

Improving your Sleep, Dealing with Insomnia

A Special Application of Focusing

Courses and Coaching for groups and individuals

Sleep problems can cause a great deal of stress and suffering. In a busy professional life, they may undermine our natural abilities and lower our performance. In our personal lives, we can find our backlog of tiredness and fatigue leaves us less able to respond as we wish to our loved-ones, affecting our relationships with others around us. It can diminish our natural optimism and resourcefulness, and as our bodily energies flag, our emotional energy is often sapped too, curbing the pleasure and meaning we want in our lives.

By combining experience and expertise in three different areas, we offer a means to improving sleep, and of building your resources as you do so:

1. **Sleep-Focusing:** A special adaptation of Focusing for sleep.
2. **Meditation:** drawing on over 25 years' of meditation experience, we can help you work with your thoughts, your mind and emotions to settle and deepen your relationship to sleep.
3. **Compassionate Communication** for inner awareness (aka Nonviolent Communication™): This approach helps us regain our connection with abundant life energy, and enables us to discover more of the unconscious impulses that keep us awake.
4. **Lifestyle, diet and health:** supporting you to atune to your natural body clock and 'organic time'.

'Sleep hasn't been an issue for me since I tried your technique... It does seem to give me more restful sleep if I do that, and more vivid dreams.'

Jerry Conway, Focusing Teacher

Benefits

As this approach is practiced, typically reported benefits are:

- Sleep comes almost instantly most nights.
- If sleep comes more slowly, we still feel refreshed in the morning.
- Lucid dreaming.
- Feeling of vitality and refreshment in the morning.

Nowadays, sleep finds its way back to me almost every time; and often after doing sleep-focusing I have extraordinarily rich and lucid dreams. The couple of times I have not been swept back into sleep, I've felt surprisingly alert and whole during the following day, as if I had really rested deeply.

Elizabeth English, Focusing Teacher and NVC Trainer.

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For further details, contact:

Dr Elizabeth English, Life at Work,
32 Fen Road, Cambridge CB4 1TX
info@lifeatwork.co.uk
tel: 01223 429926
www.lifeatwork.co.uk

Life
AT WORK

PROFESSIONAL AND PERSONAL DEVELOPMENT

Sleep-Focusing

This approach provides a unique adaptation of Focusing. As we wake up in the night, we often find ourselves in the grip of thoughts and feelings that keep us awake, or make us more awake still. These may be those impulses that woke us in the first place, or they may be superseded by anxiety and stress as we worry about the effects next day of not sleeping well during the night.

In Focusing, we would naturally learn to place our attention on the felt-sense which accompanies those thoughts and feelings, and explore the 'living-forward' energy that they hold. Being tired and sleepy can make this difficult to do at night. So Sleep-Focusing takes a different approach. Here, we combine the classical Focusing approach with a new method, which is to spend time instead with the sense of Awake. That is, we turn our attention to whatever it is which lies between ourselves and sleep itself, and we hold that within our presence.

This involves some paradoxical and seemingly counter-productive steps, such as consciously interrupting sleep, and even giving up on the intention to sleep altogether. However, once linked within the Sleep-Focusing context, these steps are part of a broader process which has the potential to take one back into deep sleep. Lucid dreaming and a feeling of vitality and refreshment typically follow.

'This looks great – an important discovery.'

Ann Weiser Cornell, author and teacher of Inner Relationship Focusing

'This Focusing process on "awake" instead of the issue of "not being able to sleep" inspired me. [I was able to] treat a huge sore throat relating to old trauma in a different way... It needs to be known and especially for people who have sleeping difficulties.'

Marine de Freminville, Focusing Coordinator in Montreal and in Europe

Central Model

Our approach combines the insights of *Focusing* and *Thinking at the Edge* (TAE) with Nonviolent Communication™ (NVC) and meditation. Focusing and NVC are rooted in the humanistic psychology of Carl Rogers (1902–1987). Focusing (www.focusing.org) was developed in the 1960s and 70s by Eugene T. Gendlin Ph.D, still a leading figure in philosophy, psychology and psychotherapy. This process gives us access to our more instinctive and creative impulses, and allows us to tap into wider perspectives, gut-responses, intuitions and informed hunches—innate wisdom that we naturally hold about the situations we find ourselves within. Nonviolent Communication (www.cnvc.org) has developed world-wide since the 1970s through the work of Marshall B. Rosenberg, Ph.D and its approach is perfectly-suited to negotiation with others and to resolving inner conflicts. Supporting and sustaining the insights of these two processes, we bring over twenty-five years' practice and teaching of mindfulness meditations (among others) – approaches now clinically proven to assist in reducing stress and clarifying internal confusion (www.umassmed.edu/cfm). All these approaches can have a dramatic and immediate effect, and radically increase the quality of our lives, at work and at home.

'I tried it out last night and it really worked. I think you have really hit on something - there is a huge need for this.'

Jerry Conway, Focusing Teacher

**Life
At Work**

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info@lifeatwork.co.uk tel: 01223 429926 www.lifeatwork.co.uk