

Focusing and Meditation Circle News  
By Susan Lennox  
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I have been Focusing on a regular basis, both solo and with partners, for about three years. Focusing has given me access to an inner world of sensing, feeling and meaning that I didn't know even existed. Focusing also has helped me to make some major breakthroughs in ancient blocks and put the pieces of my Self together in ways that were truly empowering. Yet for me, Focusing is much more than a way to solve daily problems or even to make profound and lasting psychological change. It is a spiritual practice. In the same way that others use meditation, prayer or periods of quiet contemplation, I use Focusing as a spiritual practice. So why would I still desire to incorporate meditation into my life as a further spiritual practice? Was there something that meditation might offer that Focusing might not and vice versa? How might I use both in my life?

These and other questions were explored when a Circle of Focuser/Meditators from the Boston area convened last summer to explore how and why we use both Focusing and meditation in our lives. The workshop started with a period of meditation, beautifully led into by a period of toning guided by Terry Travis-Danvers. Then using a Focusing approach, we shared our experiences during the meditation, as well as our thoughts about where Focusing and meditation fit in our lives. We learned that some found Focusing after having meditated for years, while others were veteran Focusers before coming to meditation. Regardless of the path that brought us to our combined practice, we all agreed that Focusing and meditation offer complimentary benefits. Later in the workshop we did some partnered Focusing, again followed by a sharing and comparing of our experiences in Focusing and meditation.

We agreed that Focusing could enhance the depth of meditation. Several of us had experienced the value of clearing a space or even a full round or two of Focusing as a prelude to meditation. We found that this enables one to move more immediately into the still inner space of meditation. As one person put it, "I can ride the elevator down into my inner space through Focusing and, when I'm ready, just step off the elevator and start meditating because I'm already at the right level." Another person offered, "Focusing allows me to get to my own truth, and I go from there into meditation."

One participant, who regularly practices Siddha yoga meditation, noted that she uses Focusing during meditation in order to fully honor and witness what is happening during meditation. She finds that it helps her to stay more engaged in the experience of meditation. Another noted that she finds that lingering in the last step of Focusing, the Receiving step, is a perfect doorway into meditation.

One person found that Focusing allowed her to become aware of distinctly different energy centers in her body. She found that the head-centered energy had a far faster vibration than the heart-centered energy, which in turn was faster than the belly-centered energy. It was suggested that using this Focusing-based body awareness would allow her to use those different energy centers to take an issue into and work with during Focusing.

For more information about the Focusing and Meditation Circle, contact Susan Lennox at [slennox1@juno.com](mailto:slennox1@juno.com).