

# Living Presence

## Focusing and Meditation

*“If you can live in your body and not reject any of it, then you will be guided in discovery of your own wisdom and Nature’s wisdom, guided into this vast, awesome field of spacious Presence” (Ed McMahon, Founder of Bio-Spiritual Focusing)*

Combining meditation with the process of Focusing, this retreat explores a way of living from an embodied sense of Presence.

In the 1960’s Eugene Gendlin coined the term ‘Focusing’ to give expression to an innate way of being, along with a practice to re-kindle this natural process. In essence, the process of Focusing offers a way of compassionately listening to our lived experience. Through the timeless, sacred act of listening, we give space for the body’s wisdom to be known and creative new life to unfold.

Guidance in the Focusing process will be offered. As it can be amazingly supportive to have another person ‘companioning us’, we will also be practicing Focusing in pairs. Exploring how Focusing can enrich our Dharma practice will be a key element of the week.

### **Is there anything special I need to bring?**

- Loose, comfortable clothes for meditation
- Warm, waterproof clothes and walking shoes for exploring the landscape around Dhanakosa.

### **What can you expect from the programme?**

The retreat day starts with meditation before breakfast. To support our retreat journey there will be periods of silence, slowly building up to 3 full days. During the evening there will be the opportunity to engage in ritual emerging from our collective process.

### **About the retreat team:**

Maitrivira has practiced Focusing since 2006 and is a qualified Focusing practitioner and teacher. Trainings undertaken include with Peter Gill (ex-Manjudeva) and Jutika Healy. He has been practicing and training in Wholebody Focusing with Addie Van Der Kooy for the past ten years. He has led and supported retreats at Dhanakosa for over 25 years and brings a heartfelt and embodied approach to his teaching and a deep love of poetry and ritual.