



Facing Our Future with the Felt Sense

25/26th November 2023

I remember feeling in the past that, despite much bad news in the media, all was fundamentally well in the world. I no longer have this feeling. However well I feel in myself, I carry a background awareness that climate change and other environmental threats threaten our future, and I feel uneasy. I wonder where to go with this uneasy feeling. Perhaps you experience something similar.

In this workshop we will extend our focusing gaze beyond our personal inner lives towards outer world issues that affect our collective future – of which climate change surely looms largest. We will address it both as a topic in itself and as an example of a public issue where it's easy to get lost in the *content* and forget the *process* of engaging with others to work co-operatively together.

We will refresh our understanding of the felt sense – an ethical, intelligent and evolutionary constellation of feeling for the whole of a situation, potentially available to anyone – and explore its application to challenging issues such as climate change.

My premise: the felt sense is needed for human affairs to work well. Leaning into our left hemisphere minds (away from the body), we tend towards reacting, rationalising, arguments, simplistic solutions, avoidance, even denial. Leaning into our right hemisphere minds (embodied felt sense), we can see the bigger picture, experience our feelings without being overwhelmed by them, think imaginatively, tolerate not-knowing, and bridge the gaps between different opinions.

The workshop will include:

- focusing on our own felt sense of climate change – feelings, ideas, urges to act
- reflecting on our understanding of the felt sense as the key to embodied thinking
- our experience of listening to the felt sense when addressing topics like climate change
- the 'felt sense zone': a social or group space where everyone *can* find their felt sense
- a 'felt sense world': attitudes and approaches that work with the felt sense, not against it

The workshop is for people with experience of Focusing and listening partnerships. There will be time for reflective exercises, Focusing exchanges, and lively discussion.

-
- times** ▶ from 9.45 am to 5 pm on Saturday and Sunday
- venue** ▶ here in Clapham (close to Clapham South tube)
- cost** ▶ the workshop fee is £130 if booked at least two weeks in advance, or £150 thereafter
- booking** ▶ please write to me in good time with your name, address and phone number, enclosing a cheque for a deposit of £50 or the full fee (payable to *Peter Afford*), or email me if you prefer to do an online transfer
- cancellation** ▶ incurs a £50 admin charge i.e. deposits are not normally refunded
-

Peter Afford

8 Rudloe Road, Clapham, London SW12 0DS
020 8673 1860
peter@focusing.co.uk ♦ www.focusing.co.uk