

Attention is Human Presence

It is how we relate to others, it is our presence in the world.

Is it restricted to the “head”?

No, in Focusing we can put it in the chest, for instance.

It can be placed anywhere in the body-environment.

Attention is the site of our freedom and creative potential.

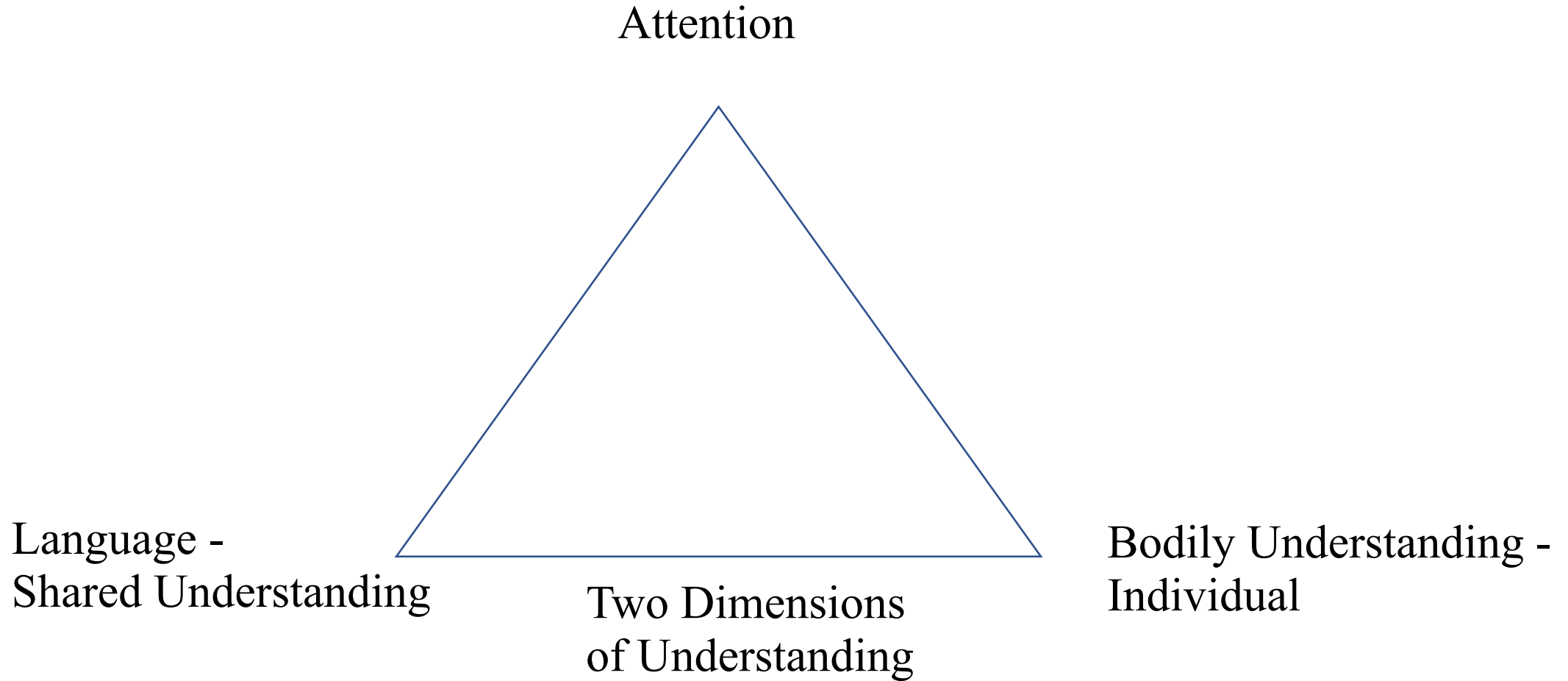
The Hermeneutical Circle

How does attention move? Do we control it?

Our bodily understanding directs attention,
attention changes the understanding,
the new understanding guides attention,
etc.

