in the body**. **Acting** on the intuitive insights was needed for growth to occur.

I had some success with this process. And, trying to make sense out of this, I remembered Gendlin's "four levels of knowing", and began to consider that Karen was working on perhaps **a completely different frequency than the felt-sensing of Focusing?**

### III. Suzanne Noel's writings on Recovery Focusing

While sharing her work in Recovery Focusing on the Focusing-discussion list, Suzanne would describe how participants might not have felt senses, but **might have images, and more**. Suzanne found that, **when she would welcome these, that these helped carry the participants life-forward** into healing and orient them towards recovery.

I felt that she was on to something, that her opening the process to more than felt-sensing was of added value. Maybe, **when we open and pause, we can open to more frequencies than what we expected to receive** . . .

### IV. Focusing Certification Weeklong at Stony Point

One participant shared a profound precognitive dream during a dream workshop.

Another described to me her skills in Remote Viewing that existed before she learned Focusing.

From all of these, I began to realize **how much non-felt guidance we sometimes access**. As there

seemed to be no maps or concepts for this in Focusing, these ways of information have remained quite underappreciated and underutilized as sources of guidance in the Focusing community.

### **Awareness and Appreciation With Respect To Conceptual Maps**

This article presents a map of different bands of knowing, of connecting with life-forward information.

Let's remember that all maps are arbitrary. Reality is much bigger than any model or map or idea. Still, some maps are more helpful than others. They can help us relate to, and connect to, reality in helpful ways.

They are a two-edged sword.

Even good maps can keep people in their heads and away from direct contact with something very alive and powerful

On the other hand, Stan Grof points out that intellectual resistance can be just as limiting to being open and growing as is emotional resistance.

Support helps us navigate in the face of emotional resistance.

Good conceptual maps help address the mental resistance to connecting with these realms, by showing a way that they make sense, that they have a kind of reality.

*"We often feel vulnerable when we lack the strength to back up our intuitive judgments about situations, people, actions"*

- Rabbi Min Kantrowicz

Please take anything (everything!) here, and check it out inside for yourselves .

- Resonate with it
- See what fits for you
- See what comes
- And see where it takes you.

This article offers an instance of this - one way to integrate new material for yourself is to remember to check in with your felt sense of what is right for you when you are about to be exposed to something new.

### **A SPECTRUM OF LIFE-FORWARD PROCESSES**

Often the “intuition” is used as if all non-linear knowing is the same thing, akin to how “rheumatism” used to mean achy joints, treated as if it were all one thing. We now distinguish many forms of arthritis – each with different treatments

Perhaps the following way of differentiating frequencies of life-forward energy and information within the larger term “intuition” will offer something of value, as well:

**I. Disembodied Intuition**

(Pausing and Opening to “something”, with no sense of what that may be)

-opening prayer	-vision quests
-psychic information	-various intuitives
- creative insights that emerge into awareness	-insights during meditation

**II. Felt Recognition**

(sense of warmer, cooler)

“I don’t know what it is, but I would know it if I encountered it”

**III. Full Felt Sense**

“I have a felt sense in my body, of something that is more than I know in my mind.”

**IV. Conceptual Knowing**

( working with ideas and linear information)

- Working with facts and others’ feedback
- Conscious application of a cognitive model or process - using theories and operating systems about reality to direct one’s attention and actions.

Note: There are other processes that don’t fit so neatly here, and which I do not address here:

- Conscious application of a non-cognitive model or process** Application of something to shift out of ordinary awareness and habits of attending (trance dance, drugs, drumming)..
- Shamanic work**
- Dreams**

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**Band #1 Disembodied Intuition**

**(Pausing and Opening to “something” without having any sense of what that something might be)**

It may take this form: “*I don’t know it myself, but I believe that it can come to me*”

Sometimes it is with more exasperation than faith: “There has **got to be** a better way than this!”

It may take the form of a prayer of desperation, of turning it over and surrendering:

- “*I give up, I can’t do this!*”
- “*I don’t know what to do or see any way out of this.*”

In each of these, there are some movements in common:

- We **Pause**,
- We **Cease** (at least for a bit) **habitual patterns** of thinking and acting
- We **Open** to possibilities unknown, unfelt - for something more to happen.

This process is common to many forms of **meditation**: being open, beginners mind, not-knowing

It is also the core movement in many forms of Western **prayer** - opening to God/Spirit:

- The first two steps of **12-step programs** are based on this
- The **Quran** was received by the Prophet Mohammed in this way while meditating in a cave - as a voice calling to him and speaking to him, telling him to recite. "Quran" means "recitation."

