

Fenneke Jacobs

EXERCISES FOR LIVING WELL AND HAPPY AND JOYFUL

Content:

1	Personal motives	2
2	The Fan-Clubs	2
2.1	The background	2
2.2	The exercises	3
2.3	Literature	3
3	The Exercises	4
3.1	SENDING SUPPORT	4
3.1.1	Discussion	4
3.2	THE SELF-EMPOWERMENT EXERCISE	4
3.2.1	A therapy example of the Self-Empowerment Exercise	5
3.3	The Exercise for Living Well:	7
3.3.1	Discussion	8
3.4	THE STEPS OF THE SELF-EMPOWERMENT EXERCISE (text of Patent)	8
3.5	FIRST AID EXERCISE	9
3.5.1	The exercise	9
3.5.2	THE STEPS OF THE FIRST-AID EXERCISE:	10
3.6	THE EXERCISES FOR LIVING WELL	10
3.6.1	The exercise	10
3.6.2	Example of a therapy session	10
3.6.3	THE STEPS FOR THE LIVING WELL – EXERCISES	11
3.7	THE EXERCISE FOR THE WISHPOT	12
3.7.1	Rules	12
3.7.2	The confirmation of your wish	12
3.7.3	Some afterthoughts	12
3.7.4	A therapy example of the wishpot:	12
3.7.5	THE STEPS OF THE WISHPOT:	14
4	Address:	14

Introduction

I want to introduce some exercises that combine very well with focusing. Their character is more outspoken than focusing is by nature, but the basic attitude of unconditional positive regard (the Rogerian root of focusing) is the same.

These exercises offer the possibility to be in contact with your personal feelings, and in spite of the turmoil of interactions with 'the big world', yet stay connected with 'God' and the situation with the people in front of you as well. But maybe the biggest bonus they offer is this: these exercises turn your attention to your personal talent for living well and happy and joyful.

1 Personal motives

I'd like to tell something about my own personal motives for my search in this direction.

I have been a focuser for some 23 years. I did not only use it for clients (I am a therapist) or for research (I was a teacher at the university for some 10 years), but most of all I used it for my own inner process. And as I have been inside that process for a very long time, focusing became an attitude that settled itself into the very core of my being.

But exactly that became a problem, some years ago. When my feelings did not need that much attention any more, I wanted to get out of my safe gentle inner world into the real world again.

But lo and behold, that was not easy. The question for me was not 'how to bring focusing into the world', but it was as central as it could be: how to bring myself into the world, as a focusing human being.

I just did not know how to do that. I did not want to lose the attitudes that focusing had brought to me (being with my feelings, and at the same time staying in contact with 'it All'); but how does one do that in normal life? In interaction with my clients, yes - but in other interactions?

I did try. But nobody around me seemed to live like that, so after a while I also took up my old way of living again. But that was a failure. I had grown used to the contentment and inner joy of the focusing attitude, and living without it only brought me stress. The light and joy went out of my life. So after some time I came back to the values of focusing, and now for good. But I still had no answer: I did not know how to do it, how to live it in difficult interactions.

2 The Fan-Clubs

It is in this context that last autumn I came across a kind of support groups in Holland, called Fan-Clubs. I did not care so much for the externals of these groups (I still don't), but I did for the internals: it worked! It showed me the way to be in the real world in such a way that I could live according to my own deepest (focusing-) values!

So immediately I started to use the exercises for myself, for a small group of focusing colleagues in Amsterdam, and for clients.

Focusing had given to me the safe context inside me for my inner child to grow up; and now with these groups I had the possibility to go on, also again with a 'manual', but now doing so as a person in the outside world. From focusing I learned to stay with what is inside and be gentle and accepting with it; from these support-groups I am learning the attitude of loving whatever is there, inside and outside.

But as it is only half a year that I work with these exercises and with my personal mix of them with focusing, I can only tell you how to do it as far as my knowledge goes, but I don't know all the ins and outs. I am enthusiastic, but only a beginner.

2.1 **The background**

These exercises stem from Arnold Patent, who lives in the U.S. Arnold Patent gives workshops, started these non-profit support groups and wrote some books. He has been doing this for some twenty years now.