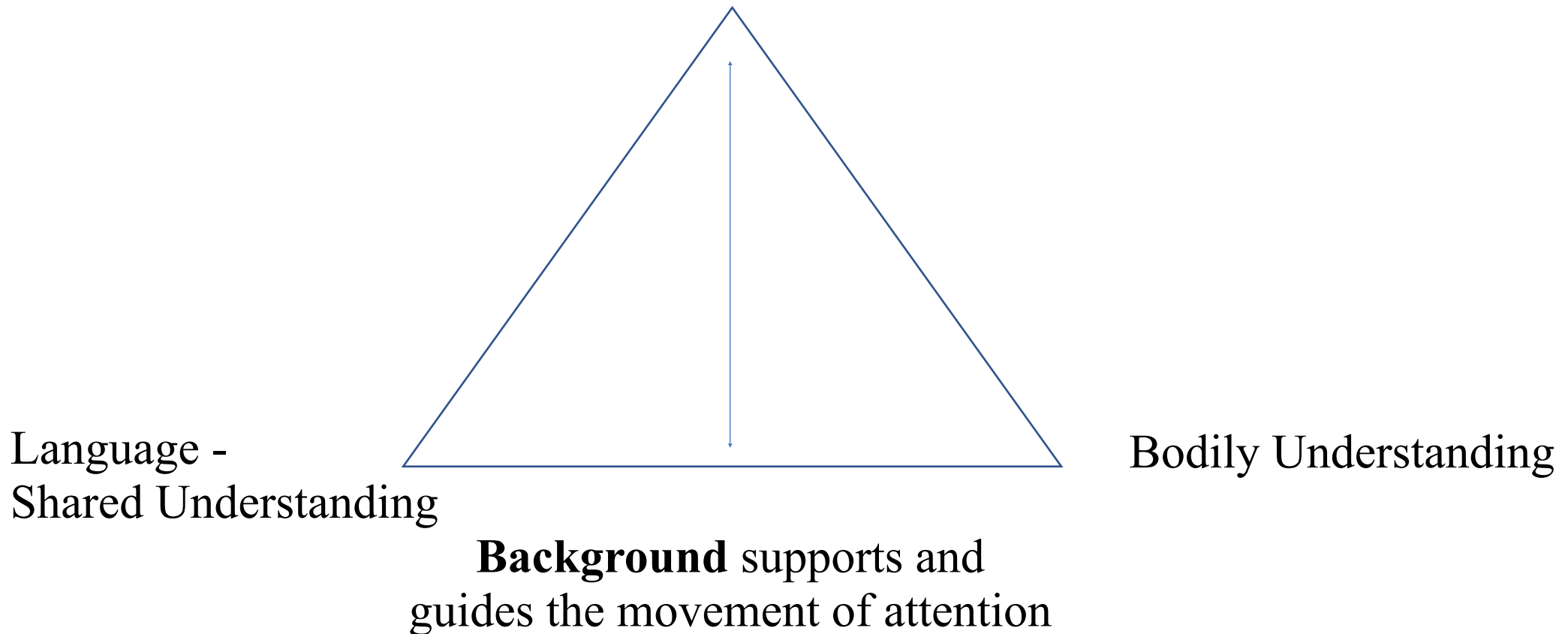
Its movement is typically passive and
proceeds without conscious awareness

