



FOCUSZART Focusing Studio & School

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<https://artsfocusing.com>

Smash'n'Focus

One Page Method - Process Overview:

O. Tuning In:

Breathing, body-touch, noticing places that feel alive. Noticing places that need some care to get more alive. Giving care to oneself.

Paper Exploration:

Awakening the paper, making the paper feel alive through manual exploration and haptic manipulation. Glueing two papers to page.

Intentional Smash ,n' Focus: Deciding on the Theme to Focus on

Sensing towards what wants to be processed. Ask with body-touch and touch on the page:

„When I turn to what needs my attention, how does that feel for me right now“?

When no theme shows up: „How does it feel that there is nothing showing up that needs my attention right now?“

First Layering:

Writing down what comes as theme/as feel of finding nothing that needs attention. Doing the write-up right onto the page. Writing in bold letters across the middle line of the page.

Describing how the theme feels like or shows up as image, gesture or sound. Use of different colored pencils, experimenting with various writing modes. Taking it wild and uncensored.

Preparing for Second Layering:

- Focusing -

„How am I now after having poured out through writing?“

„Can I feel that there is a difference now?“

„Can I feel that something has become more?“

Addressing to some higher force, body's wisdom, spiritual guidance or the life forward movement itself, asking:

„With all that has been placed down through writing and now is more alive, what is needed to forward my theme? What is helpful to get my theme unfold?“

Second Layering:

Express visually through some more courageous writing, allowing letters to turn to marks. Energizing the paper through letter-mark-

making. Writing on top of earlier writing layers. Check the paper for anything not yet covered with visual energy.

Third Layering:

Watering the page, covering all writing with pure color energy.

Nourishing the page playfully with thick water colors and gesso.

Smearing around without any representation. Moving color energy around with the brush or both hands. Doing bilateral moves with hands getting dirty. Synthesizing all layers to one layer of solid moisty texture. Making this texture thick and rich. Putting it aside for dry and later use as a soil for processing the theme. Cleaning hands.

Preparing for Forth Layering:

- Focusing -

Breathing, moving, stretching, checking the body for its aliveness

Connecting to some higher force, inner guidance, spiritual helper etc, asking:

„What would my life look like and feel like if I give space to what my theme needs to fully unfold?

„What would my life look like and feel like if I dare be with my theme as I am now with my page: creative, playful, non-judgemental, open for surprise?“

Forth Layering:

Taking a fresh sheet of paper. Symbolizing in visual image or words (or through representatives of movement/sounds) what is needed to unfold the theme. Letting go of intellectual control, trusting the higher force/inner guidance/spiritual helper to do the symbolization.

Preparing for Fifth Layering:

- Focusing -

Placing the new symbolization next or on top of the page, maybe glue it down. Viewing the page with friendly eyes.

Ask and receive: „With all that is there under my two hands, what would be a small action step towards bringing the essence of it all as a whole into my life for real?“

Fifth Layering:

Putting down what is received as an adding to the page (visual marks, works, collage pieces etc). Use of fresh colors, marks, lines, shapes.

Option: Using a new sheet and extending the page with it.

Closing the Process:

Giving thanks to the higher force supporting the process.

Giving thanks to oneself for staying with the process through all phases of layering.

Giving thanks to the inner artist who did the creative work.