



Troubleshooting Guide to Wholeness Work

Usually Wholeness Work processes go easily and smoothly. However it's helpful to know that even if they don't, there's always something you can do that's easy and gentle. The pointers below are all drawn from the book, *Coming to Wholeness: How to Awaken and Live with Ease* (Book 1 in the Wholeness Work series). Check in the book for more complete information, and additional tips, especially Chapters 9, 12, 13, 17, 19, & 20.

GENERAL TIPS

With Wholeness Work, the two most important guidelines are:

- Doing whatever you do in an easy, gentle way.
- Including everything that emerges.

If you don't experience "miraculous" or strong shifts each time, that's fine and quite typical. Just stay with the process and as you continue to integrate separate 'I's, you will notice a wonderful cumulative effect.

CHOOSING AN ISSUE TO EXPLORE

- Begin by working with issues that are minor to medium in intensity so you can learn the steps of the processes and get comfortable with your experience of doing them.
- With larger issues, you can:
 - Divide the "big" issue into several smaller ones and work with one piece at a time.
 - Work with multiple aspects over time, rather than to try to clear it all up at once.
- If you don't have an issue to work with, you can use the Meditation Format and experience significant benefit.

ACCESSING THE FEELING RESPONSE

- If the feeling response you're exploring is an emotion (such as anger, sadness, hurt, etc.) remember that the emotional label is an interpretation or meaning; go right to the *direct* experience and access the location, shape & size, and sensation quality.
- If your beginning response is an image or sound rather than a feeling or body sensation, you can work with the sound or image. Notice where the inner image or voice is located, and then notice its size and shape, and sensation quality.
- If you're experiencing mind chatter or other distractions, ask "Where's the 'I' or the 'one' that's mind chattering?" or "Where's the one who is doing X distraction?"
- If a feeling response seems too big, unpleasant, or scary to work with comfortably (for example in the case of trauma or abuse), you can:
 - Enlist the support of a qualified Coach to help safely guide you through the process and transformation.

- Consider utilizing the approach *Core Transformation* first. (Refer to the *Core Transformation* book or video course to learn it. Or you can begin with the Fast Phobia/Trauma outlined in the book, *Heart of the Mind*.)
- If you make the choice to process a strong emotion on your own using *Wholeness Work*: remember you can step into the experience just enough to notice the feeling and get some information; there's no need to re-experience it fully. If you can't do that easily, then find a qualified coach to guide you.

FINDING THE 'I'

If finding the 'I' doesn't seem easy, these pointers can help:

- It's ok to guess.
- Realize that the 'I' might be something insubstantial; it might be primarily a location in space. Just go with the first location that comes to mind.
- It's easier to find the 'I' if you begin by attending to something. Then ask "Where's the 'I' that notices?"
- You can also ask "Where's the perceiving happening from?"
- You can ask, "If I did know, where would it be?" or "If there is an 'I', where is it located?"

(See: "Tips for Finding the 'I'" in *Coming to Wholeness*, Section VI, Resources & Roots, for more information.)

On Getting the Sensation Quality:

- Pausing to actually sense the sensation quality is what's important. It doesn't matter if you can find the right words to describe it.
- If an 'I' is located outside your body, it can help to imagine how it would feel if you could reach into the area—and sensing it almost as if your fingers were touching in and through the area.

On Finding the 'I' Chain:

- Find the chain of 'I's until you find one that has a more diffuse or insubstantial sensation quality. (Usually three to five 'I's.)
- You may find there are fewer 'I's after you've been doing Wholeness Work for a while.

ACCESSING AWARENESS

- With Wholeness Work we are going for the ordinary Awareness that is easy to sense in any moment, not some kind of "grand" altered state. One can pause in any moment and sense "*the capacity to notice that's already present throughout the body and in the space all around.*" Simultaneously sensing the space in all directions makes it easy to experience the ordinary field of Awareness that's already here in any moment.
- The way Awareness is experienced will be a bit different each time. Just notice how it's experienced without effort.

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2

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- Sometimes you may experience Awareness as including extensive space all around; other times the experience may be more local. It works best to go with however it is without effort.

