

## Focusing testimonies

Focusing gave me profound learning by doing and experiencing. It is truly a healing method.

Focusing is so hands on application. At the same time it is deeply enriching.

The structure of the program gave me the opportunity to explore various facets of Focusing.

It is deeply grounding to be present with felt sensing for the whole week workshop,

Emotionally I feel like I've been wondering in the dark for years. I feel now like I've found a way to the light switches, so I can see what is in these rooms

Focusing gave me a system or a way to incorporate it into my life. It gave me space and time to experience it in many many times.

Getting a direct experience of a felt sense and beginning to understand what it is and what it isn't.

Learning the richness of Focusing and Thinking and being supported throughout the process by Nada was a experience I'll be always grateful for.

Focusing has given me experience beyond the words and has reinforced the realization that I am on a whole new healing and creativity trip that I didn't even realize is possible.

My personal experience was unique each time (day) and yet connected just enough. I learned the structure and now is the time to practice and share it with others.

I learned how to know myself deeply inside instead of just my head.

So much "came together" for me and revealed my "next steps".

The course material is understandable with wonderful guidance.

I experienced the sense of my body as a resource, a well of wisdom to which I have access. I want to keep it in my unfolding life.

I gained knowledge of ways to continue personal growth and development. I gained a new depth of self knowledge and appreciation.