

Focalizing Dynamic Links
A Human Technology for
Collectively Engaging Source Energy
& Creating a Better Future

by

Michael Picucci

With

Barry Lipscomb



FOCALIZING DYNAMIC LINKS

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Cover Designed by Telemachus Press, LLC

Cover Art:

Focalizing Dynamic Links graphic on the cover and the color version included in the text designed by Leah Myers, Earth Heart Art & Design
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Focalizing Graphics by Michael Fiorentino with additional design by Leah Myers

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Author photos by Nilda Delacruz

Edited by Anne MacNaughton

Published by Press, LLC

<http://www.telemachuspress.com>

Visit the author website:

<http://www.focalizing.com>

<http://www.BusinessFocalizing.com>

ISBN: 978-1-939927-26-2 (eBook)

ISBN: 978-1-939927-80-4 (paperback)

Version 2013.10.03

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This book is dedicated to

Peter A. Levine

who taught me how transformation occurs through the melding of opposite energies,

and

Otto Scharmer

who demonstrated that there is a better future and how we can let it emerge.

Focalizing Dynamic Links



A Human Technology for
Collectively Engaging Source Energy
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Introduction

Focalizing Dynamic Links Optimizes Everything!

Some of us remember President John F. Kennedy's declaration in 1962 that we would put a man on the moon within the decade. Unthinkable at the time, yet we did it, and within that timeframe. The smartphone in your pocket is one result of that inspired achievement. A more recent example of such evolutionary change is the two-term election of an African-American President of the United States, inconceivable ten years before. Today many countries and some of the United States allow the legal marriage of same-sex couples. Such recent events hint at exponential possibilities ahead.

Dynamic Linking optimizes everything. In so doing it creates the conditions for spontaneous remission of that which ails us. It also effectively creates happier lives. Just as are my own cancers, addictions, heart disease and neuroses in remission, so also is the same possible for all kinds of personal and cultural challenges.

Source Energy—that living pulse we all share—optimizes life and beyond through the formation of Dynamic Links. An example of such a Link is the internal experience I share with Barry Lipscomb, my co-author. We have lived the Dynamic Linking experience from the inside out and are deeply inspired to share this expansive experience with others. That inspiration birthed this book. Barry and I are Dynamically Linked, and such Linking is available for all people to experience.

The term Dynamic Link came from a conversation I had with my life-partner Elias Guerrero while I was working on the last chapter of *Ritual as Resource: Energy for Vibrant Living*. I was struggling to give the terms *networking* and *community* a new and higher connotation—something I was already experiencing but without a framework through which to perceive it. After asking me a few questions about my new experiences and perceptions, and particularly about how these *felt*, Elias shot back at me, in his scientific style, “You’re talking about dynamic linking—links filled with dynamism!” I was particularly attracted to the meaning of “dynamism”: the quality of being characterized by activity and progress, dynamic and positive in attitude. Relating to others through Dynamic Links becomes an impetus for change.

I knew he had nailed it, and Dynamic Linking became the title of the last chapter in *Ritual*. My ability to articulate the essence of the experience wasn't fully developed at that time, but it was alive and bubbling up inside me, coming from just having ritualized a circle of twelve respected peers to be resources to me in that writing. Though not fully explainable then, there was a strong inner pull to anchor the term, the perception and the experience.

Along came Barry, a new client in my practice. He had been sucked up in one of our many human vortices in order to escape the pain of being disconnected from Source Energy. He was fragile, smart, earnest, and determined not to let an addiction kill his life's potential. His innate, immediate response to focalizing awed me.

In our sessions together we consciously allowed Source Energy to guide our process and outcome. The experience was new and unusual for me. The co-conscious part was assisted by the fact that, challenges aside, Barry has been a life-long spiritual investigator and seeker. His past exposures quickly vibrated in and through our focalizing, demonstrating the most remarkable results I had seen till then. And believe me, I had already seen hundreds of miracles, many previously inconceivable. Because he quickly became a client who not only studied my work but also added fresh ideas, he soon became a colleague.

