

Practice by Greg Walkerden Focusing & Feldenkrais July 2025

1.

Pick some focusing move
and practice doing a small part of it,
with exquisite sensitivity,
being very curious,
and sensuous,

eg

- moving something a very small distance in 'clearing a space',
- sitting very slowly, undemandingly and sensuously, with the feeling of unknowing; being sensitive and aware, noticing what happens in very fine detail,
- paying very close attention to how you are responding, somatically, as you slowly consider the possibility of some word or phrase or image describing what you feel, your feeling of knowing.

2.

Discuss.