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This is part of the *Active Pause* project, edited by Serge Prengel. The following text is a translation of Salvador Moreno's talk (in Spanish) into English. Translated by Tomas Jimenes.

For better or worse, this transcript retains the spontaneous, spoken-language quality of the podcast conversation.

Hello! I want to show you what we are going to do today as a process of how the new emerges from us. For example, if I want to say something that I am feeling, it may be that it is new, but if I go deeper I can really find the novelty.

It's very important to concentrate well and know well what the body wants to tell... What I really want to share is how we dialogue with our body. How our body speaks to us if we listen to it, leave it or translate what it means.

We are going to start... to see what is new from what I'm feeling at this moment.

I'm seeing an image that appears in me. That first white image can be a direct reference. So let's see what's behind or more at the bottom of this direct reference. I have some ideas, but I have not thought about it. I want to my body spontaneously tell me what it's that it wants to tell me with that white image. Let's see...

All right. Now I have a clearer idea... I see a cloud emerging and I have the impression that this cloud that is emerging as an image it wants to tell me something... something means. I think I know what it means. Let's see if it is so. I have several possibilities.

It's important that we have patience, we have compassion for ourselves, and we treat the body like a great melting pot that speaks when they hear it. Let's see if that happens. What is that cloud that is emerging about? Let's see...

All right. I get the impression that this first cloud is telling me something like a trip; as a path, as something that I wanted to do a long time ago, and I hadn't realized very well what exactly it was.

Let's see... these one at first it was something white, now it is a cloud that is emerging, but now I am seeing a cloud that is almost flying. Let's see if that is the case, let's see if there is something that wants to fly; if it is something that wants to leave from me... let's see, patience...

Already, I am seeing that this cloud moves, but it moves to the left and then to the right; as floating... and there is like covering the cloud a kind of black spot. So I think that this trip, this trip that wants to emerge, that wants to leave, somehow has an obstacle that leaves it there. That does not let that see, that does not let that release. Like a ship that has a mooring and still cannot sail. Let's see what happens with that he can't sail. Let's see where you want to go.

There has been a new movement! Since this cloud is not a cloud that wants to leave, it is simply a full moon that we are beginning to see at night when it starts to emerge. That is what I am seeing now. And I think it has to do with my life. Yes, I think it has to do with freedom. With feeling free to float in the universe, in the cosmos. Let's see if that is... let's see...

Yes, the moon, the cloud has disappeared and now I see a forest with a path in the middle. Not with a path exactly, but with a separate forest in which there is a possible path. And it seems that the freedom that I am experiencing in my life, right now, has to do with me following a natural path. Let's see if that word that I used it's exactly what my body wants to tell me; the natural trees and a natural path.

Notice that we are slowly connecting with something new that emerges from one, when we really want to understand, to know what exactly our body wants to tell us... let's see. Let's see if that path is already beginning to be assembled or if there is something else that appears. We must never stay with the first image, there are always other images that complete everything. Let's see now if I can see something fresher, even newer, that really surprises me. Because change always surprises and at the same time make us in blank, like wanting to emerge certain things. And that is; we have to be very careful and cautious in understanding it well. Let's see what is happening now...

All right. It seems it was telling me something. Something like a road, but at sea, and it has to do with freedom. Obviously yes! Now I realize. Sailing freely by the sea. What more open can there be than the sea? Let's see if it is like that? Ok, I am already at sea. Yes, this road is between two forests... let's see if that is what the word freedom really means to me. Let's see if that is it?...

Yes, it's a journey that is showing me the features of freedom, the breadth of the ocean. Now, I'm already seeing an ocean and I'm seeing it with a lot of sun, with a lot of light. Like when you go sailing. It reminds me when I was a child and my father was taking me on a boat while I looked at the immense sea. Yes, that is an encounter with wanting to do certain things in life now. Especially now in my life, like write new things, to dare to enter into the new... Like being at sea there's no possibility but to navigate; there is no other possibility but to live. Let's see if that is what is really emerging here? A possibility to navigate freely and only. With the horizon. That seems, also the

obstacle. Let's see what my body wants to tell me with: I can now be freer to create, to write or to visualize new things. Let's see now if that is what you want to tell me.

All right. From the ocean emerges a very beautiful island that has mountains and that means that it's very strange because I am entering the bay of this island that it seems that there is nothing but beautiful mountains like almost mountain ranges. Almost with a little snow up. So what does that mean? I have the first impression that tells me that this trip is free, but I must also go to certain places that I would like to visit first. In other words: freedom, but at the same time select and allow me to reach a place to do something. Let's see... let's see what that really means. So far then an island where I really want to stay to exercise my freedom, but as a first port where there is no one. Let's see why that will be. A mystery, right? Well, every time we have a mystery we can consult it. Let's see this...

Yes, a new territory emerges, a territory in which there is only nature. And on this island where there is a lot of nature, it seems that the message is that from all my trip I never cease to be out of the natural. The contact with nature is key for my freedom to be creative; That is what he means. Let's see if it is like that?...

I'm now sitting next to a tree looking at a river on this island and I realize that there is something that is emerging as new. Yes, travel freely, but always in contact with nature and allow me time for myself; That I should stay in one place for a moment. This idea of sitting next to the tree makes me feeling very calm and allows me to have an attitude of contemplation with nature. Then I discover that I am always in a hurry, very out of nature, although I like it so much. But this time my body is suggesting that I be more in touch with nature and without haste... to see if... is it that central point? Have no hurry? That word resonates with me...

Yes, I am seeing that I am like floating, but more than being floating I realize that I am in a hammock. And the hammock emerges from this tree. I'm looking up at the sky and it's almost night. It means I've stayed longer. It seems that this was the trouble of the important. That is, stay longer in one place, enjoy day and night, contemplate both ...

Know what? I just realized that this tells me that I should stay in a space for a longer time and that I really must, that I can, that I need nature to remember myself, to welcome me and make me really feel that I am in a stable, in a stable place, but very isolated, without people. That means that, I want to write in isolation, being in a place where there are no people, where there are no distractions. It's that it? Let's see, if that is... to finally check what has emerged as new, what is new so far, what really surprises me... let's see, if that is a place landed in life in contact with nature, is that what I want to do later?... Let's do a last check, let's see if that is the case...

Because as you can realize, that creativity is very progressive and makes a zigzag. Then we will talk about this route in retrospect, but now... for now I'm in the hammock and I looking at the sky. And this sky had become almost starry. Until there I was just. If you allow me a little more patience we are already reaching the meaning of something that is emerging, that is fresh and new.

Yes, indeed it is so, now an image appears in which I am next to a candle writing in a cottage, of those of wood; in absolute contact with silence. And that is what surprises me the most, that my body is telling me that to write freely what I really want, I must take a trip, stay in a place, that is natural, and a space where I can stabilize myself, to start, to write many things that I have always dreamed of, but I have never created time for me, the time to do.

Ugh! This makes me very calm. Of course, now if I think I know what I want to do. Let's see if a more general vision of this emerges, let's see if that is...

The word silence is key. This cottage is in the middle of the forest and you can only hear the noise of the trees, the wind, the birds, but I am in total company with myself. And yes... I think that's the conclusion. Let's see, then we could say, what I finally want is freedom, stability, a fixed place, contact with nature, for me to do what I want to do from now on.

Translated by Tomas Jimenes

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