The idea for these support groups has been taken to The Netherlands by Willem de Ridder. 'Our Willem' has rather a strong sense of humour, and so he called these groups fan-clubs: its members are each others fans, they support each other unconditionally, like fans do.

As I mentioned before, the basic attitude is the same as with focusing and therapy in general: unconditional positive regard. But in Patent's case this 'positive regard' is translated into something much more explicit: support, love, and compassion. The support groups are meant as a safe context for refuelling, and for staying connected with your aim: developing into the human being one is meant to be, by nature. And that in the real world with all the confrontations and difficulties there always are.

2.2 The exercises

The exercises that I use from the repertoire of the Fan-Clubs are one for very difficult feelings (the Self-Empowerment Exercise), and some for living well and happy. (The last ones are a mix with my own know-how of therapy and focusing.) This Self-Empowerment Exercise is of importance for therapists, but for 'straight' focusers as well, because of the explicit steps: right through the tension and inner commotion to 'God' and your essence; and from there back to the situation and the people involved, and then to the here and now. With the result of empowerment.

This exercise is only a small part of a fan-club session. It only takes (there) some 5 to 10 minutes.

The main goal is to get into contact with the joy of life, and of feeling free to be yourself. Getting through pain is a good thing, but finding situations in which one blossoms is quite another thing. It is only in these last situations that you can sense who you really are, and how to find the action steps to bring yourself in the world, in an atmosphere of joy.

At this point I can easily imagine a question. Focusing is for gentle inner processes; these exercises are for living in the outside world. A lot of power is needed to succeed in that. How is this done?

It is not a secret. I think the most central 'exercise' in which one feels this power is something I have not mentioned yet. It is not even an exercise, it is a gesture; it is something one just does. It is something simple like the 'saying hello', of focusing. Ann Weiser once said that if focusing had to be stripped of everything that could be stripped, she'd want to keep the saying hello to the 'it' inside. I think this gesture that I have in mind is as essential as that. It is something that I call the love-line.

It is this sentence:

"... (name), I / we love you just the way you are, and I / we support you unconditionally in all that is essential and of value to you". (The words can be changed, but the essence is important.)

Together with these words you open your handpalms towards the other person. It is a gesture as if you are blessing. Through your handchakras you send your good intentions, just by intending it.

(It is no problem when you don't have love to give; good intentions are enough.)

It feels as if you as a sender get also supported when you do this. My guess is that it is this gesture that opens up a channel for the real work. It makes me think of the saying "God has no other hands than those of the people": as if 'God' is working through your hands.

If you as a person open yourself for this, this energy flows naturely, like water. And the effect is that things normalize. Things are as they are, and they get a shine; the shine of inner harmony.

Whether I am right I don't know, but my guess is that it is this ingredient that is at the heart of these exercises.

As it is at the heart of focusing as well; but with focusing it is in a more gentle and implicit way.

2.3 Literature

Arnold Patent, *You Can Have it All*, Pocket Books, N.Y. 1991

Arnold Patent, *Bridges to Reality*, Celebration Publishing, Tucson, Arizona, 1998

other publications: *Death, taxes and other illusions* (1989) and: *Money and Beyond* (1993)

In Dutch:

Willem de Ridder: *Handboek Spiegologie*, De Zaak, Groningen, 1999

Werkboekje: Handleiding voor het Fanclubspel (vrij te kopiëren) met website:

<http://www.fanclubs.nu>

3 The Exercises

3.1 **SENDING SUPPORT**

As I said, sending love and support or compassion is an essential part of these exercises. It is easy to do, done in a jiffy; and (for me) it always works, even on the phone.

It goes like this:

1. Ask the other person to sit well, close his eyes, take a deep breath, and be with his feelings, inside his body.
2. Ask him to sense a (real or imagined) circle of people around him.
3. Tell him that these people have their handpalms (at breast-height) open towards him, just like you, and that you are all sending love and support and compassion towards him. (Just intend to do so, and - if nothing is in the way- you promptly feel the energy flow through your body and handchakra's.)
4. Ask him: can you feel it coming in? (if he does not, he is too tense, or blocked in some other way.)
5. Then you say: “ (name), we love you just as you are, and we support you unconditionally in all your glory and magnificence”.
This is the text Patent uses. The text of De Ridder is more flowery: “(name), we love you exactly as you are, and we support you totally in all your power and greatness and abundance of possibilities”.
Of course one is free to change the words to fit the occasion. But don't be careless with your wording, as a lot of power is coming with it. Keep in mind that it might work programming!
6. Give him some time to soak in this feeling, and tell him that he can in his mind return to this feeling as often as he wants to.