**A Course in Miracles** was received by Helen Schucman, in the form of a voice that she heard inside of her saying: "*This is a course in miracles; please take dictation.*"

The core practice in A Course In Miracles involves recognizing that something is not working ("*I could see peace, instead of this*", or "*There is another way to look at this situation*"), then pausing, accepting that one does not know, and opening to receive "the miracle of true perception," another way of relating to the situation

This process can be more intentionally directed, as well:

- Many **creative processes** in art, music, writing, etc involve pausing the habitual patterns of working or thinking or feeling (taking a break, doing something different, etc) , and opening and allowing something new to come.
- Psychics and intuitives often seem to be operating on this level. Edgar Cayce and Karen Kassy work by **setting an intention**, and then **opening to something** in order to get valuable information

[\*\*Exercises 1 and 2 Please see appendix\*\*](#)

## Band #2 Felt Recognition

*"I am in touch with something that has it, even though I may not be able to get a felt sense of it directly. And, I shall know it when I encounter it"*

Because this distinction is perhaps the newest for many of us, I wish to spend more time on this one than on any of the others:

In felt recognition, unlike disembodied intuition, there **is** some body referent. There is **some** sense of something there, and perhaps of what resonates with it.

However, rather than this sense unfolding into some understanding if it is given receptive attuned attention, as a felt sense often does, this functions more as a warmer-cooler type of signal, **as an orienting process**. It helps point one towards or away from something.

It doesn't tell you **what** the something is that you seek, but does let you know **that there is a something that is to be sought for**.

An illustration of this in verse is from the musical West Side Story. I encourage you to take a break and listen to it, and get a sense of its vibrancy, beauty and importance in our lives:

<https://youtu.be/FOQPMjKLQQU>

"Something's Coming"

from West Side Story by Sondheim and Bernstein

*Could be!*

*Who knows?*

*There's something due any day;*

*I will know right away, Soon as it shows.*

*It may come cannonballing down through the sky,*

*Gleam in its eye, Bright as a rose!*

*Who knows?*

*It's only just out of reach,*

*Down the block, on a beach,*

*Under a tree.*

*I got a feeling there's a miracle due,*

*Gonna come true, Coming to me!*

*Could it be? Yes, it could.*

*Something's coming, something good,*

*If I can wait!*

*Something's coming, I don't know what it is,*

*But it is Gonna be great!*

*Will it be? Yes, it will.  
Maybe just by holding still,  
It'll be there!*

*.... The air is humming,  
And something great is coming!  
... It's only just out of reach,  
Down the block, on a beach,  
Maybe tonight .*

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Other examples of this include:

--A building inspector, who, at some point, gets a feeling that "something is off", and then goes checking until finds what that 'something' is.

--There are movies where protagonists travel on a journey, **searching** for "something." The something guides the journey, and there is a recognition of steps along the way, or of the journey's end. The feeling of being drawn towards something acts as a guidance.

This sense operates as a compass or homing device, which is different from a felt sense that unfolds into meaning or physically felt release and insight..

One media example is *Close Encounters of the Third Kind*.

In it, several characters that hear tones which then draw or guide them towards something. The music pulls them towards something, but there is no direct information of what they seek within the tone itself, nor within their own internal felt calling to follow it.

#### **Appreciating Felt Recognition;**

Here are some ideas and intuitions which I will share in the hope that they will stimulate further and more accurate articulation of this level of knowing:

- A) For those not aware of felt recognition, it is helpful to name it. This is part of the helpful function of maps and concepts.
- B) For those aware of Focusing and felt sensing, it is helpful to distinguish it as a distinct band on the spectrum of life-forward energy and information, **rather than minimizing it or expecting it to unfold like a full felt sense**. Just this already allows us to pause the habitual, and open in ways that may more fully optimize its unfolding into guidance and embodiment.
- C) Felt recognition may be related to a very early stage of embodiment – carrying more inertial momentum than a purely disembodied insight or message. Perhaps some energy and information from another level of being is starting to touch or guide the movement of embodiment **in the body** (not just

“popping into one’s head” as in disembodied intuition). At this point, it lacks sufficient amplitude or momentum to allow a full felt sense to occur, but it does have enough to allow some stirring and physically-felt guidance.

Where might these “barely-embodied senses” be most relevant to our lives:

- a) Perhaps with **things that we have less direct experience with**.
- b) Perhaps with **things farther away from us in time and space**
- c) Most importantly, I believe that felt recognition often is the mode of communication around very tender and/or barely embodied longings and callings, such as our **life or soul's purpose** and sublime **visions of what/how we wish to manifest in the world** (for the many of us not who do not yet have that fully clear within us).