Barry compressed and reorganized my findings from a perspective more holistic than was available to me. I had been focused more on my own newest learning and teaching, unable to see the larger picture. From this grander view and our enjoyable, dynamic experience in planning workshops, I spontaneously invited him to write this book with me. I knew we could write it from within the Dynamic Link experience itself.

He replied affirmatively to my invitation, and this little book is what has emerged. Barry and I knew we shared an ongoing Dynamic Link and consciously rejoiced in it. Our collaborations were effortless!

Though the choice of my writing in the first person is for ease, Barry's energy and stamp of approval is nevertheless on every word, many of them his own. We also both share such Links, to varying degrees, with other individuals and organizations.

In the year 2000, I received the Outstanding Leadership in Research Award from the National Institutes of Health, National Institute on Drug Abuse and the National Association of Professional Addiction Counselors. At the luncheon where I received this notable award, a senior NIH researcher sat with me and we became deeply engaged in discussing my research.

I was honored that he was fluent in the nooks and crannies of what I had discovered and written about. As our lunch ended he took my hand in a fatherly way and said, "Michael, as eye-opening as your findings are, you may be in for a disappointment. Change is glacial. It will take twenty years for mass acceptance of this, and that's only if you are fortunate enough to build demonstrable models." I spurned that warning then, thinking that people would certainly gravitate to what had already proven itself to me and to hundreds of research participants. Now, in 2013, I hear the wisdom in his kind words.

Focalizing and Dynamic Linking are the demonstrable models. They can be available to every human being as the technology grows organically, and can, along with other practices, create a remission of our collective insanity (doing the same thing, expecting different results). This human technology gracefully offers innovation in our actions, allowing fresh results to occur naturally.

Renowned cultural anthropologist Joseph Campbell suggested in his PBS *Power of Myth* series with Bill Moyers that “until we center *ourselves in ourselves*, we will remain adrift, without the gift of our own inner-wisdom.” I believe that is happening now. If you have not read *Focalizing Source Energy: Looking Within to Move Beyond*, then you may want to do so as it may help you to more fully comprehend the energies the authors bring to *Dynamic Linking*.

Barry and I conducted weekly out-of-state phone calls—every one uplifting—as we tapped into Source Energy to co-create a human technology capable of curing our ills—seen, unseen, personal or global.

This book does that by first presenting the context for this new technology before describing what it is. The steps to take to incubate, cultivate and nurture a Dynamic Link are then presented. They are followed by a guide to focalizing an effective business meeting as a practical application, an account of the focalization of an actual Dynamic Link, and the experience of a participant in that session. Finally there is a report on an informal Dynamic Link that occurred organically and spontaneously.

Don’t let the small size of this book fool you. If you read on in an embodied way, taking a few deep breaths, giving your body permission to relax and to slow down just a bit, you will be profoundly affected. This book will guide you to a happier future.

Please share this journey with us. Allow for surprises and questions and allow them to mysteriously guide you. That’s what it’s all about! Just watch what happens.

Where We Are and How We Got Here

*Allow me to flow through you unrestricted, and you will see the greatest magic
you have ever seen.*

—Klaus Joehle

Joseph Campbell explained just prior to his death that mythology is what provides a society with a reflection of its plight, grounded in the present and evincing a sense of security or stability in its common journey. He also suggests that things have changed so quickly in the past fifty years that we have been unable to create new mythologies to mirror our current existence and give us a sense of stability in the present. Our old mythologies and rituals, be they cultural or religious, simply fail to meet our current needs.

They have become outdated. We are changing so quickly that there is no time to develop new mythology to give perspective to our experience, so we are left stranded and feeling isolated from the world around us. Myths used to give us a context and a stability, to explain our experience, to put it into perspective, thereby holding the human consciousness intact and encouraging us to act with responsibility, respect and concern for the world around us. Absent myth, this stability has dissolved and we need new modes of being that will help us consciously bind ourselves to one another and to a common purpose.