The Hermeneutical Circle



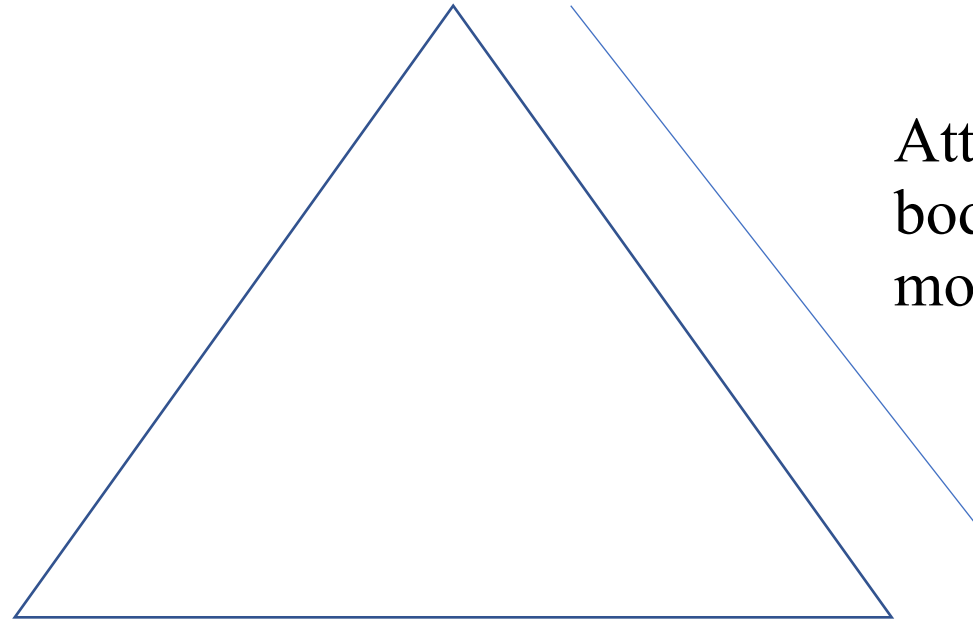
The Hermeneutical Circle

Attention as **Foreground**
Brings background to bear in engagement



Attention is Always Placed and in Movement

Attention



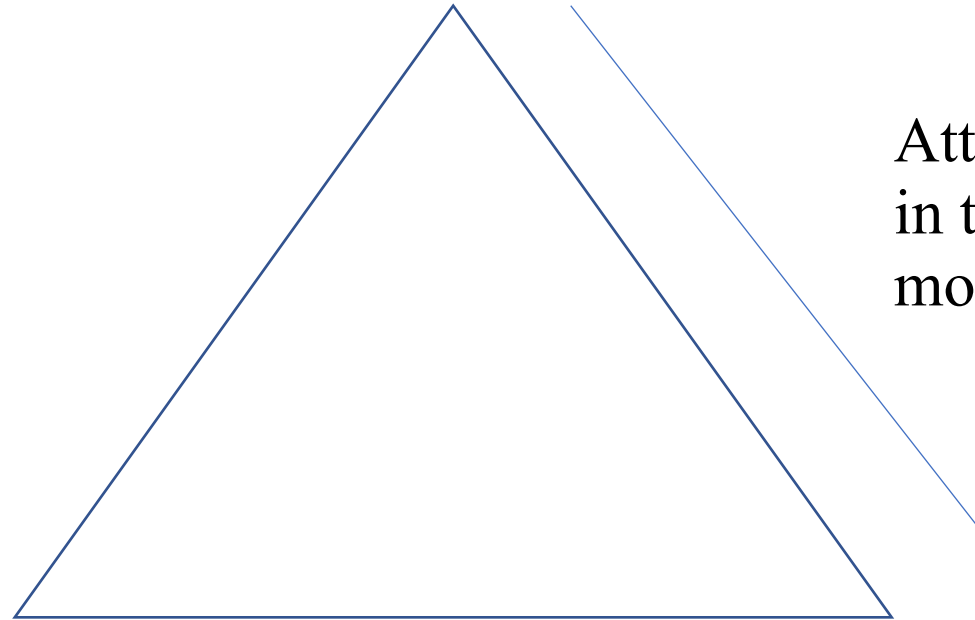
Attention is always placed in the
body-environment, but its
movement is typically passive

Language

Lived Body-Environment

MINDFULNESS

Attention



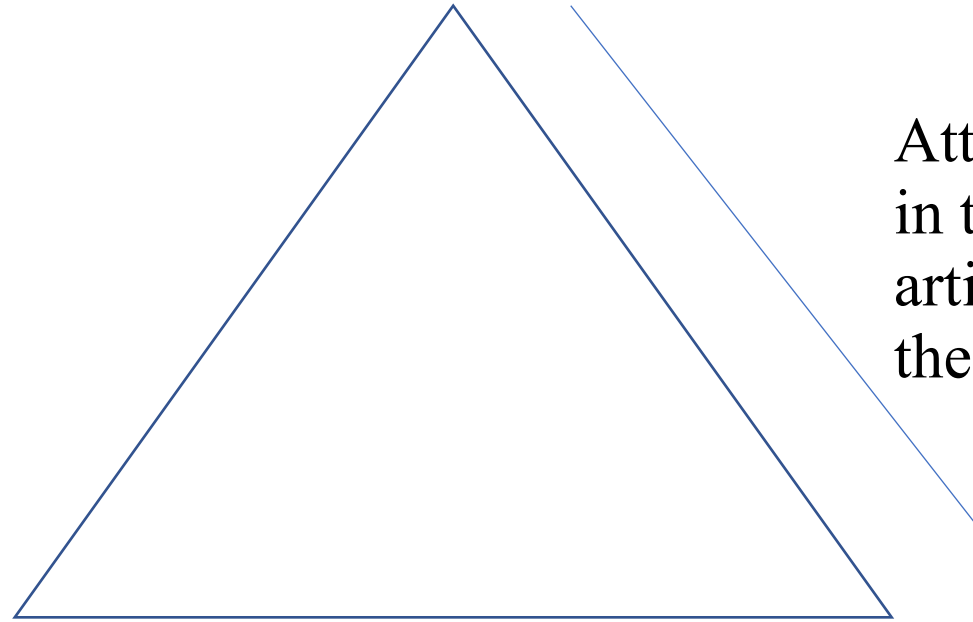
Attention is intentionally placed in the body-environment, it moves with awareness.