If callings often relate within us on the frequency of felt-recognition, then the more fully and powerfully we can operate at this level, the more helpful this could be for helping people manifest and embody what they feel that they are born to do - what their most precious, barely whispered, dreams might be.

It seems fair to say, then, that this capacity would be quite important and valuable for those involved in soul work, offering spiritual direction, and more . . .

#### **Working with Felt Recognition:**

As you read, you will notice that we already do this, intuitively and naturally. Still, it may be of some value to be aware of this intentionally and more fully:

Since felt resonance is a towards/away-from type of orienting, it may be more effective to

- find ways to seek what seems to animate or increase that sense (moving to ‘warmer’ rather than ‘cooler’)
- then, bring those things into relationship with the felt recognition or trying to logically figure it out.

- To help it **amplify** its signal and energies, and allow it to take more form in this world , we can **use the Focusing move of resonance**, in at least two directions:

- 1) **Seek outside of the felt recognition** for things that resonate to it, **towards experiences or ideas which are then allowed to operate as reflections.**

Examples include:

- theories and concepts
- movies, poetry, books
- exposure to things and people in the environment. Road trip – the journey. . .
- guesses and experiments
- Oracles such as Tarot, I Ching or from intuitives, can provide information that offers support for one’s own felt recognition

All of the time, it is helpful to remain aware of the cooler-warmer quality of the felt recognition signal, using it for guidance and checking.

Here is where our Focusing sensibilities are so valuable. For in working with felt recognition, as in Focusing, we do **not** tell the felt recognition what it is or supposed to do. Instead, we bring something to it, without getting too close or too overpowering, and see how it responds, what happens to it as it comes close to the energies of the reflection within a safe container.

**I want to connect the importance of felt recognition to the value of guessing feelings and needs in NVC.**

While guessing feelings and needs can be a bit annoying to those experienced in Focusing (“why ask me questions, why not just give me space and reflect?”), I am seeing how this – IF lightly held, is a way of activating felt recognition.

A person may feel something, and not be able to articulate it well on their own. Or they may be in a situation where they cannot felt-sense well. But, once they hear something, then they might recognize more fully what they were wanting!

From this perspective, Marshall Rosenberg was wise in suggesting guessing of feelings and needs of people in certain situations – this kind of “external reflecting” may help them find what is true for themselves via felt recognition.

- 2) One can also amplify and expand felt recognition by **seeking backwards and inwardly, through one's experience, for what resonates with the felt recognition.**

One can reflect back into their experience, and collect instances of things that seemed to have something to do with that feeling or theme.

**Seeking instances is a way of tracking the movement of the process in one's life over time, as it has already shown up in one's experience.** Each of the instances connects with some aspect of what is trying to unfold, and putting several of these together may help create a more full view.

This process can be seen as taking something relevant that you once found (a tusk), something that seemed like an important piece of the puzzle. And then there was something different (a tail) that you encountered a year later, then a leg two years after that. . .

By bringing these pieces together that all pointed to something, the elephant begins to take shape more and more clearly....

Thinking At the Edge, Steps 6-9 do exactly this – seeking instances that somehow relate to the larger, not yet known thing, that you are trying to develop or articulate. The inspiration for this came from TAE steps 6-9 during a TAE workshop – as an intuit at 2 am in the chapel at Stony Point!

For a bit more about how this connects with TAE:

TAE Steps 1-5 involve getting a felt sense of something that you are trying to create. But, what if what you want to create is not clear enough to even form a felt sense? What if it is something that you feel that you want to create in the world but can't quite get anything to gel?

It seemed to me that, if a felt sense won't develop well, we can start with Felt Recognition - Steps 6-9. These involve **collecting instances that relate to the theme..**

When I presented that insight to Nada Lou, she validated this. When she went to write the TAE manual, **she began by collecting instances**, starting with what would now be considered **Steps 6-9** when she designed the manual. She later presented the steps in the current numerical order as her understanding clarified. Originally, this was a new undertaking, and she didn't yet have enough direct bodily felt knowing to felt sense her way through it. So, she laid out facets that connected to her felt recognition. This amplified her understanding over the years of instances, and her understanding gelled into the TAE manual!

