

Clearing a Space (Chinese 整理空間)

- Clearing a Space is the first movement of Gendlin's Focusing Short Form (Focusing 簡易法)
- Create distance in imagery from the issues that concern you.
- We encounter difficulties (惱・苦) when the issues we are concerned about comes too close to us. When there is adequate distance, we can observe issues without becoming overwhelmed by them.
- When all the issues that concerns us are placed at an adequate place, the senses of difficulties accompanying them (惱・苦) disappears. It is like cleaning up (整理整頓) a room that was full of boxes and packages of issues, and now there is a clean space (空間) . We can sit peacefully in this "cleared space".

Something about
my work comes to
mind

How does it feel?

Foggy (霧)
in the chest

Image a
place where the work and the foggy
feeling can be.



Next, I feel
some heavy
feeling today.

Where does
this heavy feeling want to go?



How I teach Clearing a Space

2019

- Imagine that you saw a good friend after a long time. You would say to your friend, “how are you doing these days (today)?”. You will want to catch up and know how your friend’s life is going, what issues and challenges your friend faces. *Be with yourself* like this, greet yourself, and ask how you are feeling, what issues are here today.
- When some issue arises, say one word about it to your Focusing partner, for example “something about a relationship came up”. You don’t need to tell the details. Be aware that you are concerned about this relationship. (Don’t deny the issue, belittle it or exaggerate it.)
- Slightly tap the felt sense that accompanies this issue. You do not need to go deeply into the felt sense. You just want to identify the felt sense that comes together with this issue.
- Can we find a place to put *all that* (this issue and it’s complicated felt sense)? [In my experience, throwing it away does not seem to work well. Whether you like it or not, it is important for you, so put it where you would put something important or somewhere where you would invite a quest.] Some places that I often observe are: on a bench in a park; on a bookshelf; in my bed; in a vase (壺) . If you have difficulty with finding a space for this issue, *ask it where it wants to go*.
- Try placing it in there in your imagery. If you have difficulty try to find another place.
- When you placed *all that* about this issue, see what else comes to you. You can repeat the procedure above for each issue that arises. [Usually people tend to have 3 or 4, maybe more issues.]
- When all the issues are placed in their respective places, *enjoy staying in the cleared space*.