

Transcript of Being with a Felt Sense Video

Kevin:

Sometimes as I experience you, for example, in suffering, it can come in a variety of different ways before, as though the suffering process is already unfolding and releasing. In this case, it is prior to you trying, or for me, it might be I'll try to find a word, but no words are coming, and I say I am stuck here. Actually, something is unfolding that doesn't have words yet, but it is still there, and it is part of the core, and the most important thing is that something is happening. What comes can have a variety of different ways that it does sometimes come prior to cognition and sometimes after cognition.

Addie:

Exactly, yes, I experience it just to bring it attention to where the felt sense sits.

Kevin:

So that's your job.

Addie

Begin opening, welcoming it. How does this sit? What is the quality of it? Just being with it in that way, something is already beginning to happen then in response to that awareness to your attention.

Kevin:

Could I say something is there? It's your attention where you have power. It's not about understanding it. It's not about fixing it. It is not about doing anything about it other than holding space with your human attention. Something other creatures cannot do. Something about your consciousness holding the felt sense there. It awakens something inside at your core that begins to shift and change.

Addie:

Exactly, and the quality of the attention is so important to you. I sometimes have this image of the felt sense is a person, and it is coming into the room of your awareness. This person is coming into the room, and you are there, and you are the host. It is in your house. This is your room. How are you relating to this guest that is coming in. Are you going to stand upright in front of that person and say, "I want to focus with you. I want to be with you because I want to change you. I don't want you to be here."

Kevin:

Beautiful. I enjoy what you are saying because you are kind of independent of the felt sense. It seems to have a life of its own the way you are describing it. You are talking on the screen here, and you can be too close to me, and I say, "Hey back off!" I need this space here. But there is a kind of relationship happening rather than BEING it. No, something is happening here. It's like a person. "Hello!"

Addie:

Exactly. Can I make you welcome here? Would you like to be here in this room with me? Would you like to be welcomed here? You can feel at home with me.

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Kevin:

I need a whiskey. This is hard stuff.

Addie:

Or, it is so shy, it just wants to be in the corridor with the door open. Maybe, this is already too close. There is that sensing— this way of being already as you said, its pre-meaning, pre-going into content, going into the story. It's already how you are with it. How are you welcoming this? And I really appreciate in that regard comments that Gendlin made. He said to make sure you always be separate from the felt sense. You have a felt sense, and it may be in front of you, or you sit beside it, it's next to you, but you are not in it. That's also part of his way of saying to find the right relationship. Find the right space.

Kevin:

So I am just slowing myself down because you are saying a lot here about the relationship. I'm just slowing the process. It is the life in the felt sense. And the life in you and the relationship between you and space you are holding the possibilities. There's something there that I'm just savoring it a little bit. That's what I mean by slowing my process of thought down so I can get it. What you are saying.

Addie:

Thank you for doing that. You say the words "the life and the space" in the both of us. The life and space in the felt sense and the life and space in me. That resonates. And this is why I find these effortless movements so beautiful. Being with a felt sense in the right way is being open to starting some communication. There is something here about really hearing the felt sense, taking the felt sense in, and then finding the right or letting the right words come or letting the image come or whatever wants to come.

Kevin:

Just again, I'm pausing here because you are saying a lot. The trigger word is "the right way." I had to pause to wonder what the meaning of the "right way" is. I didn't know at first, but is it about the right attitude about a way of "being with" this felt sense is so important. If I'm with it critically, it will run away, I would imagine. But if I have an open heart, something about the way I am and my way of making a difference in this relationship. It will open up to me if I am willing to open up to it. I think that is what you are saying, and I needed to find it in myself to appreciate the "right way" kind of word. I could go into judgment very quickly about finding the right way,

Addie:

I appreciate how you are slowing me down here.

Kevin:

I need it for myself because I'm a slow thinker, not a fast (thinker). But I also savor words and the thought behind the words. You are speaking to me not only with the idea, but your wholebody seems to be involved in the experience of what you are sharing with me. So I want to catch all of that too.