SENSING IF THE LAST ‘I’ WELCOMES INTEGRATION

- It’s never useful to force or coax an ‘I’ to integrate. When the ‘I’ is in a position to open and relax as Awareness (to integrate), in general it naturally wants to do so.
- If there’s any hesitation, take this as a “no” and find another ‘I’.
- If the ‘I’ *wants* to open and relax but is a bit afraid to, you can let it know that it can try out opening and relaxing as an experiment, and find out if it likes it better. It can put itself back if it prefers the old way.

INVITING EACH ‘I’ TO INTEGRATE WITH AWARENESS

- If nothing happens when you invite the ‘I’ to dissolve, that’s totally fine. When the ‘I’ doesn’t open and relax, it means something else needs to be noticed and included first. Check for a Reaction (See Chapter 20) or another ‘I’.
- If an ‘I’ only integrates part of the way, that’s a partial integration which can be a wonderful thing. You can trust that when you invite (not force) your system, the integration will happen in a way that fits best for your system in the moment.
- If an ‘I’ begins to integrate (for example starts gets larger and more diffuse), but then goes back to its original shape, this usually mean’s something else needs to be noticed and invited to integrate first. Check for a Reaction (See Chapter 20) or another ‘I’.
- If integration ever feels difficult or as if it’s unwanted, respect that. Perhaps it’s not yet time for that particular ‘I’ to release. You can:
 - Take a break and check in with it later.
 - Find another ‘I.’
 - Experiment with the three directions of integration. Check if a different direction of integration is what this ‘I’ needs to be able to integrate. (See Chapter 13 on “The Three Directions of Integration.”)
- If you’re feeling frustrated that an ‘I’ isn’t integrating easily:
 - Find the “one that’s frustrated” and work with that ‘I’. (See Chapter 20 on finding and working with reactions. Remember that reactions are not a diversion; often they’re a gateway to the real work.)
- After an ‘I’ has integrated, check in the location of the previous ‘I’ to “*Notice if it’s the same or a little bit different.*” It doesn’t matter which it is, but you do want to pause and notice. This way you’re working with how things are now – not with a memory of how they were.
- If a memory spontaneously emerges while something is integrating (or after it integrates), you don’t need to do anything except allow the memory to flow through and dissolve into Awareness. You, as Awareness, can just relax into and as the sensation of the memory.

INVITING THE ORIGINAL FEELING RESPONSE TO INTEGRATE WITH AWARENESS

- Usually the integration is easy and natural. If it doesn't want to integrate, you can find another 'I' chain or check for a reaction.
- When the integrating happens, if you feel the shift happening in your body, but it doesn't spread to outside your body, that's fine. Some integrations are complete in just the physical body, or even just part of the physical body. Enjoy however it naturally goes.

CHECK HOW IT IS NOW IN THE ORIGINAL SITUATION

- With this step, we're never trying to *force* our experience to be a certain way. With Wholeness Work we don't ever need to *make* our experience any different than it is; we're just noticing how it is now.
- If the original feeling is gone or transformed, you may feel complete with this issue. You can just enjoy the experience how it is now.
- If you now notice some *other* response that feels limited or stressful, simply cycle through the Basic Process again, using this *new* response as a starting place. Keep in mind that this is progress. The first layer of inner contraction has been integrated. This makes it possible to notice the next layer. For example, if you started out feeling angry, after doing the process the anger might be gone, but now you notice feeling hurt or some other emotion. This is a useful shift toward including and integrating everything.
- You don't have to do it all in one sitting. (We wouldn't be able to anyway – there's always more.) You may prefer to work with a next response at later time.
- If you experienced a significant shift, take some time for yourself, so the integration can continue settling through your system. Do anything that's undemanding and feels peaceful to you, such as: take some quiet time; go for a walk, spend time in nature, take a warm bath.

MORE GENERAL TIPS:

- If the work isn't going easily, recognize this is probably because something else is happening that needs to be noticed and included. You can open your Awareness to sense whatever else may be present. (Such as a reaction or perspective.)
- If sometimes going through the steps seems like too much effort, an option is to just enjoy relaxing as Awareness. Notice what's already at peace. As Awareness, there can be a natural allowing of whatever emerges to be present or to flow through, and you don't need to *do* anything about it.

If your question or challenge isn't addressed in this Quick Guide, you can do a search in the book, *Coming to Wholeness* to see if it's addressed there. The online video trainings, and live trainings go much farther with Wholeness Work, teaching advanced Wholeness formats and understandings. Check www.TheWholenessWork.org