

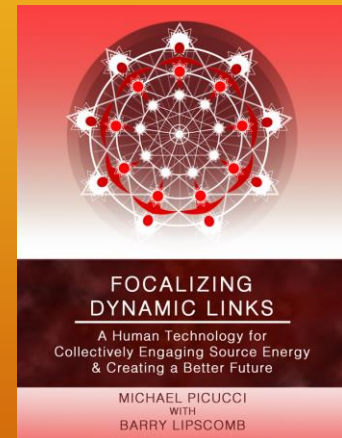
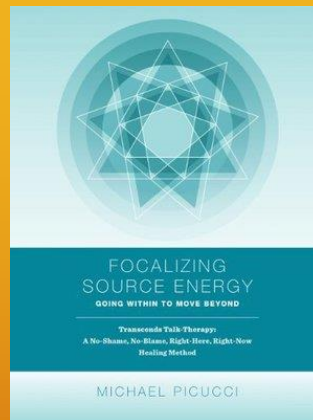
# Focalizing Primer

---

An introduction to the human technologies  
of Focalizing and Dynamic Linking  
and their applications

*The Focalizing Institute is a healing, research and educational non-profit organization located in New York City with a worldwide virtual presence. The Institute's work centers around the new human technologies of Focalizing and Dynamic Linking which are congruent with and support the way of our future. They allow for less stress and more effectiveness in healing and creativity.*

Visit our website at  
[www.theinstitute.org](http://www.theinstitute.org)



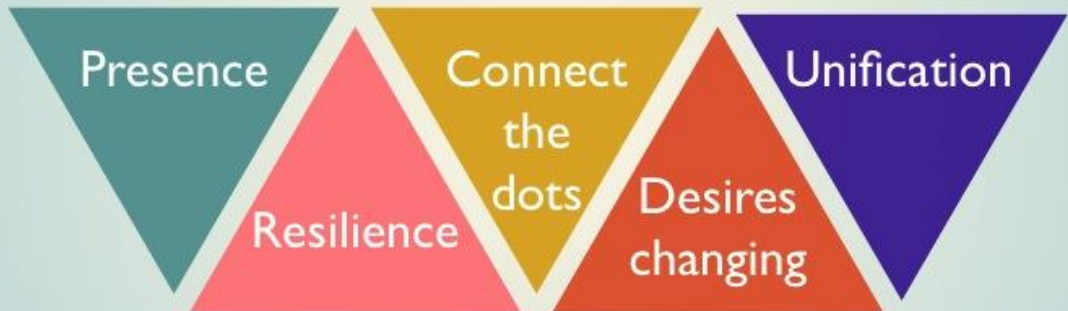
## WHAT IS FOCALIZING?

Focalizing is a nature-based and somatic (body-oriented) approach that teaches us to meet collective and individual challenges in ways that allow us to move forward gracefully and with dignity. The process helps individuals and groups remove blind spots that prevent achieving goals and realizing intentions. It is a dynamic and effective process that allows us to respectfully set aside familiar thoughts and feelings to access nature's gift to us: our innate intelligence.

By suspending the everyday thinking mind and accessing a timeless source of creative ideas, Focalizing assists in the transformation of overwhelming life situations into opportunities for change and growth. When we reconnect with this latent natural resource within us, we can experience luminous insight, clear inner instruction, and a state of knowing that far surpasses our previous understanding. Enlightening new perspectives unmask previously unseen possibilities, giving us boundless capacity to become freed from our limited thinking and to move forward with grace.

Focalizing can benefit anyone who is in a crisis of consciousness, in a state of feeling stuck, or who feels trapped by circumstances that life presents.