I wrote very briefly about this here <https://www.serviceoflife.info/focusing/taedreams.html>

- A) One identifies several things in one's life that feel like they connect to the feeling/calling/felt recognition, that seem as if they, somehow, might contain some relation to it, some piece of the puzzle.
- B) Then, spend time laying out and being with each instance, each facet. This does not have to be done all at once. Akin to Gendlin's dreamwork, one can sense into *"What comes to me about this? What about this spoke to me? What seems important here? What does it seem to speak towards?"* It helps to take notes – be they verbal, or visual, some way to have a handle on what the instance or experience, resonated with for you
- C) Then, take the threads of insights and felt connections of what came from doing this process, and allow them to be arranged in some geometric form, perhaps a real or metaphorical circle.
- D) Next, allow yourself to be with all of this in some way, letting the threads cross through the middle. *"If I hold A and B and C and the unfolded threads of them, and let this all be here now, what comes for me?"*

[More on this can be found in Steps 6-9 of the Thinking at the Edge Manual]

A way to look at this structurally, is that this process is laying out facets like the pillars in Stonehenge. One uses the instances to form a linking and amplifying structure that honors and invokes something in the center. There are various sacred rituals that involve processes similar to this. . .

### BAND #3 Felt Sensing

This is the bandwidth that Focusing speaks about and intentionally operates in.

- A) It is important to acknowledge that felt-sensing and felt-recognition overlap much more than might be realized from giving each a separate name. Some people who check in with their bodies may be doing more felt recognition than felt sensing. Each is valuable.
- B) **It is not a failure of your Focusing if a felt recognition place does not unfold by itself.** I would suggest that the feeling tone associated with felt recognition may need a lot more external supportive interaction than a full felt sense does. This is where this distinction between the two may be helpful to support your process.

A suggestion - don't stay stuck by limiting yourself to only asking it what it is and what it needs. **Try some felt resonance** – check some things outside of it, or check back through your experience for luminous or significant events in the past that seem to connect with or be related to it in some way, and see what happens.

- C) Bruce Gibbs offered some helpful distinctions and definitions around felt sensing:
  - 1) Felt Sensing – being aware of felt sensations that may have some meaning in them
  - 2) Mindful Awareness - offering caring open attention to felt sensations that may have meaning in them
  - 3) Focusing – zigzagging **between** felt sensing and thoughts and ideas, checking and resonating back and forth. [Plus various ways to assist felt sensing to unfold – the little tricks of Focusing.]

These distinctions may help in conversations with people who use other processes that involve felt sensing, but may not use the resonance, or the zigzagging between felt and conceptual or between felt and symbolization, that Focusing does.

Focusing is a very powerful process, and very integrating, as it operates across many aspects of our living:

- Body and mind
- Right and left brain (rational and linear)
- Known and not-yet-known
- Embodied and trying-to-embody
- Linear beta awareness, the body, and theta awareness

**Staying connected with the bodily-felt sense of rightness** can help one relate to and assimilate other energies at a speed that honors multiple dimensions of our being, including physical and mental aspects, rather than one overriding another.

A brief listing of several of the gifts of Focusing  
 (see the “*Focusing as a Flavor Enhancer*” post on *Focusing Discussion list from 2002 if interested in more on this*)

- I) Intimate and in-the-moment connection with “Life forward movement” in oneself and others
- II) Grounding in the body/ in the present
- III) Helping synchronize and integrate cognitive and felt/ right and left brain/ mind and body/ inner and outer ways of knowing and processing.
- IV) Expressing uniqueness, finding one’s own rhythms and ‘intrinsic rightness’.
- V) Cultivating and embodying spiritual/life-affirming qualities. Learning and experiencing the nurturing and growth of Life forms. Qualities of attention that promote peace and growth and respect and compassion are cultivated consciously in focusing.
- VI) Increased sensitivity to manipulation and “should-ing”. Improved inner and outer harmony.
- VII) Experiencing the ‘life positive intention’ in things
- VIII) Respectful ways of honoring contradictory aspects inside
- IX) Cultivating ‘just being’ without getting ‘lost’ from our bodily felt experience
- X) Higher sensitivity to ‘life currents’, felt flow of energies
- XI) Cultivation of faith, and the capacities of opening to the ‘More’, the ‘Mystery’

#### **BAND #4 Conceptual Thought**

This is a vast area. Due to time constraints, I will briefly discuss **Mental Models**, which can help guide our thinking and sensing.

Mental models can help us discover blind spots and areas of felt dissociation.

Sometimes, when we are stuck in thinking, connecting with what is alive in our bodies, the truth of our felt experiencing, leads to life forward movement.

Sometimes, when we are stuck in feeling (identified very closely with something), we can create more space by offering Presence.

What is equally true, though less often stated, is that **another way to create more space involves holding a mental model**.

