

—The Wholeness Work—

A new form of meditation that resolves life issues

developed by Connirae Andreas

This workshop will be an experiential introduction to a new way of working in therapy and coaching that can have a profound effect on our ongoing experience of living. What can start as a subtle shift, often begins to be experienced as “this is a whole different way of being.” When used as a life practice, the Wholeness Work gives us greater access to what we could call “emotional intelligence”—or just wisdom, creativity, and sense of humor.

Eastern spirituality tells us that human suffering will dissolve if we “let go of our ego” and “experience ourselves as the vast selves that we really are.” But what does that really mean and how do we get there? For many people meditation is a good beginning, but it can be quite slow, and people often find practicing a struggle. Many long-time meditators have noted that the peace they access in meditation can disappear when challenged by life events such as a loved one pushing our buttons. And many describe still having unresolved emotional issues from the past.

The Wholeness Work is unique in that it offers a precise way to actually do what the spiritual teachings have been pointing to. Rather than just talk about it, or sit and meditate and hope for “awakening” someday, this gives us a way to experience shifts relatively quickly and in the moment. Many spiritual teachers say steps should be avoided—that doing anything “on purpose” can’t access “the real thing.” However, the Wholeness work gives us a way to process at the intersection of intention and allowing.

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

Quite a few long-time meditators (as well as people who’ve avoided meditating) have told me this practice is easier, more effective, and results in more embodied transformation.

The focus in this session will be on the first two Wholeness formats, which are about dissolving the everyday sense of “ego,” in such a way that much of our life suffering also tends to dissolve. (The Wholeness Work is a body of work including over 12 formats, which embody additional principles. Each format addresses a different aspect of the psyche and assists in healing universal inner structures of separation.)

Brief Therapy Conference 2016: Workshop 1

Outline of Presentation:

1. Introduction – Getting specific about the spiritual principle of “dissolving the ego.” *What the spiritual teachers aren't aware of that can make a big difference.*
2. Group Guided Experience:
3. Demonstration: I will use the “Working with an Issue” format with a volunteer, exploring an experience of “having my buttons pushed.”
4. Discussion, Q & A.
5. The Meditation Format.
6. If time permits we may do an exercise in pairs.

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

- Free 70-minute Video webinar including a brief demo of the first format.
- Complete Wholeness Client Session (video download), with follow-up, showing the impact of the method in a young woman's life.
- 2-Day Wholeness Training on Streaming Video. Includes demos of 4 Wholeness formats, complete scripts, using for meditation & sleep, etc.
- Live Trainings link, for the international Training Schedule.

(Live training is the best. However, many people not able to attend live have reported excellent results based on the video training.)

About your presenter:



Connirae Andreas has been an international trainer and author for almost 4 decades. She is best known for her groundbreaking work developing Core Transformation, a gentle method whereby our limitations become the doorway to a felt experience of “presence” “peace” or “oneness.” Her new Wholeness Work is based on spiritual principles modeled into a precise way of shifting our experience at a fundamental level. Her work is strongly influenced by her personal experience with Dr. Milton H. Erickson, and has been translated into over 14 languages.

About the development of the Wholeness Work:

Connirae developed the Wholeness Work in response to a major health crisis which caused her to stop teaching and working for a number of years. In 2007 she started experimenting with the basic process in her own experience, and a few years later began guiding others. She has been teaching the work in groups since 2012. The work has broadened to be a system of transformation and resolution of emotional and behavioral issues, working at a deep level of experience.

CoreTransformation.org WholesnessProcess.org AndreasNLPTrainings.com

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Educational Objectives for Brief Therapy Congress Wholeness Workshop

1. Identify a simple way to find what can be considered “ego” or “self” in experience.
2. Understand how to access another way of experiencing “self” that is more resourceful.
3. Understand a demonstration of a specific process for “dissolving the ego” that also changes our life issues.