# Tangible Results of Focalizing



Confidential - do not share without consent

## WHAT HAPPENS IN A FOCALIZING SESSION?

A focalizing session might unfold like this: The client will state their intention i.e. to transform a pattern they have identified as no longer serving them. After a simple grounding exercise, the facilitator will suggest that they visualize and hold that image in their mind. We then invite a different resource or opposite energy into the room. That could be noticing the chair they are sitting on and how gravity holds them in place or remembering a time in the past when they felt loved. By allowing those two energies to meet, to hang out as it were, a transformation begins to occur. A third energy (a connection to Source Energy) evolves that always feels more grounded and connected, perhaps flowing more gracefully than the other two.

## WHAT IS SOURCE ENERGY?

Source Energy here refers to the life force emanating through and connecting all things in our universe. This force contains an intelligence that when engaged can inform the present moment.

Becoming more aware of Source Energy and working with it can optimize our lives beyond imagination.

## FOCALIZING APPLICATIONS

### REMOVING BARRIERS TO FULLER SELF-EXPRESSION

In this somatic approach, we shift our attention to what is currently happening in the body which allows us to organically bring forth and gracefully transform whatever is blocking our connection with Source Energy and making us feel stuck. The boundaries between past, present, and future dissolve, leaving linear time behind, coaxing us into a realm of timelessness. From this place illumination, healing, and transformation become possible. The experience is often a sense of resilience, strength, and balance. As such, it offers the very real possibility for healing what limits, constrains and binds us individually while providing the innovative and creative solutions for a more sustainable, collective existence.



*Dr. Michael Picucci synthesized Focalizing based on his studies of the many traditions of Energy and Somatic Psychologies, along with his re-discovery of the source of inner wisdom that lives in all of us.*

### TRAUMA RESOLUTION

Focalizing works with the understanding that emotional and often physical pain can be the consequence of more subtle unconscious and energetic imbalances. By first bringing attention to the physical body, deeper emotional and energetic pathways can be accessed and healed without seeking or needing to re-live the initial trauma.

#### **VETERANS PTSD PROJECT**

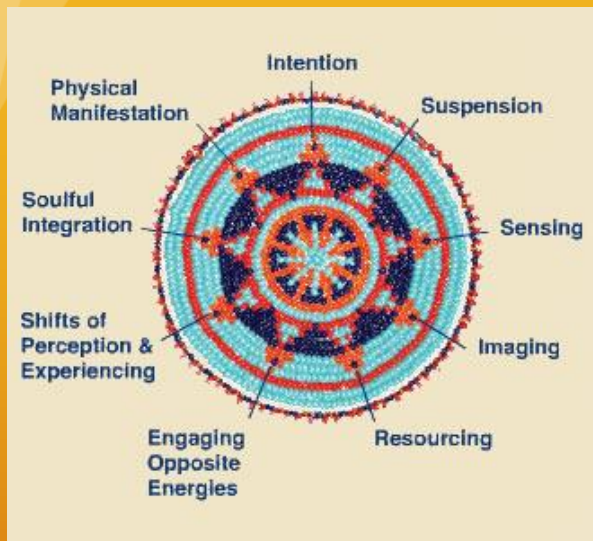
A special focus for us is the use of Focalizing in alleviating symptoms of Post-Traumatic Stress Syndrome suffered by war veterans. We plan to launch a series of Focalizing webinars facilitated by Dr. Michael Picucci to support the healing of war trauma on a collective level.

### RECOVERY

Focalizing brings grace to the recovery process by gently reregulating our central nervous systems and neurobiology. Focalizing is a great tool for healing through Stage II addiction recovery (as defined in Dr. Picucci's seminal book, [\*The Journey Toward Complete Recovery\*](#)).

Transformation occurs beyond the cognitive mind where a history of traumatic conflicts is locked in the body. By finding and cultivating a conscious relationship with Source Energy, we allow for a body/mind/nature connection to encourage positive changes that reduce suffering in our lives. Healing becomes an organic, gentle process which leads to recovering a feeling of being whole and complete in oneself, with the cosmos, with nature, and with all things.

