

Wholeness & Oneness Work Presuppositions

Each therapeutic or personal growth method has underlying presuppositions—things assumed to be true. The method is an expression of these assumptions. With the Wholeness Work we are working *at* and *with* a different level of experience, and our methods are an expression of a different set of presuppositions than most previous forms of changework. Knowing these presuppositions can help us better understand what we’re doing. It also helps us understand its value—why it can create both ordinary and extraordinary benefit. It also explains why combining Wholeness Work with other types of changework can dilute the results.

Here is a list of the 15 main presuppositions embodied in Wholeness Work¹. You’ll notice that many of these presuppositions are the same as what is taught in spiritual traditions. They align with the esoteric teachings in each of the main religions, and also with non-dual teachings (such as Advaita Vedanta).

What’s different with Wholeness Work is that we have a specific precise practice. This practice turns the teachings into a precise “science” of how to get there. So Wholeness Work draws on the precision of classic NLP and the philosophy from spiritual teachings.

These presuppositions guide HOW we do the work; we...

1. **Include everything.** Everything has value and enriches the wisdom of the whole. It’s important not to override anything, whether consciously or unconsciously. Everything, including what we don’t like, has value, and it’s through including everything that wholeness and full wellbeing becomes possible.
2. **Use no force.** Instead we invite and allow. It’s never useful to *make* something happen. With Wholeness Work we invite and allow the shifts to happen that want to happen. Useful changes happen spontaneously when we’re in touch with our complete inner nature. A solution that comes from force can never be a lasting or complete solution.

¹ From Wholeness Work II manual v 11.5 © Connirae Andreas

3. **Find the easy way.** If something isn't easy (e.g. an 'I' or other structure doesn't want to integrate), it means we need to shift attention to the place in our system that is ready to take the next step (i.e. to be recognized, to integrate, etc.).
4. **Don't need to trick.** We don't need to hide our intention, or trick any part of a person, in order to manipulate a change. Instead, our goal is more awareness, to include all that a person is currently noticing, and more. (There may be a gentle shifting of where the attention is focused, without shutting out anything.)

In contrast: Some types of hypnosis teach bypassing or tricking the conscious mind, to get to the unconscious patterning and change it. With the Wholeness Work, instead, we also include the conscious mind patterns that would interfere with access. The result is greater integration and experience of undivided consciousness.

These presuppositions are about the philosophy—how we THINK about what we're doing.

5. **Wisdom comes from wholeness.** Solutions arising from the whole are wiser and more "ecological" than solutions generated by the conscious mind, or any "part" of the system. Through including everything—and especially through integrating everything at the beingness level—we come to wisdom.

When we set goals for ourselves they are usually formed from separate 'I's. Wholeness Work helps us find and dissolve these 'I's, so that we can discover the deeper wisdom.

6. **Wellbeing is innate.** Everyone has it. Powerful, deep states of essence, presence, etc., exist within everyone's psyche, and it's just a matter of accessing it. Each of us has an inner essence (Awareness, Core States) that can't be destroyed or damaged.
7. **The Solution is easier than the problem.** Problems take effort. Stress takes effort. It takes effort to maintain the problem experience. Discovering and releasing this effort leads to the solution—i.e. to transformation. The solution is easier than the problem.
8. **It's possible to live life as the Whole of Awareness, instead of as a "small/separate self."** Awareness is already present. It isn't necessary to perceive or take action from a small separate 'I'. We can be present as Awareness and perceive or act as Awareness (the whole of our being).

9. **Everything is already “perfect.”** At the deepest level, everything (both within ourselves and without) is already Ok, before we do anything to change/transform it. In fact, there is an inner perfection that we already are. (This “perfection” is not about judgment. It is beyond judgment.)

This “field of Awareness” that we are, is already “perfect.” This is our basic nature, and it’s already perfect. And we don’t need to change anything to be “more perfect.” The Awareness that we are, already experiences things being fully fine already. The entire process of discovering limitations and inviting them to dissolve is part of this “perfect process” of unfolding that we’re participating in.

10. **The field of Awareness within each of us is already Whole,** and the constrictions we discover (the small ‘I’s etc.) are created from the Whole of our being.
11. **The constrictions we discover *want* to return home to the whole** and because of this, they are easily willing to do so.
12. **The Eternal Now.** The more we experience ourselves as an undivided Whole, the more Time is also experienced as an undivided whole. Subjectively we begin to experience what we could call the “Eternal Now.” Consciously we are present in the current moment, and the experience is of simultaneous access to past and future. Nothing is separated off. It's the subjective experience of linear time not really existing, or that all moments in time exist simultaneously. So changing one moment also changes all moments.
13. **Transforming/evolving is a process.** There is no endpoint. We continue to evolve and grow. In earlier phases of personal growth we focus on specific outcomes or goals, and how to reach them. The farther we go, the more we recognize that it’s a continual unfolding. “We’ve already arrived,” and “we’ll never arrive,” are both true.

These Presuppositions are about our ROLE in guiding the change process.

(These are especially relevant for Coaches & Therapists, and also relevant to how we guide ourselves.)

14. **Our role is to help discover what the system wants.** When self-guiding our job isn’t to make ourselves change. It’s to notice and facilitate what wants to happen, in the system as a whole. (And if we are a coach or therapist, our role isn’t to make someone else change; it’s to help the other person’s “system” discover what wants to happen and to facilitate that.)

15. **We are here as equals.** This is different from a hierarchical relationship of up-down. And even beyond equals, we can experience ourselves as part of the same larger whole.

—A Key Concept—

I've already told you that Wholeness Work is an expression of the presuppositions just listed. There's something more that's important to realize: *Wholeness Work also teaches us these presuppositions.* As we practice Wholeness Work, we begin experiencing the truth of each of these assumptions. We *know* each truth for ourselves. We develop confidence in the wisdom of the system—in the wholeness that we are.

When we directly experience how each of the contractions of consciousness longs for a return to the *whole* of consciousness, we discover that we can trust in the wisdom of our system; we can trust in life itself. And when this happens a deep shift occurs in our experience of life.