

GWiz NLP Practice Group (May 2020)

The Wholeness Meditation Format an introduction into the work of Connirae Andreas

With Melody Cheal

Who is Connirae Andreas?

Connirae Andreas and her husband Steve have been at the heart of NLP since the early days working directly with Bandler and Grinder. Connirae is the author of the NLP best sellers "Core Transformations" and "Heart of the Matter".

I recently attended a workshop led by Connirae about her new set of patterns, "the Wholeness Process" and was really impressed. I am currently discussing with her how bring this training into GWiz NLP as part of our portfolio. Connirae had given me permission to share a taster session on her work with you today. Before we get to that below is a copy of my recent review of her training programme.

Review of Wholeness Process with Connirae Andreas (Melody's Experience of the Wholeness Work from 2015)

I had read books written by Connirae and listened to audio programmes so I already had a feeling that we were on the same wave length. When I heard she would be teaching in the UK I jumped at the opportunity and booked a place right away.

As an NLP Master Trainer I make a point of attending some kind of training programme every year. I do this for a number of reasons. Firstly, there is always more to learn, secondly there is a value in remembering what it is like to be in learner state.

I felt compelled to sign up for this training as it was the first time that Connirae had delivered a training course in the UK for 20 years. I didn't want to miss the opportunity to see and hear her in action. I am delighted to report that Connirae Andreas and the Wholeness Process more than exceeded my expectations.

Connirae is a warm, caring and highly graceful trainer. She has a gentle and at the same time authentic teaching style. She has clearly explored her models from the inside out, testing them on herself and Steve Andreas, her husband. It was fun hearing about her experimentation with her evolving techniques.

The Wholeness Process is a series of elegant patterns with a built-in logic. I found the processes personally transformational and I have noticed some interesting shifts in some of my habitual behaviours that are very helpful. I always recommend to my students that if there is a chance to be the demo subject to seize it! So that is what I did during the workshop

giving me a first hand experience of the process as guided by Connirae herself. I picked a topic I had not explored before around my evolving relationship with my parents as they age. The result is gently unfolding for me and feels as if it continues to do so.

When testing out the patterns I was pleased with the results both during the training and when I worked with some of my clients one to one.

The Wholeness Work **A new form of meditation that resolves life issues**

This workshop will be a brief experiential introduction to a new way of working in therapy and coaching, which can also be used as an evolutionary life practice or meditation method. The Wholeness Work, developed by Connirae Andreas, includes over a dozen separate processes which are based on the same set of underlying principles.

This work is quite new, but is already showing interesting results in areas including resolving many sleep issues, healing emotional reactivity, anxiety, embarrassment, shame, people-pleasing, perfectionism, etc. It tends to result in greater wellbeing and resilience overall, and has sometimes resulted in shifts/improvement in chronic pain, and/or with health issues (Health results are not guaranteed; however there have been some interesting results in areas including pre-migraine aura, chronic pain, hot flashes, teeth grinding, etc. While some results are immediate, often lasting results with health issues involve using the method(s) as a practice over time.)

So how do you find the "I" if you're having trouble?

Here are Connirae's top 3 tips

1. **Notice where it's not.** Look around the room you're in and find some unlikely location. Ask yourself, "is the 'I' over there?"

Probably the answer will be "no" which will help you find the "I" by contrast. If you know where it isn't, then at some level you know where it is — you just have to look and see.

2. **Go with your first instinct.** If something flashes into your mind, just go with that. Usually it will be correct, but sometimes we second guess ourselves and then wonder if it's *really* there. Just go with your first instinct for now.

3. **Just guess.** If you can't find a location, just guess. If you think "I don't know" you might ask yourself "and if I did know, where would it be?"

It's a silly question, but it gets you to guess, and often our guesses are correct. Even if they aren't right, it's not really a problem because we can correct for mistakes later.

So check it out now: where is the "I" that is reading this page?

Wholeness Meditation Format

With eyes either open or closed, allow your body to find a comfortable position.

You can take a moment to experience Awareness. ... The capacity to experience, that's throughout the body, and all around. It may be experienced as a sense of spaciousness ... of presence ... that's everywhere at once. ...

STEP ONE

Do a mind-body scan and notice whatever you notice.

Allowing whatever relaxes easily to relax ... and enjoying that relaxation ... notice what remains. ... This could be a tension, a sense of constriction or heaviness, an emotion, an image that comes to mind, an inner voice, anything at all. It may be something you can't quite put into any of the above categories. ... Just notice whatever you notice, and let me know what that is.

- A. Now notice, where is this [say experience they noticed] located?
- B. OK, it's [say location].... And what is the size & shape?
- C. Now sensing into this area, what is the sensation quality....
There might be a sense of heaviness, pressure, vibration, fizziness, or bubbling. It might be warm or cool. It may be something you can't put into words, and that's fine. Just notice the sensation that's there.
And what sensation do you notice?
- E. OK, it's [say SQ words].

