

Elegant Choices

Post by “Pacatus” of July 3, 2023 at 6:34 PM

Thank you, [Godfrey](#).

I will add that, in his book, Gendlin really loosens up the specificity of the “six steps” – in order to encourage people to develop more variety in their personal style. But I don’t think you need the book to play around with it: the basis is really consulting the body and the “felt sense.”

Also, I can get lost in my head working a more rationalistic approach (thinking, thinking, thinking ... !) – and this is one way (for me!) to get out of that “hedonic calculus” concept that a number of us were recently grouching about.

Also (how many “alsos can I play? 😊) it seems to get back to the ground of the senses ([αἰσθήσεις](#), following Don).