Campbell suggests that the next logical, evolutionary mythology will involve knowing one's self in a much deeper way, going within to find greater identity with others and even with our planet as a whole. *Until we center ourselves, in ourselves, we will remain adrift.* In this center of ourselves we find body wisdoms of both worlds—the rational and non-rational, and we learn the language of the inner self and are awakened to our own inner knowing. This emphasizes that we must continue to allow the opening of ourselves so that we can serve as role-models to each other in the co-creation of a “partnership” future respectfully lived from the inside out.

Campbell predicted that new mythologies emerging in the 21st century would involve “Knowing one’s self.” This unleashes new energies. The knowing of the self will bring us the peace, equanimity and stability that mythologies of the past once provided.

William James, father of Pragmatism, teaches us that in an ever-changing universe certain guidelines must be applied. New technologies must come out of, yet honor, old realities. James suggests that we need to lean on older working systems while discovering new facts that we can

grasp and use, so as to update and integrate this link from the past with the future. New wisdoms and modalities are the products of new experiences and old methods combined, mutually modifying one another.

We need new ideas (from our new experiences) that we can ride on, ideas that will actually carry us somewhere. Ideas that are alive with possibilities and grounded in experience, not just in the abstract. When we are in the midst of such ideas, James reports, we actually “feel the total push and pull of the cosmos.” A feeling runs through us, emanating from our core, that we are on the right path. And then we must test our ideas in the world of reality.

I think of addiction as the sacred disease. Very probably, God created alcoholism in order to create AA, and thereby spearhead the community movement which is going to be the salvation not only of alcoholics and addicts, but of us all.

—Dr. M. Scott Peck, *Further Along the Road Less Traveled*

Alcoholics Anonymous is one of the few early examples of just such new wisdoms and modalities. This community-based healing movement is a demonstration of conscious connection with others for a greater and commonly held purpose. Alcoholics Anonymous has held together for the better part of a century, without contracts or money being exchanged and with complete financial transparency. It is a system of communication and an exchange of energy where the focus is on the suffering and healing of the alcoholic rather than on personal stories or egos. In this way it is a shift from an individual, ego-bound perspective to a broader, larger eco-systemic view of the entire community.

Many participants in an AA meeting experience an expansive sensation, because they are coming there to feel who they are and how we are all connected. There is a spirited component that serves one’s self and that of fellow alcoholics. Old-timers (often invited sponsors) connect with newcomers and share their own experience in recovery without monetary compensation, in ways that become a grounding resource for them personally while also supporting the budding recovery of the newcomer. It’s a win-win-win, the 3rd win being the collective’s. People come into AA, some choosing to remain there for many years, and others shifting under their new ground of being. The program is very fluid and one remains engaged as long as it seems to serve the present moment.

There is a *human technology* underneath AA meetings and other such non-hierarchical organizations that enables them to operate organically and—in the case of AA—has allowed it to thrive and grow into a world movement without the trappings of structure and organization. When people come together in this way they connect with something greater than themselves as a resource for their recovery. This *something greater* has the potential to connect us with the world around us more deeply than mythologies of the past ever could. In this way, AA is more than merely a community movement and is perhaps, as Peck suggests, really a model to

positively affect the world as we explore other applications and realize the full potential of this human technology for our collective well-being.

It is a fact that people are 99.999 percent space, being made up of atoms, molecules, and sub-atomic particles that are mostly empty.

—Peter Russell, *From Science to God*

In *The Global Brain Awakens*, renowned physicist and futurist Peter Russell describes the actual possibility of our collective consciousness growing into a nervous system—a one-mind of all minds, if you will. He demonstrates the real possibility of global illumination being as imminent as the threat of mass annihilation. He does this with the legitimacy of real science, substantiated by research, presenting a view of the earth as a living being with each person upon it a cell in the planetary nervous system. In this view, he sees humanity's potential as a fully conscious organism in an awakening universe.