STEP TWO

You can recognize, "I am aware of this [SQ words] sensation," right?

- A. And where is the 'I,' that is aware of this sensation? ... Where is the perceiving happening from? Just notice whatever location comes to mind.
And what location do you notice?
- B. So it's [say location]. ... And, what is the size & shape (of this 'I')?
- C. Now notice the sensation quality in and through this [size & shape] that's [location]. It might be foggy, clear, dense, or empty, heavy, light, vibrating,

still, and so forth. If no words quite describe it, that's OK. There can be a noticing of the sensation itself. ...

And what is the sensation quality?
So it's [say SQ].

STEP THREE

Gently sense for what is welcome.

Now check: "Does the sensation of this 'I' welcome the invitation to open and relax as the fullness of Awareness?"

If "Yes": Go to Step Four.

If "No": This lets you know to find another 'I.'" Here's how:

You just noticed that the sensation here [in the location of the 'I'] doesn't welcome the invitation to open and relax, right? (Wait for them to affirm.)

- A. So where is the 'I' that notices this? ... Where is the perceiving of this happening from?
- B. And what is the size & shape, and the sensation quality of this new 'I.'
- C. Now check: "Does the sensation of this 'I' welcome the invitation to open and relax as the fullness of Awareness?"

STEP FOUR

Notice what happens, when the sensation of this 'I' is invited to open and relax ... as the fullness of Awareness. ... And this can happen in its own way, however feels natural.

Alternate Wordings: Or perhaps what wants to happen is for all of Awareness to relax and flow in and as the sensation here. ... Or it may be that the Awareness already present in and throughout the sensation here wakes up to itself. ...

There can be a sensing of what wants to happen—what begins to happen naturally on its own, without effort.

If there are more 'I's, invite each previous 'I' to integrate, going from last to first:

Now let's check in [_the location of the 'I' before the one that just integrated_].
... First notice: is it the same as it was before, or is it a little bit different? Either is fine.

Now notice what happens, when this [the SQ here now] ... is invited to open and relax... as the fullness of Awareness. ... There can be an allowing of this to happen in its own way.

Alternate Wordings: Or it may be that what wants to happen is for all of Awareness to open and relax in and as the sensation here. ... Or the sensation here may begin waking up to itself.

Now let's return to the area you started with in [say location]. What is the sensation here now? Whatever sensation is there now, gently feel for which way the integration wants to happen. It may be that the sensation in [say location] wants to open and relax as all of Awareness. It may be that the sensation here wants all of Awareness to flow into it. Or it may feel like the Awareness that's already present in [say location], wakes up to itself...

Now there can be an experiencing of whatever happens. If /when relaxing and melting happens, this can be enjoyed as long as you like.

There can be a "resting in and as Awareness," as long as you like.

© Connirae Andreas, Wholeness Work

The Wholeness Work UK!

Melody is licensed to offer this training in the UK. If you would like to attend The Wholeness Work: A Beginning contact Melody for more details.

NLP Conference 2021

The 2020 Conference has been postponed to 2021. This means Connirae Andreas will still deliver the Master Class on the first day. She will also be coming to GWiz NLP to deliver an Advanced Wholeness Work training in May 2021.

Wholeness Work Resources:

Go to: www.WholesnessProcess.org for a complete list of Wholeness Resources.

- free 70 minute Video webinar taught by Connirae Andreas, including a group guided experience, plus brief demonstration of one of the first formats.

<http://wholenessprocess.org/>

- complete Client Session, including follow-up results, showing the impact of the method in this young woman's life.
- 2-Day Wholeness training on Streaming Video, including the teaching of 4 Wholeness formats, complete scripts, using for meditation & sleep, etc.
- link to the Live Trainings page, for the international schedule. (Live training is the best, for those who can do it. However, people not able to attend live have reported excellent results based on the video training.)
- Conscious2 TV did a 90 minute interview with Connirae on the Wholeness Work. You can get access at Conscious2.com [They have a free 14-day trial.] Connirae shares what led to the Wholeness Work including her personal experience with Dr. Milton Erickson, renown hypnotherapist, as well as inspiration from the spiritual teacher Ramana Maharshi.

https://www.conscious2.com/exploring-the-wholeness-process/?utm_source=http://wholenessprocess.org/

Upcoming Events

Zoom Events at GWiz

The Wholeness Work: A New Beginning

Dates to tbc; register your interest now.

Certified Clinical Hypnotherapy (enquire about the full pathway)

If possible this event will be face to face depending on guidance on social distancing

25th to 30th July 2020

Psychological Approaches to Coaching (AC Accredited)

Foundations in Coaching

15th to 16th May 2020

Transactional Analysis for Coaches

Dates to be confirmed

iNLP Coaching Certificate

Dates to be confirmed

Positive Psychology in Coaching

Dates to be confirmed

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