Holding a mental model also opens the possibility for holding a doubled awareness – holding both the truth of present experience, **and also** the truth of presently-unsensed-but-existing-experience.

For example:

*“I can’t feel the peace or the resolution, but I **know** it is in there somewhere.”*

This creates some space into which something can emerge.

It opens and pauses and waits for something to come. (This can be a Disembodied Intuition process and may also invite a felt sense to form)

Here are a few useful beliefs/mental models based upon several practices.

Each of these processes contains **much** more than what I attribute to it. I am listing only one from each to illustrate some of the diversity of helpful belief systems:

**NVC** – “all judgments are tragic expressions of unmet needs. “

(If you hear a judgment, you can choose to sense into the need underneath it, rather than arguing with or reacting to it.)

**Focusing** - “just being present and open with something allows it to shift”

**Internal Family Systems** – “Self is curious, compassionate, open. If one is not experiencing those feelings in the moment, then one is “in” a part.” Being aware of this creates some spaciousness and re-orientation.

**Treasure Maps of the Soul (Focusing)** – “If you are stuck, there is probably something out of your awareness that doesn’t want to do something that is in conflict with the part of you that you are aware of (that does want to do it).... “

Being aware of this helps one sense into it and connect with it to work with it.

**Integral Theory** (Ken Wilber’s work) – There are four axes of experiencing that are true for all things – along personal, collective, subjective, and objective lines . Being aware of each of them allows for a more integrated approach and understanding.

## Some Supporting Neurobiology

If disembodied intuition and felt sensing are somewhat distinct channels, and if they both involve pausing and opening, what does neurobiology offer to our understanding?

### A) Brain wave patterns:

**Beta rhythm** – (over 12 cycles per second) – associated with linear and rational thinking

**Alpha rhythm** (7-11 cycles per second) This is associated with REM sleep, daydreaming, visualizations.

This is the frequency at which the conscious and unconscious communicate, at which the mind and body communicate. Yogis who do physical feats (stopping heart, etc) are operating at this frequency. Visualizations for health and healing seem to operate at this level. It is likely that this frequency is highly correlated with Focusing and embodied/felt intuition.

**Theta rhythm** ( 4-7 cycles per second) often associated with experiences of the transpersonal dimensions. Precognition, prescience, along with 'enlightenment experiences' all seem to correspond to this frequency. On this frequency, space and time may have little meaning or effect. It is likely that this frequency is highly correlated with disembodied intuition. Numerous meditative traditions describe psychic phenomena that can occur while doing spiritual practices.

Menninger Institute (Topeka, Kansas) did a study offering theta brainwave biofeedback training for drug abusing teenagers. When several of the teens were able to access theta, they also **began having precognitive experiences** that proved accurate. This was distressing to them, so they stopped the biofeedback work and these experiences stopped occurring to them.

### B) Neurobiology of the cerebral cortex (from Dr Daniel Siegel – "The Neurobiology of We")

Perceptual data needs to be filtered and organized into meaning in our brains.

This becomes organized into patterns of perceiving and understanding, such as what to pay attention to, what matters and what doesn't, what things mean....

Some patterns are developed by habit, some for our survival.

The cerebral cortex is only 6 layers thick. Information flows bottom-up, from perceptual systems, and also top-down, as well.

Even below our cortex (below awareness), the brainstem and the limbic system appraise the meaning of events, and shade the here-and-now with their influences.

Bottom-up data comes up from the earlier brain, and through layers 6 and 5, then go to layers 4 and 3, where we become consciously aware of them.

Prior learning shapes the way we filter bottom-up data. Top down data (thinking, ideas, beliefs) flow from layers 1 and 2, and then to layers 3 and 4.

These two movements of firing patterns crash into each other like two waves, one upon the other.

Depending on the relative strength of these two waves, one or the other may predominate. The net influence of this interaction is what we experience in consciousness.

Over time, the top layers of cortex tend to **suppress input seen as irrelevant**. So one does not even notice it after a while. This not-noticing **tends to continue, unless something changes it**:

**Over time and accumulation of more and more experiences, layers 1 and 2 can become stronger, and virtually suffocate our lives**, making things seem dull and familiar.

Without mindful awareness, layers 3 and 4 of the cortex are constrained, and **we do not even know that this is happening**. So we can be trapped in that habitual way of not-attending to input.

Creating states of mindful awareness disengages the top-down flow, which allows the bottom-up flow can be more appreciated. When using mindful awareness practices, when we notice our experiencing, we are intentionally dis-engaging the input from layers 1 and 2. (in a way, **suspending** it)

### **C) Registration of Futility - a core aspect of learning and change**

Developmental research suggests that the main thing that allows an adaptive response, a capacity to change, **is the registration of futility** (often associated with tears of sadness or loss).

