



## *Thinking with the Felt Sense*

25/26th July 2020

Bertold Brecht described thinking as “a real, sensuous pleasure” – we will aim to make it so on this workshop. It is, after all, a pleasure to understand things that interest us, to express our own ideas in our own words, to be stimulated by others’ ideas that resonate with our personal experience, and to mull over and debate subjects we find meaningful and significant.

While Focusing is more often associated with feeling and sensing and maybe intuiting, it can also help us to think in fresh, rewarding and playful ways. By grounding the mind in image, feeling and bodily experiencing, it can escape the chains of dull, soulless logic to find its natural flow and inherent creativity.

So, for a time, put aside other people’s ideas, concepts and intellectual edifices, let your books stay on their shelves, let go of what you think you ought to think, and stop worrying about what you think words are meant to mean. Starting out with something you want to think around and about, let Focusing open up an inner space for fresh thoughts and words and sentences to come to delight and entertain you. And later, if you wish, you can let the felt sense guide you in polishing what has come to help you to communicate what you want to say to others.

The workshop will cover:

- ❖ an introduction to Gendlin’s *Thinking at the Edge* (TAE), his ‘second practice’ after Focusing
- ❖ listening and dialoguing skills for companioning a thinking focuser
- ❖ public language and private language: making words mean what you want them to mean
- ❖ logical thinking vs. felt thinking: the difference between making logical sense and paradoxical self-expression
- ❖ concrete thinking vs. symbolic thinking: the difference between thinking in steps and thinking with images

There will be demonstrations, exercises, practice sessions, discussion and with luck, some good conversation and laughter.

This workshop is suitable for people who are already experienced in the practice of Focusing and listening. You should have at least completed an introductory workshop or course in the skills of Focusing and being the companion to a focuser.

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- 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. in normal circumstances deposits are not refunded

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