

A FELT SENSE OF ASTROLOGY

*Participation and
Re-enchantment*

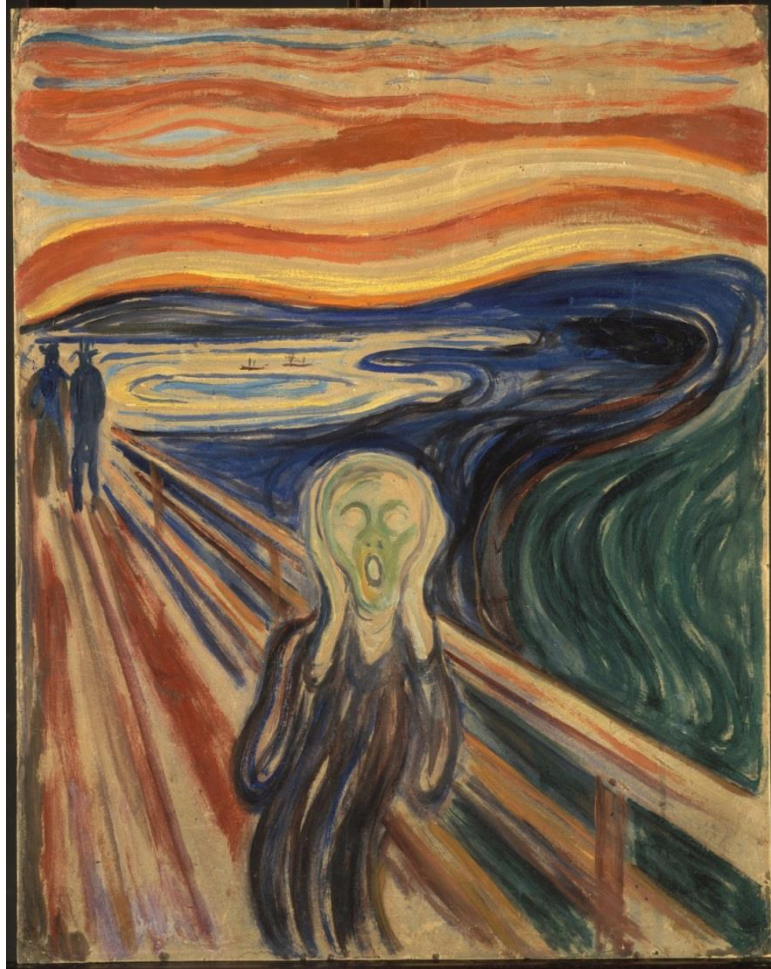
FOCUSING

“In a nutshell, Focusing, as developed by Eugene Gendlin, is the process of listening to your body in a gentle, accepting way and hearing the messages your inner self is sending you. This process honours the wisdom and subtle level of knowing that speaks to you through your body. “

Ann Weiser Cornell (website)

‘Felt Sense’

- Gendlin gave the name "felt sense" to the unclear, pre-verbal sense of 'something' — the inner knowledge or awareness that has not been consciously thought or verbalized — as that 'something' is experienced in the body. It is not the same as an emotion. This bodily felt 'something' may be an awareness of a situation or an old hurt, or of something that is 'coming' — perhaps an idea or insight. Crucial to the concept, as defined by Gendlin, is that it is *unclear* and vague, and it is always *more* than any attempt to express it verbally. Gendlin also described it as "sensing an implicit complexity, a wholistic sense of what one is working on". (Wikipedia)



Edvard Munch, *The Scream*

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Focusing can often bring
vivid imagery, from
imagination, or
from memory.



Venus of Willendorf

"There's Room for a Life in Your Womb" Kate Bush



Venus of Laussel in Bordeaux museum.

“Let whatever happens be okay”

Bill Harris

*“The Radical Acceptance of
Everything”* Ann Weiser Cornell

THE GUEST HOUSE

This being human is a guest house.

Every morning a new arrival.

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

Welcome and entertain them all!

*Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honourably.*

*He may be clearing you out
for some new delight.*

*The dark thought, the shame, the
malice.*

*meet them at the door laughing and
invite them in.*

*Be grateful for whatever comes.
because each has been sent
as a guide from beyond.*

-- Jelaluddin Rumi, (1207-1273)
translation by Coleman Barks

Who looks outside dreams,
who looks inside, wakes.

Carl Jung

References and further reading

- Ann Weiser Cornell, *A Radical Acceptance of Everything*.
- Ann Weiser Cornell website - <http://focusingresources.com/>
- Gendlin Focusing website - <http://www.focusing.org/>
- Eugene Gendlin, *Focusing*.
- Prudence Jones *Creative Astrology*
- Barbara Schermer *Astrology Alive*
- Babs Kirby *Experiential Astrology*
- Richard Swatton – *From Symbol to Substance, Training the Astrological Intuition*.
- The Mountain Astrologer magazine, Issue #168, April/May 2013
- Astrological Association Journal, Vol.56, No.1, Jan/Feb 2014.
- Cat Cox *Astrological Practice, A Magical Approach*, AA Conference 2013 recording.