If this is registered, then the habitual patterns that were trying to achieve something that seemed futile can stop.

This frees up attention and energy for the mind/body to open to new possibilities of attending and behaving.

One can open intentionally.

And, another pathway is that one can feel the futility of what doesn't work, 'give up' continuing in that way, and have some kind of opening experience.

One can see the connections between this, and the practices of "*Letting go*" and "*I surrender*", ...

### **-D) What allows something to enter into our awareness?**

What does the mind-body consider to be of possible importance (a **signal** of something) and what does it consider to be irrelevant or distracting (**noise**)?

Pattern recognition – something becomes recognized as important, and as having certain meaning.

**Neurons that fire together, wire together.**

Some factors that influence our connecting with this flow of energy and information through our bodies and through the universe:

-Amplitude of the signal (the stronger it is, the easier to get the message)

-Sensitivity (the more sensitive one is to subtle clues, the more easily one can find and relate to them. Akin to a wildlife tracker. Or someone expert in their field, pattern recognition)

- Pausing the habitual, ongoing processes – lessen the habitual top-down patterns of interpreting and interacting with reality (business as usual) filtering our input and life energies.

..... intentionally or accidentally **stopping** (vacation, take a break, just breathing...)

..... experiencing **futility**. Developmental research suggests that the registering of futility by the brain allows an adaptive response, and a change from habitual operating patterns that are now registered as not working. Experiencing futility allows a letting-go and opening to the new.

-Directing attention to somewhere new. We can learn to “point” the sensing into certain directions, or domains, or along certain pathways, by offering a suggestion or concept. This offers a welcome to certain energetic aspects of life, and, a tuning in to that frequency.

This can be done by a teacher, or offering a model. (feeling and needs in NVC, felt meaning in Focusing, etc)

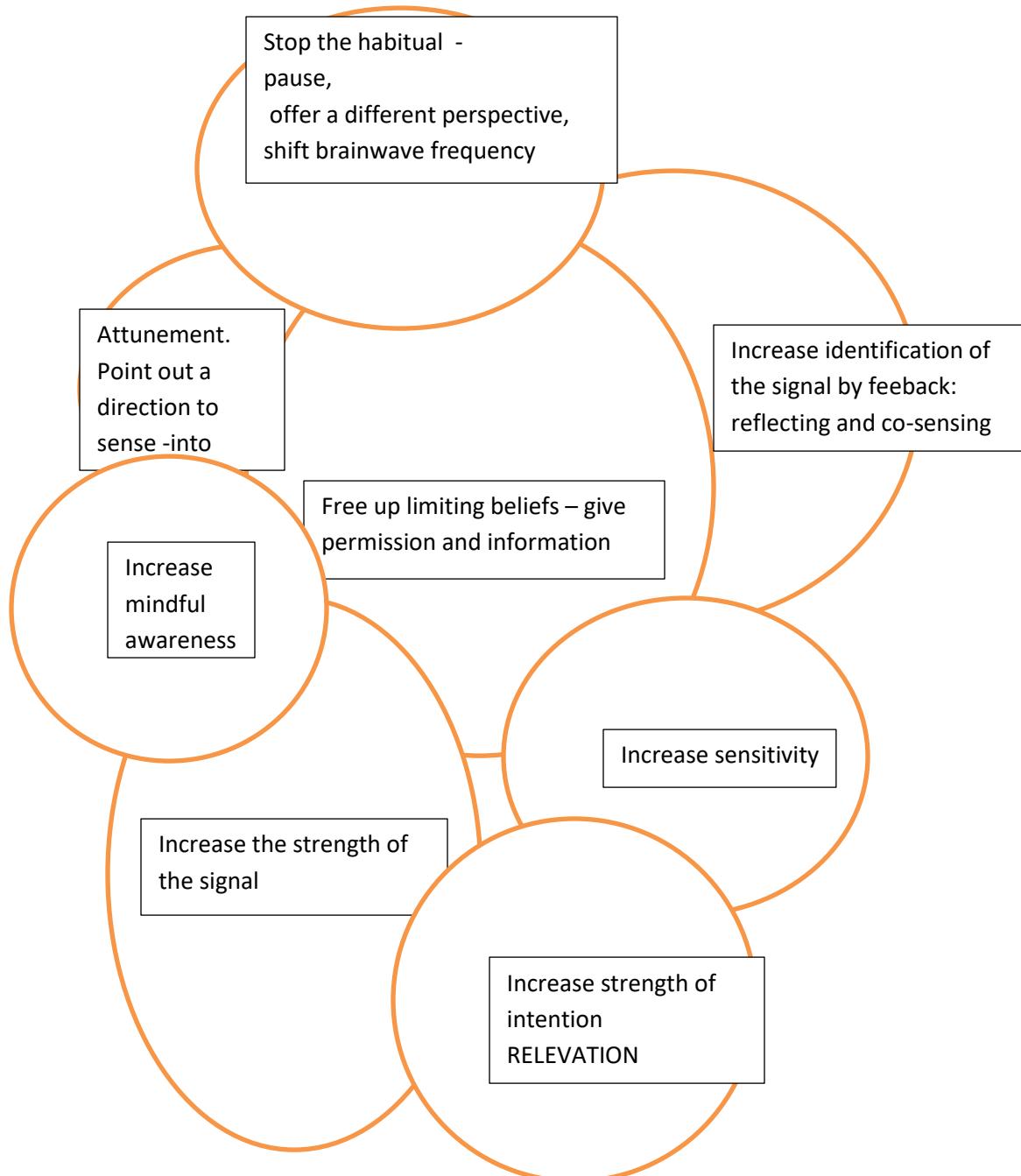
-Freeing up limiting beliefs. Give permission for something new (such as in intuition training, mentioned earlier)