This point of view builds on the work of another of his books, *From Science to God*. Here, Russell presents the science behind the quote above, demonstrating how everything observable in our world, even our bodies, is actually energy moving in unimaginable vastness. As dense as our world might appear, when one looks at the subatomic level there is immense space. From this perspective it is much easier to see how our inner and outer worlds are connected, rather than in conflict. Russell suggests that light energy is the bridge between these two worlds and encourages us to cross that bridge to find new meaning and deeper significance in our existence.

Reading these two books, I felt a resonance with the potential that Russell shared. It was a very electrifying experience, in contrast to how saddened I otherwise felt by the direction of everything happening around me and in the world. These books showed me a possibility that something flourishing could emerge. Imagining Russell's "Global Brain," I experienced people communicating without the need for words, relating in a graceful way with the energy of love as the lubricant in the relationship. And while that vision may seem to be more in the imagined world than the physical, it is as real, or even more so, than is my experience in the physical world.

This completely shifted my experience of being human so that everything now has a different meaning, with the very real possibility of our connecting for the greater good. I realized that if I could experience this potential, I could live from there, *body and bones*. This brings Peck's insight about the potential for the community movement into the realm of real possibility.

Transformation is the process of changing something in relation to its polar opposite

—Peter A. Levine, *Waking the Tiger*

Peter Levine's Somatic Experiencing® is a means of resolving trauma. It offers re-regulation of the nervous system by bringing resource energy (calm, pleasure) to a less pleasant, contracted energy from an earlier, traumatic experience. When these two energies are brought together in the body, just touching at their edges, there is a release of the contracted energy—true transformation occurs. One experiences a sense of wholeness in the power of that transformation—in recognizing both energies within the same self—and then in allowing for the possibility of something greater to emerge from that otherwise unpleasant union.

In much the same way, Russell's expanded view of our wholeness as a new way of being creates the opportunity for effecting collective transformation.

By letting go, you allow something truly new to emerge.

—Dr. Otto Scharmer

Otto Scharmer, senior lecturer at MIT and founding chair of the Presencing Institute, provides a means for moving forward, with “Theory U,” allowing for—as he describes it—a future that wants to emerge. Along with Presencing, Theory U is a process that shifts the inner space from which we operate, allowing for what Dr. Scharmer calls the “self and Self” to communicate with one another. This small *s* self is the experience of our individual being, and the large *S* Self is all the resources of our collective experience—or Source Energy. By suspending our internal voices of judgment, cynicism and fear, we open our minds, our wills and our hearts, allowing for energetic communication to emerge.

Scharmer has developed, through his research and the work of the Presencing Institute, a positive view for moving forward. His concept of Society 4.0 suggests the need for what he describes as Awareness-Based Collective action (ABC), or the capacity for a system to see itself objectively, sense what wants to emerge and explore this future by “doing” from within the link with this larger view. It is the ability to go within a system and then look back with an awareness of the whole.

That requires that we “stay in the moment” of our present experience—which is alive, vital and all-important to our emerging future—while still envisioning new possibilities. This is challenging, yet it serves to stretch our capacity for imagination, which is so vital to co-creation.

Scharmer goes on to say that we need new *human technologies* that affect ABC as a new way of being. Dynamic Linking is introduced here as one such human technology, where *co-creation* is the conception of new idea[s] by two or more people. It affirms their relationship to and respect for an energetic universe, and includes a non-visible partner—Source Energy—in that creation.

Acknowledgements

Our gratitude goes to all who have influenced our path to the discoveries of Focalizing and Dynamic Linking. Not only our teachers named herein, and others referenced on our web sites, but to our clients through the years who have demonstrated the common sense application of these processes. The practical manifestations of goodness from these processes are our greatest inspiration.