3.1.1 **Discussion**

I can easily imagine a question like this: Why all this hocus-pocus of sending energy? Does it make a difference?

My answer is: Yes, it does make a difference. In our focusing group in Amsterdam we tried it out in a focusing session. Just the normal focusing attitude of the guide was good; giving support or compassion just by intending it was better (it added energy); and sending these intentions with an open heart and hands and with a real or imagined group did even more for the client.

The fact was that there was a marked difference when using your hands; as if a different type of energy was involved. As a sender it feels like you are at a different (transpersonal?) plane while you are sending.

Just try it out for yourself!

3.2 **THE SELF-EMPOWERMENT EXERCISE**

The Self-Empowerment exercise I took straight from one of Arnold Patent's books (“You can have it all”, p. 187-188). I only added an extra step (nr. 8), about alignment with God / Buddha /etc., and changed some words. It is a formidable exercise. In Dutch this exercise is called ‘The Power plant’, and it does really feel like that: as if it is generating power.

For therapists and ‘straight’ focusers it is the steps in this exercise, the phases, that are important.

These phases are not new; one encounters them in focusing as well. But in this exercise the steps are made explicit, and that is necessary in the case of therapy and of very difficult feelings. They keep the client and therapist right on target: towards the (re-) alignment with ‘God’ and the own inner essence, and from there back to the other people involved and your personal feelings in daily life.

This exercise adds also something else: it makes you (re-)connect with your own power.

That is accomplished I guess by focusing on the power, the vibration in the felt sense. First of all that generally takes the 'heat' out of these feelings, and secondly it brings a big bonus at the end of the exercise: self-empowerment. Of course focusing on the energy- (and power- or vibration) aspect of feelings is well known as well.

So what is the difference? And yet there is a marked difference.

May be it is because focusing aims at getting an 'it' into being, whereas Patent aims at getting the 'I' into bloom.

But that is a hunch. I only know that this self-empowerment exercise expressly aims at getting the

'I am' (in fact the 'I Am') in charge, and that it really does work that way.

To this exercise I myself have added in mini-form the exercises for living well.

The reason for that is fundamental. In the fan-clubs this empowerment exercise is only a small and facultative part of the whole program. The effect of that is that the accent is on how to live well, and not on solving problems.

Solving problems is necessary when they are in the way; but it should get as little time as possible.

That is also my opinion. In problem areas one does not function well, by definition. The area for joy and functioning well is a different one. It is these situations that bring the knowing who you really are, and what you can do to bring yourself even more into the world.

3.2.1 A therapy example of the Self -Empowerment Exercise

(cl:client; th: therapist)

- cl: You know, this is the very theme of my life: loosing my confidence, when I feel people point at me and find me guilty. I even loose the sense of who I am. Literally.
- th: If it is such a strong theme, why not try the self-empowerment exercise?
- cl: Okay. Let's try and see!
1. th: Could you close your eyes, take a deep breath, and feel what this life-theme does to you?
cl: It's here, in my upper chest.
 2. th: It's in your chest. It is a strong feeling? (nods) Can you feel the energy-aspect of it, the power, the vibration?
cl: Yes. Feeling that is a relief. Like I am no more at the mercy of the feeling itself so much.
 3. th: Is it possible for you to accept this chest-feeling, and leave it as it is for now? When your car makes a strange sound, you also stop and take a look, is not it?
cl: That is not easy. But okay.
 4. th: Are you willing to give love to this feeling?
cl: No. That is not possible.
th: How is it to accept support for feeling love for this feeling in your chest? (nods) Imagine a group around you. Everybody has his heart and hands open towards you, and is sending support. Can you feel it coming in?
cl: Yes. That works; now I can. Okay!
 5. th: Of course you know that this all is a pattern, and that it will go on to repeat itself, because your organism tries to free itself from the burden. But can you sense this in this very moment? That this situation has a positive intention? (she nods after a while.)
 6. th: This situation does feel bad to you, of course. (she nods).
But how would it be for your body if you could drop this label of 'bad'?

