

## **HERE AND NOW, 4**

### **Body doesn't tell lies in Focusing**

Listening to, understanding and loving each other through the words of body is as natural as it is little used. This is what the author of the diary experienced in her approach to the Focusing method, before becoming its Trainer and making it a fundamental resource of her work as a therapist.

Focusing is a natural skill, rediscovered, not invented. It is a birthright of every person: we are all born with the ability to know how we feel moment by moment. But, for many, the experiences they hurt or alienated from themselves as children, as well as a culture of understanding, have caused a loss of confidence in the body and in the ability to feel things. Focusing is in practice, the exploration of oneself through the sensations that the body transmits: we place ourselves in an attitude of empathic listening, to know that more than the complexity of which we are made, physical, emotional, mental, energetic, knows and wishes to communicate with respect to the questions posed.

Listening to the body already means healing in some way, if in healing one can include the precious and vital concept of taking care of oneself. After all, the body is the beginning and end of oneself, it is an energetic perimeter, as well as an organic physical order. It is therefore a question that also concerns the conscience, that is the ability to feel and perceive the personal energy level and of the other, which can rise in terms of spiritual and cultural quality, dedication to the cultivation of one's own deep needs according to the environment. and opportunities to divert time and thought, anxieties and fears from the anguish of survival.

The decision to describe her approach to the knowledge and practice of Focusing in a diary comes from the progressive benefit that the author has drawn from it.

r.d.

### **SUGGESTED READING (IN ITALIAN)**

R. D'Ottavi, *Il corpo non mente. Diario dell'incontro col metodo Focusing*. Ed. Andromeda