

The Wholeness Work

*resolving emotional issues with
a deep healing method that leads to “awakening”*

with Connirae Andreas

Session Outline

Introduction: The Wholeness Work is a new method of therapy and transformation. Based on a key spiritual teaching about “awakening,” it offers a step-by-step reliable process that gets incremental results similar to those described by spiritual teachers. When used in the way taught through Wholeness Work, the “awakening” happens through transforming our emotional issues.

Guided Group Experience: Everyone in the group will be guided in experiencing the first steps of Wholeness Work. Participants who would like to share their experiences will be invited to do so, and we’ll use these to draw generalizations about the Wholeness Work process.

Three Understandings: I’ll explain the three background understandings of how and why Wholeness Work is effective. Understanding these makes it easier to fully follow the steps of the process, and deepens the experience.

Individual Demonstration: Next I’ll work with a participant volunteer to demonstrate the complete Wholeness Work Basic Process. Utilizing learnings from the guided group experience, we’ll now add a few steps to make the process more complete and more effective.

1. The volunteer will be asked to pick a mild to moderately intense issue to work with. No content will be needed as we will be working at a pure process level.

2. I will show how to access the experience of emotional response in a way that makes it easier to be transformed, using three key questions.

3. Next I will show how to access what we can call the “perceiving self” or the “I”.

4. We will use the same three key questions to access this in a way that it can be easily transformed.

5. I will demonstrate a specific way to access “awareness” or full consciousness in a way that it can be utilized for transformation.

6. At each step the volunteer will be invited to share his/her experience in a content-free way. (The relevant sharing has to do with aspects of experience unrelated to content, such as whether the person experiences specific shifts in consciousness.)

Discussion, Questions and Answers:

- Participants will have the opportunity to ask questions.
- Learn when this method is effective. I’ll share reports on utilization with relationship issues, emotional issues (such as hurt, anger, etc.), sleep difficulties, stress, chronic pain (including phantom limb pain), and other

areas.

- The Wholeness Method I'll demonstrate in this session is part of a series of Wholeness methods based on the same principles. There are specific advanced Wholeness Methods which are effective in rapidly transforming embarrassment and shame, attachments and aversions, for doing dreamwork, and more.
- Many who have done other emotional healing work report that when they use this method with the same issues, they get a deeper level of healing.

Closing: Wholeness Work is an effective way of healing and transforming emotionally, and “fixes” many problems. Yet more importantly, the Wholeness Work offers a reliable way of evolving and gradually experiencing what could be called “awakening.” People often describe having a sense of deep peace, of something being “reset” so that they don't have to try so hard any longer. They can just “be present.” And at the same time discover more solutions and insights spontaneously coming to them.

Additional Wholeness Work Resources:

- Free 70 minute Video Webinar. Includes a group guided exploration plus a brief demonstration. <http://TheWholenessWork.org>
- *Coming to Wholeness: How to Awaken and Live with Ease*, by Connirae Andreas. (book) 2018. Order on Amazon or from your bookstore.
- A Complete Client Session using the Wholeness Work (80 mins, video download). Connirae works with a young woman who was having an extremely difficult pregnancy. Includes follow-up. <http://www.realpeoplepress.com/wholeness-process-complete-individual-session-p-118.html>
- 3-Day Wholeness training on Streaming Video. Includes demonstration and teaching of 4 Wholeness methods [Two “dissolving the ego” formats, plus the “Integrating Inner Authority” and “Integrating What’s Missing” methods]. Comes with complete scripts for each method, instruction on how to use the process for meditation & sleep, etc.
- Live Wholeness Trainings, international schedule: www.AndreasNLPTrainings.com/Wholeness

Learn More at...

TheWholenessWork.org
AndreasNLPTraining.com