- cl: It is not easy, but my body would just love it. Hm, this exercise works on freeing the energy!
- th: It feels like energy gets freed inside.
7. th: I have still another suggestion. In order to free itself, the organism, or the self, attracts certain situations and people, as you know. How would it be for you to think that you personally attract these people, actively, as a support for the purpose of freeing yourself? To empower yourself?
- cl: That does have a curious effect on me. Instead of being a victim I suddenly am the one in charge! Yes, I can!
8. th: Can you realign this active feeling with God, with Buddha, or whatever? (nods)
9. th: Another viewpoint still: is it possible for you to see the perfection of it all? (nods)
10. th: Do you have a sense of your essence, of who you really are?
- cl: (bland expression) – No, not really.
- th: Then we stop. What happened?
- cl: There came a crowd around me, pointing and saying how bad I was to think that I might have a connection with God.
- th: Okay. Then we start anew, now with this feeling of being accused. Can you feel the power in it, the vibration? (etc: step 1 – 10) (Then once more:)
10. th: You are in contact with your essence?
- cl: (there is a shine on her face, a kind of harmony from a different dimension) (she nods)
- th: This essence is filled with a kind of mild love, is not it. (nods) Can you connect this essence with the essence of all the other people who are involved? (nods)
11. th: Open your heart and let this love grow.
- cl: No, that is not easy. No, I don't think I can do that.
- th: Well, if it is a too big step for now, never mind. The intention is quite something too. We can stop. Is that all right with you?
- cl: Well, you know, – I can't, but someone else can. I just gave it to some angel.
- th: You gave it to some angel. Can you feel that? (nods)
- Can this love-angel (is that a good name?) (nods) also embrace the situation and the people involved for you, including yourself?
- cl: Yes. But it takes some time to sense it. (After a while:) Okay!
12. th: You can feel love for your love-angel, and for yourself, and for the power that is in this love?
- (nods, after a while)
- It is this feeling that is really your own power. Is that right? (nods)
- th: Now that you are still inside, we can give you the love-line, as a kind of confirmation of this all. Do you want that?
- cl: Yes, please!
- th: (I open up my hands, and say out loud:) "Olga, we love you, just the way you are. And we support you unconditionally in all your power and love and beauty and greatness, and in all the possibilities and skills that you have!"
- (after a while) How is that?
- cl: (Opens her eyes, looks around)
- Thank you.
- That was quite something!

After such a heavy session it can happen that afterwards the sorrow and memories get too much of the attention. To avoid that, it is better to steer the talking to the good things that happened.

In this case the conversation flowed over easily in a short version of the exercise for *Living Well*, the one for *Adding Joy*, and the *Wishpot*:

th: How do you feel?

cl: Well, - a lot that is stirring. A bit sad and tired. It is a step more on the long road. But it is true, this exercise does work.

3.3 The Exercise for Living Well:

th: - On the long road you say, the road to - ?

cl: To be myself. Not to get lost so easily.

th: To be yourself, you say. You know of any moment in which you felt you were yourself? Something like feeling well, being open for your surroundings, and feeling content with yourself? It may be something small?

cl: Yes. I think of a situation of two years ago. I had a group, and I was functioning very well as a coach. Everything came easily to my mind, there was no trace even of getting muddled.

th: Would you like to stay some time with that good situation?

cl: (closes her eyes and focuses) It was a wonderful feeling. I have it more often nowadays, but that one was the best. So easy and flowing!

th: You know this feeling, you say. What makes this feeling so important?

cl: The ease, the flowing, being fully in the situation, - - - I was in full bloom!

Adding Joy:

th: You said something about a training last night. It was good enough, but _____. Is there anything in this feeling of being in full bloom that you would like to add to this situation?

cl: Well, yes. I then was fully myself. If I add that, - well, it was not bad last night, but like this it is a lot more fun. And I can manage that easily. I should think of it more often!

