

Citaten Eugene Gendlin

Your physically felt body is in fact part of a gigantic system of here and other places, now and other times, you and other people—in fact, the whole universe. This sense of being bodily alive in a vast system is the body as it is felt from inside. (Gene Gendlin in ‘Focusing’ pag. 77)

It is commonly said that each of our relationships ‘brings out’ different traits in us, as if all possible traits were already in us, waiting only to be ‘brought out’. But actually you affect me. And with me you are not just yourself as usual either. You and I happening together makes us immediately different than we usually are. ... How you are when you affect me is already affected by me, and not by me as I usually am, but by me as I occur with you. (Gene Gendlin in ‘A Process Model’ pag. 30)

Many strands of your past are part of what is happening now, quite without memories. The past is always involved in the very texture of the present. ... If the past is considered only as the unchangeable events of the linear past, one cannot conceptualize many important human phenomena. (Gene Gendlin in ‘A Process Model’ pag. 66)

Obviously I am not experiencing the past as such, when I experience the present, else I would be thinking and feeling the past events, and my images would be of those incidents. If that is happening I am missing what is going on in front of me. This happens when I day-dream or re-live the past. But the past does play a role when I am fully in the present. Obviously the present wouldn’t be what it is, if it were not for how I have lived up to this point. I experience the present, but my past experience is part of what makes up my present. (Gene Gendlin in ‘A Process Model’ pag. 33)

A process or part does not function as itself; it does not function as an individuated ‘it’; rather it functions as already interaffected. What ‘it’ is (and its effect) has already been affected by the differences it makes in the others which affect it. (Gene Gendlin in ‘A Process Model’ pag. 39)

We call it carrying forward when what occurs changes the implying so that what was implied is not longer implied because “it” has occurred.
(Gene Gendlin in ‘A Proces Model’ pag. 70)