

ROB FOXCROFT: BIOGRAPHICAL NOTE

When I was three years old, a lodger from Egypt came to stay with my family for a year. He was warm, kind, and playful. I was left with a strong feeling of friendliness for people from other backgrounds and cultures.

By the time I was four, I had come to find reading stories a big improvement on life.

Music came a little later. I studied 'cello and piano playing, singing, conducting, and composing music. Eventually, I had a degree in music from the University of Cambridge. Since then I have taught music for fifty years, mostly by giving piano lessons.

I read 'Dibs in Search of Self' in 1972 and met the Person Centred Approach in 1975. In 1981, during a lesson in the Alexander Technique with Patrick Macdonald, suddenly all my trouble and sadness fell utterly away. I found myself for a few hours just simply happy.

I began to explore meditation when I was in Australia in 1983, met focusing in 1987, had one-to-one focusing sessions with Gene Gendlin in 1988, had personal guidance in meditation from Akong Rinpoche in 1993, and completed training in spiritual accompaniment with Brian Thorne in 2012. I have been a Focusing Coordinator for many years and have trained many people.

In 2018 I published a book about empathic listening: 'Feeling Heard, Hearing Others'. Now I'm writing a little book about meditation.

I hope to go on teaching for another twenty years. Maybe longer. My teenagers tell their friends: 'He's really old. But he has a very big inner child.'

Rob Foxcroft, January 2025

Empathy is the essence of our humanity

The simple way to buy my book is by going to:

[ANTONINE BOOKS – Rob Foxcroft](#)

Or by writing directly to me:

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Websites:

[THE CENTRE FOR MEDITATIVE LISTENING - The Spirituality of Empathy](#)
and

[Rob Foxcroft – ...meditative listening](#)