



Easy Guide: The Basic Wholeness Process

Use this guide to remind yourself of the steps described in full detail in Chapters 5 & 6.

1 Choose an experience to explore.

2 Access the feeling response.

... and notice your feeling response. [Notice location, size & shape, sensation quality.]

3 Find the 'I.'

Where is the 'I' that's aware of this [__ sensation quality in __ location]? [L, S&S, SQ.]

4 Find the Second and Third 'I's (the 'I' Chain).

As you notice [the previous 'I'], where is the perceiving of this happening from?

[Notice the location (L), size & shape (S&S), and sensation quality (SQ).]

Continue until you get to an 'I' that is insubstantial, or until there aren't more.

5 Experience Awareness.

Notice the capacity to experience (or sense of space) that's present throughout your body, and all around, in every direction, that can be experienced simultaneously, now.

6 Sense if the last 'I' welcomes integrating with Awareness.

Does the sensation here [in the location of the 'I'] welcome opening and relaxing in and as the fullness of Awareness that's all around and throughout?

If "Yes": go to Step 7

If "No": Find another 'I'

7 Invite each 'I' to integrate with Awareness.

The sensation of the 'I' is invited to open and relax in and as the fullness of Awareness that's all around and throughout.

8 Invite the original feeling response to integrate with Awareness.

Notice what happens when the sensation here now... is invited to open and relax... in and as the fullness of Awareness, that's throughout the body and all around.

9 Check how it is now in the original situation.

Being this way, with the 'I's dissolved and the feeling response integrated, what is it like now when you imagine being in the situation you're exploring here?

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