

Physical Wrongness Signs of Possible Indoctrination

Introduction

Because indoctrinations are often against our fundamental values or at least our participating in the flow-of-life within & around us, they create & maintain physical signs of wrongness in and/or around our bodies. We suspect the particular physical signs of wrongness, listed below will differ some from person-to-person.

How to be with these physical wrongness signs to encourage them to open, to reveal themselves.

Be with these physical signs of wrongness as you would with a felt-sense. Welcome them, pausing-toward them softly, softly, gently, gently, with infinite tenderness, caring & patience. Remember: they're your body's guide to what needs healing (integrating, nurturing, liberating, developing, evolving, ...). They're also like a felt-sense in implying steps toward more-right ways of being.

These wrongness signs are sometimes immediately, physically present – right there when I pause to explicitly notice for them. Yet even then, they are usually out of my conscious awareness *UNTIL* I pause to explicitly notice for them. They don't usually call attention to themselves as, for example, a pain or an emotion would.

Before pausing to check for these wrongness signs, you may find it useful to do whatever groundings you do prior to your regular Focusing. A note of caution: Sometimes a “too deep” grounding seems to bypass these wrongness signs. The body-awareness level of felt-sensing often seems “too deep” for these wrongness signs to reveal themselves.

Generally, these indoctrinating wrongness signs need more time, even much more time to express (reveal, show, ...) their *content*, their *meaning* than do felt-senses. I often experience *HOW* I'm having signs of indoctrinating *LONG* before I'm clear about my indoctrinating's *CONTENT*.

When we sense into these wrongness signs, we need to sense ourselves within a larger context, our socio-political context rather than merely our personal situations.

This, we suspect, is what Gene was pointing us toward when he wrote, “Our practice of Focusing (and every inward practice) needs a conscious political context around it. Focusing needs a structural political consciousness. We live in a structural political context, and it can help to sense ourselves within it.” “The Political Critique of Awareness”, Gendlin 1984, p. 154.

For more on “Context”, see the “Context” section in “Unpacking, word-by-word, ‘consciously-engaging structural, oppressive, political context’”.

Read each wrongness sign below, pausing to give your body the time it needs to feel/reveal if it is or isn't manifesting this particular sign.

When a wrongness sign physically reveals itself, keep gently pausing-toward it until you can explicitly name (or see) its content., its meaning within its larger context. Without naming/seeing its content, the wrongness sign remains untransformed, and it continues to infect your everyday experiencing & your felt-sensing out-of-awareness. Thus your indoctrinating continues to have you, rather than you having your indoctrinating.

Throughout this process, go softly, softly, gently, gently, loving with infinite tenderness toward *yourself*. Remember: you never choose your indoctrinating. And indoctrinating's installing & maintaining is often initiated from very early in life, and continues throughout our lifetime, often with the threat and/or reality of traumatizing. So always respect your capacity's limits – your felt “go slowly” and “enough-for-now”.

We have left space after each possible wrongness sign. You may wish to write down anything that carries forward (fits, comes from, names, shows, ...) that wrongness sign's content.

CHECKLIST II of some possible indoctrinating wrongness signs

- 1. Spacing-Out, Blanking, Empty Spaces, Absence-of-Life within and/or around my body, physically and/or mentally. Feeling Scattered, Dissociating, Not-All-Here.**
- 2. Jaw-Tensing, Throat-Aching. This often means something needs saying or expressing non-verbally, e.g., screaming or crying.**
- 3. Chatting about things irrelevant to the main issue at hand.**
- 4. Urgent, Hyper-Focused, Drivenness. This is often experienced as tunnel-visioning and/or a physical readying to charge-in, attack, defend in the chest, shoulders, hands, arms & legs.**

5. Blocking, Armoring, Pushing-Away, Walling-Off, Keeping Out-of-Awareness. Notice where it is, it's source -- in and/or around your body.

6. Hands, Arms & Legs wanting to express something physically, e.g., pointing, waving, pushing-away, kicking.

7. Weighing-Down, Heaviness on shoulders, back, chest, whole-body heaviness, heaviness-fields around you. Notice physically, visually, auditorily what-&-where is the Source that's creating & maintaining this heaviness.

8. Suppressing, Oppressing, Repressing, Draining. Notice physically, visually, auditorily what-&-where is the Source that's creating & maintaining Suppression, Oppressing,

9. Shrinking-Away-From, Withdrawing, Turning-Away-From, Breathing-Constricting, Heart-Constricting, Whole-Body- Constricting, World-Closing-In-On-You. Notice physically, visually, auditorially what-&-where is the Source that's creating & maintaining your body-response.