In Your Own Tongue

Reading Circles

A Focusing Oriented Reading Project in Your Own Language

♡ We begin with six small practice groups during Nov & Dec 2026 and plan to expand to our larger Forge community in the new year 2027. ♡

Every two months we plan to offer a text
(or you choose your own text).

- You (and those in your reading circle) will read the chosen text in advance in your own language.
- Then you meet with your people to discuss the reading in your own language.
- Your reading circle could add notes to a shared document or connect with Katarina

Suggested readings for November & December 2026:

1. ♡ Gendlin 1992 The wider role of bodily sense in thought and language (audio readings, text, notes)
   https://thinkinginmovement.ca/gendlin-1992-wider-role-bodily-sense-thought-language/
   ♡ Or another of Gendlin's writings of your choosing
2. ♡ Additionally, you may wish to read from FOTA Dialogues:
   - https://www.focusingtherapy.org/dialogues.

Optional contributions to Katarina would be helpful and timely:
https://thinkinginmovement.ca/contribution-studio/

Warmest greetings,
Katarina

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