

# Physical Wrongness Signs of Possible Social Programming by Dave Young July 2022

## Introduction

### Political Focusing & Action Steps

Political Focusing is never complete without an action step. If, in my Focusing, I don't also take a step *that addresses the system that made that step, that action necessary*, **I'm using Focusing as a narcotic**. That is, I'm using Focusing to feel better while leaving the falseness, the oppression still hidden, unchanged and in place. "**As a narcotic**" comes from Marshall Rosenberg, applying it to his NVC, Non-Violent Communication.

### Closing Gene Quotes from "Politics in Relationship to Psychological and Spiritual Awareness":

"Must I not admit to myself that where I am unfinished and incomplete involves others, and not just some box-like notion of 'me'? Gendlin 1978, paragraph 18.

"...it is a question of simultaneously individual and social development, because human nature involves both." Gendlin 1978, paragraph 19.

"...my point is that just as it is unfinished and open, what a person is, so it is also what social structures are." Gendlin 1978, paragraph 17.

### Generally Out-of-Awareness Physical Wrongness Signs as Possible Social Programming

#### Introduction

Because Social Programming is often against our values, or at least against our participating in the flow-of-life within & around us, they often create, maintain & normalize physical signs of wrongness in and/or around our bodies. These "physical wrongness signs" are generally out-of-awareness unless we explicitly pause-toward the possibility of their being in and/or around our bodies.

Be with these wrongness signs as you would with a felt-sense. Like a felt-sense,

they're implying steps toward more-right ways of being.

We find these wrongness signs – which usually have been normalized – are sometimes immediately, physically present – right there when we pause to explicitly notice them. Yet even then, they're usually out-of-awareness *UNTIL* I pause to explicitly notice them. They usually don't call attention to themselves like a pain or strong emotion.

Before pausing to check for these wrongness signs, it may be useful to do grounding as you do in regular Focusing. Caution: sometimes “too deep” grounding can bypass these wrongness signs.

Generally, these social programming wrongness signs need more time, even much more time to express (reveal, show, consciously, explicitly live, ...) their *content*, their *meaning* than do felt-senses. We often experience *PHYSICAL AWARENESS* of these wrongness signs *LONG* before we're clear about the social programming's *CONTENT*, what it's *ABOUT*.

We strongly suspect that each person may have something of their own generally out-of-awareness physical wrongness signs. Be alert for these. **Common Generally Out-of-Awareness Physical Wrongness Signs**