

The FOCUSZART Focusing Studio & School

How Gendlin Would Have Said It © Freda Blob

Please note: These are not the original words of Eugene Gendlin. They stem from an "inner Gene" that emerged from in-depth studies of his work and two theses on generating meaning through the Focusing method with application to the therapeutic arts. They also stem from meeting him in person in Berlin in 1996

Words are social forms. Arts are social forms. Arts themselves are not moving forward alike words are not moving forward when you use words or arts only. So taking arts only is not moving forward and interpreting arts only is not moving forward unless you approach arts experiential

This means to ask if there is a step coming when you are referring to your art. What I mean here is a step opening up to something. Even when you interpret a piece of art in best ways, the whole stays within a certain social form and social forms do not change. What changes the form and brings a shift, this little step forwarding, is to pause and wait for art to come

Art does not come from skills or talent only. What comes as art comes through the body, and what comes through the body is social or cultural and with a More of that is not part of the social and the cultural. This kind of art has forwarding life energy in it. This is what makes this kind of art experiential art