The Wishpot:

th: Do I hear a wish?

cl: It is a wish. A dear wish!

th: Well then, - just be in contact with this inner good reality, have your hands open on your knees, and find a simple sentence, one that is easy to remember.

cl: (Searching) "I am in contact with myself, I feel free and easy".

th: Would you like me to repeat it? (nods) You say: "I am in contact with myself, I feel free and easy". How is that? (nods)

Wait for the moment when it all comes together. Then, inside, you turn the handle, click:

It is on the way for materialisation.

cl: "I am happy and at ease". That is enough. (waits for the inner click; then:) All right. Done.

th: Okay. Here comes the inspiration line. Ready for it?

Olga, we all love you just as you are, and we support you to be inspired by your new reality for as long as you need.

cl: (sighs) (after a while she opens her eyes and looks around)

Thank you. That is a good new joyful reality. And the situation and the words are easy to keep in mind: "I am happy and at ease." Yes, thank you very much.

3.3.1 Discussion

Twelve steps for the self-empowerment exercise, that is a lot. But if it is an old and strong feeling, they are all necessary, I found.

It is on purpose that I took a difficult session, to show what to do if you get stuck. You can leave the process as it is (but take care that your client does stay in contact with love and support); or you switch to focusing or to something else; but you can also start the steps anew, now with the new difficulty, like I did.

All these exercises together, also with the addition of the Living Well exercises, took no more than one and a half hour. Just the time of a normal focusing session for me!

3.4 THE STEPS OF THE SELF-EMPOWERMENT EXERCISE (text of Patent)

1. Describe the situation in a few words.
2. Close your eyes, take a deep breath, and sense how the situation makes you feel.
 - Where in your body is the feeling? Do you need some time to be with it?
 - Can you feel the energy, the vibration in the feeling?
3. Are you willing to stay with this feeling, and to allow it to be just the way it is?
4. Are you willing to give love to this feeling?
 - Do you want to receive support in feeling love for the feeling?
 - Can you feel the support coming in?
5. Are you willing to accept the idea that this situation has a purpose, even if you don't understand at this moment what this purpose could be?
6. Are you willing to let go of your interpretation of this situation as being bad or wrong?
7. If there are some other people involved in the situation, can you accept that you attracted them to support you in reclaiming your power?
8. Can you realign (reconnect; Dutch: doorverbinden) yourself in this situation with God or Buddha or some other central feeling? (addition of mine)
9. Can you sense the perfection of what is, just the way it is?
10. Feel the essence that you truly are. Connect this essence with everyone involved in the situation.
11. Allow your heart to open and to expand this feeling of love. When the love has expanded sufficiently, let it embrace the situation and all those involved, including yourself.
12. Feel love for yourself feeling all this love, and all the power contained in this love. Feel this power as your own.

Add the love-line:

"... (name), we love you just the way you are, and we support you unconditionally in all your power and magnificence".

The exercise for living well (short version):

- After some talking ask what good this exercise has brought. Focus on it, to deepen and anchor this feeling. What is important in it?

The exercise of adding joy (short version):

- Would you like this feeling more often? Is there a good-enough situation in which you could try out this new reality?

The wishpot (short version):

- Help to find a congruent simple sentence. Ask the client to say the sentence aloud for himself, with his hands open on his knees. Wait till the now and the words and the new inner reality are one; and then you send this new reality on its way

Confirm this intention with the inspiration-line:

“ ... (name), we love you just as you are, and we support you unconditionally in your intention, for as long as you need it” (: a mix of De Ridder and me; I have not yet found Patent’s text.)

3.5 FIRST AID EXERCISE

The First Aid exercise is a mix of focusing and some parts of the Self-Empowerment exercise.

I was so impressed by the effect of support on some inner hurt of myself, that I started to use it on the smaller mishaps that are always there in life, for myself and for my clients.

If this support is given as well to the feeling–about–the feeling, and to you as a person who has to live with this all, it works consoling. An extra step that often is needed is giving support to the person ‘who did it to you’. If the other (inside you) feels supported in his real worth, his actions tend to normalize by itself. That is often rather a relief.

The steps are easy to remember, so you can do it for yourself after a while.

It is a little like having hurt your knee as a child, and have your mother’s soothing hand on it, while she asks how it came about.

The big thing this exercise did for me is that I remembered after a while not to push hurt or angry feelings away, but to support them. That is a good habit; for it stops the automatic response of shutting oneself off from unwanted feelings. That habit creates a layer of tension and bad secondary feelings.

It is much easier to live without those unnecessary tensions.

Just find it out for yourself!

