

## Coming to wholeness

**Guest: Dr. Connirae Andreas**

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**Alex Howard - [00:00:09]**

Welcome everyone, to this interview where I'm super excited to be talking with Dr. Connirae Andreas.

Firstly, Connirae, welcome and thank you for joining me.

**Dr. Connirae Andreas**

Thank you for inviting me. I'm so happy to be here.

**Alex Howard**

People that have been around some of our therapeutic coaching practitioner training over the years will know that Connirae's work has been a really strong influence on some of the work, particularly that we do working with different parts, different aspects of ourselves.

And I'm really grateful to have Connirae here just to give people the opportunity to learn from her, but also to explore some of the recent work that Connirae has been doing around the wholeness process.

This is going to be, I think, a particularly helpful session, because we're going to talk a little bit about this work and what it is and how it works. But there's also going to be a practical piece to this session, which I think will be a really great way for people to actually have an experience, as opposed to just have something as an intellectual conversation.

Just to give people Connirae's background, Dr. Connirae Andreas has been teaching personal transformation methods for more than four decades. She's internationally known for her groundbreaking work, "Core Transformation", which uses limitations as a doorway to profound states of love, peace, and oneness.

With her new wholeness work, she's again decoded the mystery of transformation, making it available, accessible to all of us.

She's the author of the books *Core Transformation* and *Coming to Wholeness, How to Awaken and Live With Ease*.

Connirae, I'd love just to start with a bit of an open general frame around what is the wholeness work? And maybe a little bit about some of the origins of where it was birthed from.

**Dr. Connirae Andreas**

Sure. Wow. A big question. What is this work?

Yes. Basically, the wholeness work came to me in a time of personal crisis, and I drew upon both my background in NLP with precision, my training and precision, finding the science behind our experience. And also some spiritual teachings because I was going through a personal crisis that gave me, the reality kind of came right up there in front of me. Okay, everything, you know is not enough. You got to go deeper, Connirae, you need more.

And I think life does this for us sometimes it brings these challenges or obstacles, and they are what life is trying to use to teach us something.

So I got that reluctantly, I must admit, and use that as a takeoff point to explore what could be deeper. And I started to wonder what spiritual teachers might have to offer, what spiritual teachings might have to offer us, and began investigating. Could there be a science to what we call awakening? Could there be a specific, reliable procedure that would actually help make accessible for all of us what we call awakening?

And that's basically what the wholeness work is. It's the results of that search. And at this point, the answer to that question is, I think, yes. Yes. There is a science to it. We can find, it's not just that we're sitting on a bar stool and enlightenment kind of comes. It happens that way for some people more. It's quite marvelous when it does.

### **Alex Howard - [00:04:03]**

And the difficulty is we don't all have that bar stool sitting at the local pub, right?

### **Dr. Connirae Andreas**

Yes. Yes. It's not going to happen for everybody else if they just go sit on that same bar stool. That's not going to be what does it.

So what the wholeness work is, is this investigation into what are the specific steps inwardly? Are there specific steps? And I've come to recognize yes, there are. And so that's what the wholeness work is. Does that begin to answer it?

### **Alex Howard**

It does. It does. Thank you.

I'd also love to put this then in the context of relationships, of why coming from a place of wholeness is so important in intimate relationship?

### **Dr. Connirae Andreas**

Oh, yes. That's a great question. When you invited me to be part of this relationship conference, I was very excited to join because the wholeness work, it gets many positive results. And everyone who does it talks about the change in their relationships for the better.

And that's very exciting because relationships are so important. We all need relationships. We all want relationships. We want our relationships to be better, and the wholeness work, gosh I hate to use the word guarantee, in a way, but my experience is that for everyone who takes it as a path, not just a one time experience, but takes it as a path, it's pretty much inevitable that our relationships start becoming clear and thrive, more positive, we have this more well being.

I experience this myself, just more capability of intimacy. I think we all learn to distance. Many of us anyway, learn to distance from other people, and intimacy becomes a challenge. Other people maybe are the opposite, and their relationships tend to be constantly volatile. Maybe there's too much closeness in a certain sense, but a closeness that doesn't lead anywhere productive.

So the wholeness work can help people coming from both sides. It basically, the wholeness work basically, it gives us a way that we can use our relationships as a pathway of transformation. Our relationships can be even what we could call a spiritual path. It could be, but we don't have to call it that. We don't have to think about it that way. It definitely attracts people interested in spiritual paths and people who have no interest at all.

