Museum Arts Focusing (MAF) © Freda Blob

Focusing Arts Focusing (MAF) involves performing Focusing practices in museums, using art exhibits as the focal point. Focusing uses the Felt Sense, an internal kinaesthetic sense, as a reference point for how the body experiences a situation.

The museum environment itself evokes micro-changes in a person's situational Felt Sense because it differs greatly from everyday surroundings. Engaging with professional artwork in a museum through Slow Looking and Focusing Felt Sensing creates another micro change in the situational Felt Sense. Visitors can easily find these micro-changes. They can be described and processed in the MAF under the guidance of a Focusing professional. Focusing questions connect these changes to visitors' everyday lives, creating meaning in the process.

There are many advantages to practicing Focusing in a museum. The setting itself creates distance from everyday problems. Rather than addressing personal issues directly, using selected art pieces as the focus point for the six steps of Focusing creates distance from difficult issues. The symbolization of life themes depicted in fine art allows visitors to remain on the periphery of their problems and focus on something „at the edge". Visitors also have the opportunity to move around and position themselves at the right distance from an exhibit. Their Felt Sense tells them what the "right distance" is. Symbolizating life themes through art and taking the "right distance" ensures visitor's safety.

The art that is taken as the focal point can be pictures, sculptures, installations, video art, or art performances. If applicable, it can also be the museum's garden design.

There are two approaches of Museum Arts Focusing: an objective approach (aesthetics) and a self-exploratory approach. Both approaches require that the museum not be overcroweded to be effective.

In addition to the traditional method of sharing Focusing insights through storytelling, MAF can include the Thinking at the Edge (TAE) method, which processes through writing.