3.5.1 The exercise

th: You’d like to try the First Aid exercise, you said. Did you have a situation in mind? Just some small mishap?

cl: I had a collision with my daughter this morning. We do have a good relationship, but now she is rather tense because of exams, and -. Well, there you are.

th: So you got hurt. Where in your body do you feel this hurt?

cl: Here, in my throat.

th: Do you have to stay with it some time, to know it better?

cl: No. It’s a clear feeling, and it’s well known to me.

th: Okay. Then we start. You take a deep breath, you feel your body, and you feel the couch and the floor. Okay? (nods, with her eyes closed)

There is this hurt somewhere in your throat. (nods)

How would it be for you to give some support to this feeling? Or love, or compassion, or respect, or whatever?

cl: Support and compassion, that would be wonderful. I feel wronged. I do feel wronged.

th: You would like some support and compassion. Could you give that to yourself? (nods) You need me to give support you for that?

cl: No, I can easily do it myself. -It changes, this hurt. -Yes, okay; you can go on.

th: How are your reactions to this hurt, your feelings-about-the-feeling?

cl: I feel angry at Susan, and then – well, complicated things, like holding my head high and so.

th: Could you also have support and compassion for that?

cl: If I give these feelings support and compassion, - well, yes, that normalizes them. They shrink. They feel heard.

th: And how is it to give support for yourself as a person? For you just have to deal with all this!

cl: Well, yes, -. Hm. That lightens this all even more.

th: And your daughter? She was under stress you said. How is it to give support to her too?

- cl: Ah. Interesting. As soon as I give her support and compassion, her angry yapping at me disappears. It was like an almost physical hook in my throat, and that is gone now.
- th: Something else that you need, to finish this exercise? The love-line or so? Would that be nice? (nods) So, have a group around you ... (nods)
We all have our heart and hands open towards you, and we say: "Ann, we all love you just as you are, and we support you unconditionally in all your love and compassion and understanding for yourself and your daughter".
All right? Or would you like to hear something else?
- cl: No. (smiles) It is like a bath. Thank you very much.

3.5.2 THE STEPS OF THE FIRST-AID EXERCISE:

- a situation with a minor mishap
- feel it in your body; take some time to sense it
- give it support (or love and compassion, or respect)
- feel support for the feeling—about—the feeling
- have support for yourself, who has to live with 'all this'
- give support to the other person too
- facultative: the love-line: "(name), we love you just the way you are, and we support you unconditionally in all the love and support and compassion for yourself and for ---".

3.6 THE EXERCISES FOR LIVING WELL

The exercise for living well is like focusing on a good feeling. It can be done just on itself, or with a First Aid Exercise first. In this session an extension is added: the exercise for Adding Joy and an exercise for creating a good future (the Wishpot).

3.6.1 The exercise

Ask for a moment when your client felt he was living well. Generally that has several components (the three *F*s):

- *Feeling well* (enough)
- *Free attention*, which means being in the present with your attention (and thus being open for your surroundings)
- *Feeling content* with yourself

For instance: enjoying a sunbath may create a good feeling, but that is not enough: you also have somehow to be content with yourself for doing so. For instance, because you did take the opportunity, this time. It can be done with eyes open or closed, just talking or in a focusing way; but it does demand a clear concentration.

3.6.2 Example of a therapy session

- th: Maybe you remember a time that you felt life was going well? It may be a small moment, like having a coffee chat, - anything. A moment that has to do with feeling well, being open for your surroundings, and feeling content with yourself.
- cl: Yes, I do have something in mind. Yesterday, when I was playing tennis. The sun, the clear air, the game that went well, - yes, it did all feel well. Like sweating all the old mud out of my system. Like being fully alive again, after a long winter.
- th: Do you want to stay with this feeling some more?
- cl: No. It's a very clear-cut feeling. Gee, it makes me very enthusiastic!
- th: The sun, the clear air, the action – is there anything in this all that is especially important for you?
- cl: It is important for me to realize (closes her eyes to focus) what it means to me.