We bow to our colleagues and friends who have supported us in trusting our own inner compasses to walk through the unknown, and be informed by it.

We honor our families and life-partners for understanding our grit to never stop discovering.

Lastly, we acknowledge Source Energy, as it is who we are, and how it lovingly guides our paths, individually and collectively. Thank you. Thank you!

For Further Reading

Michael Picucci, *Focalizing Source Energy: Looking Within to Move Beyond*, Telemachus Press

Michael Picucci, *An Introduction to Focalizing: Organic Solutions to Real-Time Challenges*

Michael Picucci, *Ritual as Resource: Energy for Vibrant Living*, North Atlantic Books

Michael Picucci, *Journey Towards Complete Recovery*, North Atlantic Books

Eugene T. Gendlin, *Focusing*, Bantam Books

Peter A. Levine, *Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences*, North Atlantic Books

Peter A. Levine, *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*, North Atlantic Books

Lynne McTaggart, *The Bond: How to Fix Your Falling-Down World*, Atria Books

John Renesch, *The Great Growing Up: Being Responsible for Humanity's Future*, Hohm Press

Peter Russell, *The Global Brain Awakens: Our Next Evolutionary Leap*, Global Brain, Inc.

Peter Russell, *From Science to God: A Physicist's Journey into the Mystery of Consciousness*, New World Library

C. Otto Scharmer, *Theory U: Leading From The Future As It Emerges*, Berrett-Koehler Publishers

Otto Scharmer and Katrin Kaufer, *Leading From The Emerging Future: From Ego-System to Eco-System Economies*, Berrett-Koehler Publishers

www.Focalizing.com

www.BusinessFocalizing.com

www.TheInstitute.org

www.Presencing.com

www.TraumaHealing.com

About the Authors

Barry Lipscomb quietly soared his way from being a client of Michael Picucci's, to a mentee, and then to being a co-creator of the Focalizing technology.



Dr. Michael Picucci, PhD, MAC, SEP, brings decades of investigation and experience to his practice of Psychotherapy, Focalizing and Consulting. His professional expertise as a Psychologist, Licensed Psychotherapist, Master Addictions Counselor, Sexologist, Somatic Experiencing Practitioner and Organizational Consultant has led to multiple awards for his contributions. In 2000, the National Institutes on Health (NIH), National Institute on Drug Abuse (NIDA), and the National Association of Professional Addiction Counselors (NAADAC) conjointly awarded him the “Outstanding Leadership in Research” honor for his many years of addiction/trauma fieldwork and reporting. At the award luncheon a senior NIH researcher engaged him on his research while offering a warning: “Michael, don’t be disappointed if your

findings are not mainstreamed for 20 years, if you are fortunate enough to create replicable models.” Now seeing Focalizing as the required ‘replicable model,’ or ‘human technology’ Michael remembers those wise words. He continues his private practice while teaching and leading workshops around the globe. For further information visit Michael’s website: www.Focalizing.com

Barry Lipscomb has been a life-long spiritual investigator and seeker. After brief use and study of Dr. Picucci’s Focalizing discoveries, Barry compressed and reorganized Michael’s findings from a more holistic perspective. From this grander view and their enjoyable, dynamic experience in planning workshops, they decided to write this book from within their Dynamic Link experience itself.

Barry also has over 20 years of experience as an operations executive and financial professional who has facilitated executive strategy sessions, led change initiatives, developed process improvements, mediated problem resolution and coordinated efforts across teams and between senior executives. He combines this experience with focalizing in order to tap into deepened awareness as a valuable business resource for creativity and innovation. Barry has synthesized a Conscious Business Operating Model, a process for Holistic Business Strategy, a system of accounting for the self-aware organization, and Management in the Moment, an agile management and project planning method. For more information visit his website: www.BusinessFocalizing.com