The more we encourage these, the more we grow in our capacity for mindful loving awareness, and we also grow in sensitivity and connection with these realms.

## Venn Diagram of RELEVATION (priority by relevance to needs)

(Much gratitude to Tom Atlee <http://co-intelligence.org/> for presenting this term to me)

RELEVATION – the elevation from the implicit to explicit manifestation depending on relevance to the needs or the calling forth of the explicate order.



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## A Community Example

At this point, I wish to offer a story of an African village healing practice that Gena Corea once shared with me.

It is a community practice , which seems to incorporate **intuiting, felt sensing, felt recognition, and reflection**, and inspires me to consider what is possible when these practices are combined and engaged in community settings.

In this village, the people cannot even imagine that anyone can be a healer without being a musician as well. The two are inseparably linked in their culture and worldview.

And, within this village, when someone is ill or troubled, the belief is that this person has “**lost their rhythm**”, or **lost their song**.

As the healing ceremony begins, the village gathers around that person, and **they all begin to sense into the situation**. Together, the community and the person suffering all seek the rhythm of the one who is out of sync. Perhaps they form a circle, or a half circle... .

Someone may have an inspiration. They offer a rhythm, and then ask the “patient” - “Is this it? Is this your rhythm?”

The patient checks it for fit (resonation/felt recognition), trying it on, seeing how it works, how close it is.

This rhythm might not fit at all and is rejected. Or, it may act as a bad reflection in Focusing and lead to something a bit closer....

Either way, on they go, this group of people caring, co-sensing, sharing a healing space. All are welcome to enter into it, all are welcome to contribute, each one sensing into something for the good of one of its members.

This process of community searching for the rhythm that the person lost touch with can last for hours or even days.

One can imagine the beautiful celebration, joy, and sense of community that occurs once the when the person is reconnected with “their song”....

## Putting this all together

*“When the flower blossoms, the bees come uninvited..”*

Those who know Focusing are familiar with the warm and inviting space that we offer while Focusing, inviting a felt sense to form, to opening and pausing the habitual to sense more deeply..

Some who do not know Focusing may also be accustomed to opening, pausing the habitual, welcoming and inviting Something More to enter.

This may be familiar to many.

From an attachment perspective, **inviting one to exist in one’s presence**, and **delighting in another’s presence**, **are the most powerful supporters of life and growth**.

When open, welcoming, inviting spaces are offered to experiencing, **many different** forms of life-forward energy and information - disembodied intuition, the felt sense level of intuition, and more , can also enter into awareness.

It is the hope of this article that we may be more able to fully welcome and appreciate these diverse ways that life-forward energies and information relate to us when they come to bless us with their gifts.

### Keeping Balanced and Centered as We Explore

Open gently. . . .

A bit at a time . . .

The universe is vast, and **can** pour through us with a great richness

And, as wonderful as that can be, we also want to maintain the integrity of our physical incarnation...