## THE MILLENNIAL ENERGY PROJECT



*Through 9 distinct phases, represented by the Focalizing Star, we tap into our consciousness - a fundamental quality of nature with innate capacities to connect us to that which is ordinarily hidden. When we reconnect with this latent resource within we experience insights, inner instruction, and states of knowing that surpass previous understanding.*

A 2010 Pew Research [report](#) describes Millennials as “confident, self-expressive, liberal, upbeat, and open to change.” They are characterized as having greater ethnic and racial diversity than previous generations and being better educated than any other generation in American history. Most of them demand and expect a stimulating work environment with plenty of opportunities for creativity and self-expression and a great deal of personal freedom in self-directed work. Millennials are likely to reshape the modern workplace as we know it according to a 2012 Washington Post [article](#). In addition, most Millennials appear to be distrustful of traditional institutions while at the same time being more optimistic about the future than older adults according to a 2014 Pew Research [study](#).

We believe that Millennials as an aggregate bring tremendous energy to progressive social change and conscious evolution. This makes catalyzing intergenerational collaboration and co-creation an imperative of great significance. The human technologies of Focalizing and Dynamic Linking are uniquely suited to facilitate easy and effortless access to that immense creative potential individually as well as collectively.

The Focalizing Institute’s Millennial Energy Project aims to introduce young adults between the ages of 18 and 30 to Focalizing and Dynamic Linking as a means of clarifying inner intention and supporting outer action directed toward building a better future for all. We support groups of young adults to enable the emergence of new ideas and projects or to help strengthen the impact of existing initiatives.

## A HUMAN POTENTIAL TECHNOLOGY FOR COLLECTIVE TRANSFORMATION: FOCALIZING DYNAMIC LINKS

Dynamic Linking is a human technology for connecting and communicating differently by inviting in Source Energy. It involves a language beyond words - felt sensations in the body and other energetic experiences.

The point of engaging in Dynamic Links is to connect with each other through the integrity and authenticity of who we really are so that our aligned energies and collective intelligence will outline the best possible future. Dynamic Linking then facilitates creating the conditions that need to be in place for that future to emerge.

More specifically, Dynamic Linking is a way of connecting with and relating to people in order to access both inner and outer resources. It happens when two or more people come together and become a unified entity. In this more expansive place there is a sense of flow, informed by Source Energy—the intelligence of a future wanting to emerge. In other words, Dynamic Linking occurs when two or more people share a coherent, resonant state, each interpreting the same stream of information directly from Source.

Dynamic Linking brings a conscious intention to such a relationship so that the energy shared and exchanged is for the good of each person, and for the good of the collective. It's this construct of mutual best interest for all that enables a free flow of information and creates win-win-win situations.

### SOUL ENERGY EXCHANGE (S.E.X.)

As part of the human experience, our erotic energy pathways suffer trauma and distortion. To heal those wounds by utilizing expansive Source Energy, we must gently put our old concepts about sex aside. Most of us never developed a healthy, conscious context for having erotic pleasure.

Soul Energy eXchange suggests that we can choose to enlighten our sexual experiences by focusing on energy that comes from our souls, not just our bodies or minds, and thereby design a new outlook on pleasure. Most of us have experienced Eros energy traumas that block our love and erotic pleasure. By helping unlock trauma, transform toxic shame, and melt frozen erotic energies, Soul Energy eXchange creates new pathways to the sacred.

## FOCALIZING EXPERIENCES



I came to focalizing broken, very sick and traumatized from recent adult circumstances and interlinked childhood incidents. I was immobilized and had been crying for many months. Traditional mental health care did nothing to relieve my symptoms. A friend promised that with focalizing I would come out the other side and my life would change. After two sessions, I became aware of my body as a whole. In doing so, I moved through some very challenging parts of my life in a safe, calm and loving environment. The process was even fun at times and I found myself laughing. I am now on that other side and I am free of all the junk that was holding me back from living my life. I am joyful, happy and content. I am a totally different person . . . a transformation happened. I feel blessed to have discovered focalizing.

