

Realms

(3/11/2022)

What are Realms?

Realms are strongly felt aspects of living, all of which are needed for wholeness. They have the following characteristics:

1. Realms are always, already there in our experiencing, both explicitly and in our implying.
2. Realms, however, can be blocked, walled-off, suppressed, oppressed, And this walling-off can be out-of-awareness.
3. For our experiential wholeness, each realm is needed by all other realms, and each realm needs all realms
4. Realms must be experienced as part of a whole.

As Gene wrote about his 3 realms: “The realms of politics, personal growth/[Focusing] and spiritual awareness are still usually thought about separately as three different realms, but they must come together. Nor can any of them be reduced to the other two, however overarching each may be. Although different, they are in need of each other.” “Politics in Relation to Psychological and Spiritual Awareness”, Gendlin 1978, [Focusing is our addition] p. 1.

Gene is saying: without explicitly involving spiritual & politics in our felt-sensing and in our Focusing, we will lack something vital, something we deeply need to more fully and creatively carry forward us, our situations & contexts.

Gisela & Dave's List of Realms & Realm Practices:

1. Individual Developing, Psychological,
2. Political, Socio-Cultural-Economic, Family,
3. Spiritual, Religion, "Something Greater", "The Larger System,
4. Humanities: Poetry, Music, Arts, Philosophy, Humane Thought, beauty we are moved by.
5. Human History, especially involving multi-generational injustices, oppressions, privileges, powers,
6. Loving, Caring, Being-Loved, Being-Cared-For/Cared-About,
7. Ecosystems & Natural Histories.
8. Mourning, Crying, Deep Sadness,
9. Joy, zest, gratitude,
10. Hope, dreams,
11. Broadening our knowledge, understandings,
12. Realm Critiquing
13. Realm-Crossing
14. Realm-Steps, Realm-Actions,