Sometimes there are surprises along the “information superhighway” - as you enter into the process of integrating diverse forms of energy and knowing, remember to **continually check with yourself for felt rightness of depth and speed as you proceed along this adventure**, honoring the multiple layers of our being and growing and moving in the world. [Exercise 3](#)

Following Table is from “The Medium, the Mystic and the Physicist” by Dr Lawrence LeShan

	<u>SENSORY REALITY</u>	<u>CLAIRVOYANT REALITY</u>	<u>TRANSPSYCHIC REALITY</u>
<b>Perception mode</b>	Sensory Equipment	Knowledge through uniting with, being one with	Knowledge through being part of the whole, and so perception of other parts through the whole.
<b>Action mode</b>	Action involving interaction between separate entities	Uniting with	“prayer” – attempts to mobilize the energy of the One for another part of it
<b>Possibilities</b>	Action-to-an-end. Cause and effect sequences. Physical action. Self interest.	ESP phenomenon Type I healing	“coincidences starting to happen” Type 5 healing (super speed)
<b>Impossibilities [Things that can't happen or be true from this perspective]</b>	ESP phenomena. Action without an intervening variable. Type I and Type 5 healing	Separate units or entities Action to an end. Wishing or willing. Self-interest	Any entity NOT being part of the whole. Self-interest
<b>Time</b>	Steady movement from past to present to future. “Time’s Arrow”	The eternal now without past, present, or future. But sequences remain.	The eternal now. ??if sequences remain
<b>Space</b>	Measured in inches and light years	An illusion. All is one	Real, but completely unimportant. Parts of the whole are separated by it, but, being one with the One, this does not matter at all.
<b>Energy</b>	A useful concept. The way entities affect each other, and the way we describe processes between entities. The ability to produce action or effect. That which does work.	Not a useful concept. One cannot do work in this reality. However, being in this state of awareness can affect energies in the bodies of healer and healee from the perspective of Sensory Reality	A useful concept. Through mental action (will, intention) one attempts to bring the immense energies of the universe to bear on another part of it in order to increase the harmony of that part.
<b>Feelings Mobilized by the state</b>	All the variations described by psychologists and others	Calm, peace, serenity, centeredness	Awe, humility, deep religious feelings. Serenity, calm.

## Possible Exercises/Explorations:

### Exercise 1 Can pause here and have small group reflections:

Have you had information along these lines?  
 What was it like? How did the information come to you?  
 (how did you relate to what came?)  
 [[Sharing in 3's or 4's              Then some whole group sharing]]

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### Exercise 2:

An example of this is the Health Intuition process. [www.healthintuition.com](http://www.healthintuition.com)  
 [we can do this exercise, as well, that follows, which is from Karen Kassy's book "Health Intuition"]:

Think about someone – be it yourself, a pet, or someone you care about

#### Step One – Meditate/ Quiet Down

Spend a few quiet minutes with your breath

#### Step Two – Invoke

“Dear (Divine Source), please give me the information on {person, animal, name and age if you have it}.

The truth so that they can hear it and it can help them.

Please let this information come through with compassion, clarity, and, if appropriate, completeness, the cause behind the cause, through my heart center.

Please do not let anything of mine (filters, biases, assumptions, etc.) interfere with the message.

I ask that none of my vital energy be used in obtaining this information.

Please send a blessing to {person, animal,etc} . Thank you.”

#### Step Three – Tune In

Take a few minutes to notice and maybe write down your impressions.  
Your mind can ask questions, like a journalist  
Whom... What... Where... When.... How...?  
..and then take notes physically or mentally.

Step Four – Re-entry. Shake off the energy. Sit quietly for a moment.

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### **Exercise 3**

#### **Taking in, integrating, and going forward**

Let us take a few minutes to settle in  
And connect with our breath, and our bodies  
As we do so, while holding an awareness of ourselves here, and of our bodies and of our breathing  
Check and see if it is ok for awareness to expand into some additional realm of sensing. We have covered a great deal. Perhaps some aspect of it will call to you. . . .  
Perhaps connected to something we have gone over; perhaps somewhere else that wants attention

Check and see if there is anything that you feel that you would like to welcome in.

What comes for you?  
Some information or insight?  
Some energetic or felt experience of something?  
It may be something new that seems to come from beyond you. It may be with places in you that have good reasons to be making the choices that they are.

Allow this to unfold while you also honor this bodily felt aspect of your being. Allow your body to help you assimilate what comes at a pace that respects all of who you are.

You may want to check and see if there is any sense of a next step for you- with respect to this material, or in your life in general.....

And, as we return back to this shared space, thank whatever has emerged for showing up.

And also, allow yourself to BE thanked by anything that has emerged,

And allow yourself to thank yourself for your being open to what is right for you, for whatever you connected with.

And, when you are ready,,,,,, ? small group sharing, then whole group?