—Jeanne Burns, Vermont

I live in Alaska and was crippled for a month with a PTSD attack. In the summer of 2007, I made an 8-week trip to New York to do the focalizing with Dr. Michael Picucci that I had read about. The process powerfully, yet gently guided me out of deep, immobilizing trauma. After 7 weekly sessions I returned home with a renewed sense of inner freedom in my life. Months later I did distance focalizing by phone when there was some kind of other discord in my being. That too worked amazingly well, bringing me back to a place of strength, balance and clarity. Whenever a session was complete a stuck energy was released and new possibilities were revealed. What a gift to discover this new human technology!

—Shabd Sangeet Khalsa, Alaska

My life feels lighter and easier since focalizing. I feel more and I also act more spontaneously, without doing self-destructive things to tamp down sadness or fear. I find this new mode of healing pretty easy to engage when I need it. The process is simple, even ordinary. The simplicity of the path belies its power to transform my experience of the world and my place in it.

—Dr. George Russell

After some horrific years, I found focalizing. After learning the process, and practicing it for a while, I am now noticing that I feel good about my life and future possibilities. And when I have bad days, I have all of the tools to be able to release that. I now experience life as something flowing through me, rather than a cause for my pain. It is the most enormous weight off my shoulders that I'd ever imagined possible. What a relief!

—Deborah Walsh, Montréal, Canada

My recent work with focalizing leaves me with a growing sense of optimism that difficulties experienced both physically and mentally can be resolved. Many years of personal suffering brought me to search out different approaches, paths, and healing practices. My searching ended when I began to experience the subtle changes brought about through the focalizing method. I brought to it many deeply held and disabling issues around sexuality, intimacy and compulsive habits. Through my sessions I feel heard and understood. I have finally started to shed the shame, guilt, and fears that I felt imprisoned by for years. I still have a bit to go but feel a renewed enthusiasm and sense that I have the resources to stand on my own two feet.

—Jamie Suten, Ireland

The atmosphere at a focalizing workshop or webinar is one of openness, sharing and discovery. The facilitator sets the tone immediately by candidly sharing and by inviting us to release our sense of limitation in order to discover what is possible and how to manifest it. The most important discovery is the profound awareness that an individual's thoughts and actions impact us—and the Universe—in a major way. Through our individual sharing, we realize how more alike we are than different, that the sense of separation is an illusion.

— Sheila R. Salama, MD, New York City

## RESOURCES

### FOR MORE INFORMATION

The Focalizing Institute

[www.theinstitute.org](http://www.theinstitute.org)

[info@theinstitute.org](mailto:info@theinstitute.org)

646.770.0655

Dr. Michael Picucci

[www.focalizing.com](http://www.focalizing.com)

[michael@michaelpicucci.net](mailto:michael@michaelpicucci.net)

212.242.5052

### ARTICLES, BOOK EXCERPTS, AUDIO & VIDEO RESOURCES

<http://www.theinstitute.org/resources>

### BOOKS BY DR. MICHAEL PICUCCI THAT EVOLVE THE FOCALIZING PROCESS

[Focalizing Source Energy: Going Within to Move Beyond](#)

[Focalizing Dynamic Links: A Human Technology For Collectively Engaging Source Energy & Creating a Better Future](#)

*co-authored with Barry Lipscomb*

[The Evolution of Focalizing: Reducing Suffering, Supporting Possibilities](#)

[Organic Solutions for Real Time Challenges](#)

[Ritual as Resource: Energy for Vibrant Living](#)

[The Journey Toward Complete Recovery: Reclaiming Your Emotional, Spiritual, and Sexual Wholeness](#)

**All Focalizing programs are supported by our dedicated Leadership Team.**

**We extend an open invitation to anyone who may feel inspired to take on a leadership role in bringing Focalizing and Dynamic Linking to a variety of contexts and applications.**

**You can reach us at [info@theinstitute.org](mailto:info@theinstitute.org)**