Language

Lived Body-Environment

FOCUSING

Attention



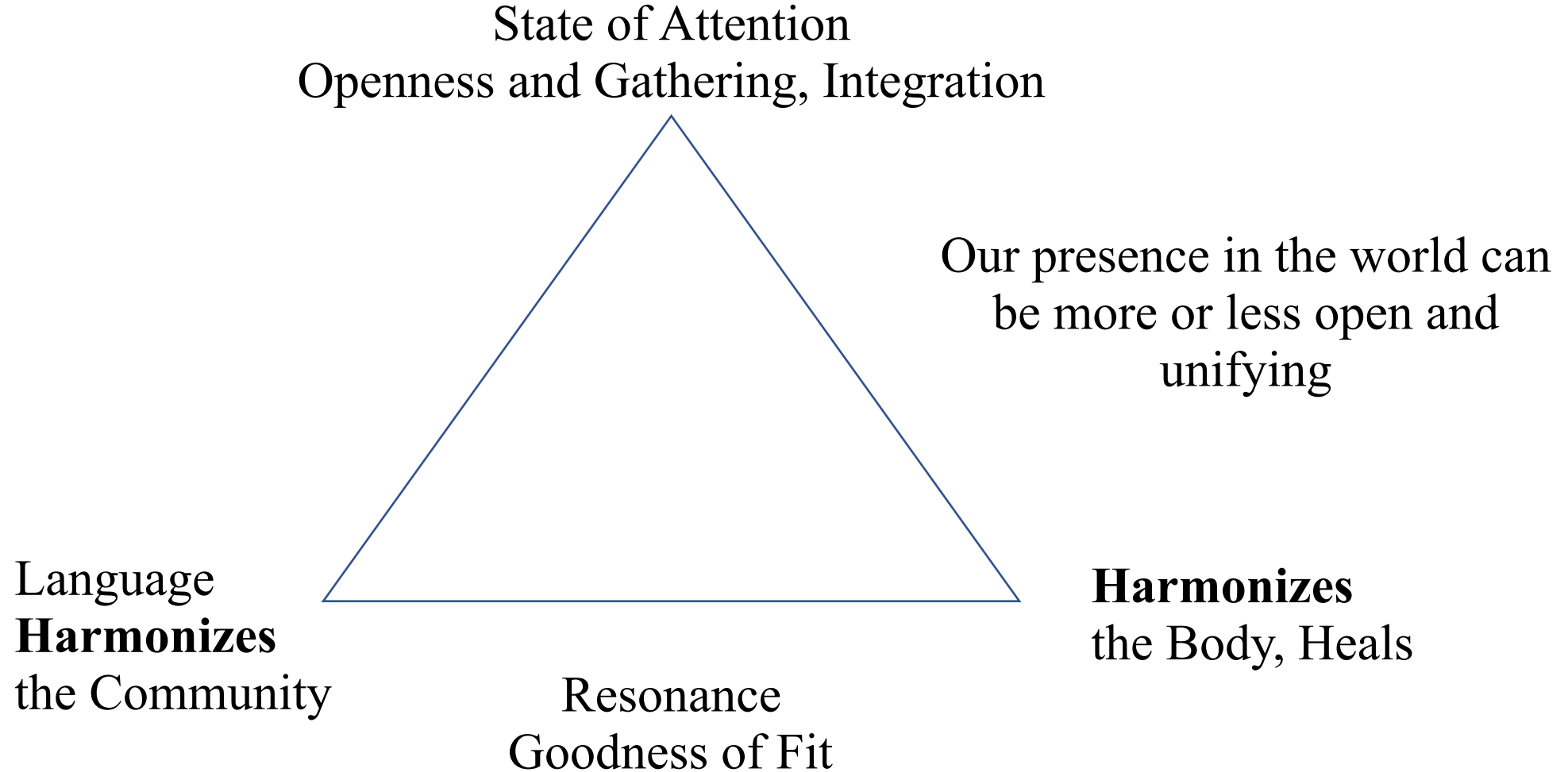
Attention is intentionally placed in the body, as we seek to articulate a felt sense and get to the heart of its movement.

Language

Lived Body-Environment

We check resonance with the body

The Promise of Focusing



The Magic of Focusing

Attention

Openness to the cosmic mystery

Attention and Language
emerge from the source
of creative potential

Attention is Placed
in the Body-Environment,
at the core of our being

Language -
Basis for human
worlds and relation

We are called to listen
deeply, to bring the
source of creativity into
the world