It is a kind of feeling – well, - that I am myself, filled with fresh air and action. It is like - a kind of identity. It is new; a feeling that I did not know before.

th: As if it has to do with a very central new feeling of yourself _____

(Here the session switches to the exercise for **Adding Joy** :)

cl: Yes! Like just now, walking in the street to get here, - there was sun and fresh air and action too, and yet, it was not that. Something missed.

th: Something missed, -?

cl: Oh yea, I know! I was preoccupied, I was thinking of what I wanted to talk about.

th: And so the feeling of being alive and living well was not there?

cl: Hm. It is a kind of realization. Like this: if it is this what makes me feel what life is, I will look for it more often.

(Here the session switches to **the Wishpot** :)

th: Our time is up. How would you like to finish? Do you want the love-line? Or, even better, you said you wanted this feeling more often. Would you want support for that?

cl: Yes, please, that would be great!

th: Imagine a group around you with their heart and hands open, like me now. Can you feel the support coming in? (nods) Find a simple sentence, one that fits this new reality inside.

cl: "I feel fresh and open and mobile. That is just how I am".

th: Have your hands open on your knees, and sense if it adds energy. (she nods)
Say your sentence again, and wait for this new identity and the words and you to get one. When this feeling is exactly as you want, you turn some inner switch, for making it come true.

cl: "I am fresh and open and mobile. That is how I am" (searches). Yes; okay.

th: Now the group and I say to you: "Linda, we all love you just the way you are, and we support you to be inspired by this reality for as long as you need".
How is that? -Take your time.

cl: I feel touched. I feel tears.

(after a while:) Thank you, you, and all there is!

Discussion:

What in this session happened is that this client (who is really gifted) did not need extra examples; she knew instantly what it all was about. Out of her own she found the exercise for Adding Joy: the skill of using a top-moment for ideas for adding joy to lesser situations. This same skill can be used as well for future situations; and then you have found the exercise of The Wishpot.

3.6.3 THE STEPS FOR THE LIVING WELL – EXERCISES

I Living well:

- find a situation of living well
- stay with it for some time
- what in this is important?
- do you want to search for some more good situations?
- what in it is important?
 - is there any similarity?

II Adding Joy:

- take a good-enough situation
- is there anything in a top-moment that could be added to it for more joy?
- think of a future situation. Is there anything you could add there too?

III The Wishpot:

- find a good simple sentence for your wish / your new reality
- say it out loud, with your hand palms open on your knees; sense if all is congruent
- confirm with an inner yes when you are content; open the door to this new reality
- **the inspiration-line** is added: "... (name), we love you just as you are, and we support you unconditionally to be inspired by this new reality for as long as you need".

And of course you can change the words to fit the situation.

3.7 THE EXERCISE FOR THE WISHPOT

This exercise is rather exciting. Just imagine, being allowed to have a wish come true! But be warned: be certain that you are happy if that happens!

To be sure of that, first focus on the situation as it is now, and then on the wished for situation; sniff it out! Find out the reason for your wish!

Also, take a situation that is good enough already as it is, as you need a simple situation to know the effect. If you take a difficult situation, and your wish comes true, a long road will be ahead of you; and that is no good for experimenting.

3.7.1 Rules

Of course there are rules. Your wish should be 'in line'; which means that it should be:

1. 'good for you, good for the other, and good for it all'. That is a fixed rule for every focuser in any occasion, and it is a good rule for this exercise as well.
1. A second sentence I always use for wishes is this one:
2. "This (what you wish for); or something better" . For you never know what Heaven might have in store for you. You might be wrong with your wish, and in this way it should not lead to disaster.
3. Also, remember, your wish has to be in the present tense.
4. And often it is good to ask for the right size; things should be no more than you can handle.

3.7.2 The confirmation of your wish

And then comes the real Wishpot- part. When you are sure about your wish, you are supported by the therapist and the real or imagined group to find an inner reality in which this wish is already true, and they all send you energy to be inspired by this reality. - And that's it.

It's like with a candy machine: when you are sure which candy you want, you put in your dime, and click, with your conscious intention and the support of the inspiration-line of the group, this new reality is set into being. For be sure, a wish that is already an inner reality does tend to come true; unless there is something in the way.

3.7.3 Some afterthoughts

I often wondered for myself whether I was allowed to 'make' a wish come true. What if God, or life, had something else in mind? Or what if my wish would turn out all wrong in the end? By now my answer is this. If my wish is genuine, and feels like fitting well, and I do leave open the opportunity of something better to happen, -there can't be much wrong with it. And as for the other aspects: it is as if through this exercise there is a kind of trust and understanding developing, with the 'mystery of life'. - So, for me now it is okay.

3.7.4 A therapy example of the wishpot:

- th: Is there any special wish you have?
 cl: What kind of wish could I have?

- th: In fact you can choose anything. But the easiest is when your wish arises as the result of some focusing.
- cl: Okay, let's try!
- th: Is there any situation that is good enough (or at least not bad), but that you wish better, or different?
- cl: (laughs uproariously) I have a friendship with someone, and I wish we were in love with each other. Could I wish for that?
- th: Well, you can hardly decide for him, can you? But we could just have a look, and then you can sense the possibilities for yourself. Okay? (she nods) Well, there is this friendship you are talking about. Just take a situation, and find the felt sense of it. Take a deep breath, and sense the feeling of it in your body.
- cl: It is in my heart. It is a mild and friendly feeling, like a friendly warm sun.
- th: Like a mild and friendly sun. (she nods)
And now there is a wish in you that it develops into more. (nod) Just sense how that would be, if it does develop into something more?
- cl: It feels stable, and as if a glow is enveloping me.
- th: A glow. And how is this glow, is it good for you, good for him, and good for all and everything?
- cl: For me, yes. But for him?
- th: Well, take your time, and sense it, also for him. You have your own felt sense of him, it should not be a problem.
- cl: But how do I know if it is true?
- th: You don't. You just have your felt sense to go by, and your personal knowing.
- cl: Well, - it feels like he is not just that hot.
- th: He does not feel that hot? So? Do you still want ...?
- cl: I don't know, - ?
- th: Maybe you could wish for something that is good for him too?
- cl: Like what?
- th: I don't know. What is the reason that you have this wish?
- cl: I like this steady glow that I feel for him.
- th: And it does not matter that he does not seem so hot for more than just a friendship?
- cl: (searches for quite some time) Yes, it does matter. I have to find out if it is true. I would not want to lose him, by pushing for more than he wants. Well, you know, I could wish for more fun, for going out some more. That does feel like a good fit, for him as well.
- th: So, could you lay down your hands open on your knees, for more energy, and search for a good sentence?
- cl: "I want more fun with Joe."
- th: Just search if there a reality inside you where this is already true? So you can say: Joe and I **are** having fun, **are** enjoying ourselves, in the present tense? Instead of that you just *want* it to be true? (she looks doubtful)
Do you need some support for it? (she nods, and I hold up my open hands.)
Just imagine a group around you. Can you feel the support coming in?
- cl: Yes. -Now I am in that feeling. It is like an inner reality in a different dimension. Okay, I can say it now: Joe and I are having fun. -No; better like this: "we are enjoying ourselves". That leaves more open.
- th: Can you say it again, while you search for the moment that you and the sentence and this new reality come together?
- cl: (She does so. Then:) "Joe and I are enjoying ourselves". -Yes; okay.
- th: When you are sure this is what you want, you confirm it and open the door for it to come into your present life; and you add: "this, or something even better".
Yes? (nods)

Okay. Now imagine that the group and I open our hands towards you, while we say: "Miryam, we love you just as you are, and we support you to be inspired by your new reality for as long as you need".

How is that for you?

cl: Great. This new inner image is getting a lot of energy. It's kind of shining, like the sun.

th: Take as much time as you need. And remember, like with focusing, you can once in a while visit this inner reality, and find out if the image or the words are still right, or maybe need anything. Okay?

cl: Thanks. -Well, I wonder- - -!

3.7.5 THE STEPS OF THE WISHPOT:

- find a situation and a wish, and open up for your feelings.
- sense the situation, sense the why of your wish, and sense the result of your wish.
- the wished-for situation should be 'good for you, good for the other, and good for it all'.
- search with the help of a group for an inner place in which this wish is already real.
- find a simple sentence; use the present tense.
- have your handpalms open at your knees. Do you feel the energy coming in?
- wait till you and the words and this new reality are one.
- confirm; add: "this, or something even better"; and open the door for it to your present life.
- have the group support you in your inspiration for this new reality.
- say thanks.

4 Address:

Fenneke Jacobs

Alkmaar, Holland

fennekejacobs@planet.nl