### **Alex Howard - [00:06:50]**

And, of course, the place that we come from in relationship, like how integrated we are, how much capacity we have to be connected to that which is greater than us, has a huge impact then on the quality and the dynamic of the relationship.

### **Dr. Connirae Andreas**

Yes, definitely. And with the wholeness work, you'll be experiencing this maybe do a little bit as we do the practice at the end, just a beginning glimpse. With the wholeness work we can take any life stress, including a relationship button.

So in my own relationship anytime something my husband did that, he's passed away a few years ago so that's why I now say past tense, but this was, this whole process, this work made a huge difference in my relationship with him. It gave us the ability to get beyond, we were together over 40 years, and we had certain struggles and our typical ways that we get annoyed with each other and with the wholeness work I discovered that these things, I thought they were about him, he's too critical and he hurt my feelings. And we each have our different ways of getting stressed out in our relationships. But these things that I thought were about him, I discovered that they were also doorways for me to become more whole and to experience this deep well being.

And so I just used my response, using the wholeness work that gave me these specific steps I could follow. And then each time I reacted, I was like, oh, I felt triggered. And then I would use that as the beginning point for a simple inner process. It sometimes takes 5 minutes, sometimes 15, 20 often not that long, where I start feeling this warm.

Sometimes I would shift. Sometimes I would be surprised how fast it would go, where I'd start off feeling annoyed or hurt or something. And then I do this process, and sometimes I end up just feeling neutral. But sometimes there is this feeling of full on love, just like this heart opening beyond, way beyond neutral.

It was more like I was now connecting with him on a level beyond whatever we were struggling with, something much more real. It felt, yeah, just where I could just love him. And I could still speak my truth, say whatever I needed to say, but it was out of love, not out of hurt or anger.

### **Alex Howard**

What I love about what you're saying as well is that a theme that's come up quite a lot in the interviews in this conference is this challenge we have in relationship where we will go to this place if they could just change. If they could stop doing this, then I would be okay. Like, our sense of wellbeing and joy is dependent upon the pain in the ass other person sorting their stuff out.

And I think many people recognize that ultimately if we're being triggered or we're reacting, that's our stuff. But the question is, what do you do with that? And I think what's really helpful about what you're saying is that there's practical tools to work with what's coming up.

### **Dr. Connirae Andreas**

Yeah, that's exactly it. You put it so well, thank you. I think it's exactly that. We have this way, because it's one thing to have the mental concept. We can know that in theory, I need to change myself. I need

to start with me. But that's just a mental idea. And then do we actually have a way of doing it that is kind to us?

So the experience of wholeness work is this love to the self first, and then it overflows.

### **Alex Howard - [00:11:02]**

I'd love for you to also say a bit about, you talk about the wholeness work is creating change at a deep level. What does that mean? Because I think, again, people can get very caught in the story about what's happening. Or you said this. They said that. And I think what's really powerful is you're going to a deeper place to support the transformation.

### **Dr. Connirae Andreas**

Yes. Yes. There are several ways I can answer that question. It's a big question, really. One answer is that we're going to the level that spiritual teachers were talking about when they talked about dissolving the ego. We're going to that level.

And if we maintain our ego, and so far, the ego is just a concept. But when we get into the work, it's not just a concept anymore. It's experience. So if we have the idea of dissolving the ego, it doesn't really help us. But if we have a way to do it, the ego is where we're reacting in the way you describe. We're in content, we're going, oh, my husband is being judgmental, or my wife is being, she's pushing my button, she's stressing me out. That's the level of content.

And when we get into this deeper level where we learn to access an indirect experience, what we could call our ego, and then we have a specific way to dissolve this. Then we get to something that's in the territory that the spiritual teachers were talking about. They'd use the word awakening. But whatever word we use for it, it's this experience of well being. This experience of, I use the word wholeness because it doesn't necessitate spiritual beliefs or spiritual thinking. It's this undivided experience of consciousness.

This becomes more obvious or more meaningful after we start experiencing it. But we're just working at this level of being this, it's this way of being in the world, it's way beyond a strategy.

Because I could teach you or you could teach me, oh, if you just use this technique, speak this way to your spouse or your partner or your child or your parent, your loved one, use this kind of language. This is better communication. We can teach these communication skills, and that's a certain level of change.

But what we're doing with the wholeness work is we're shifting at a much deeper level, this level of being. This is who we are. And it changed our experience of just life every moment of time.

So I had a meeting recently. I'm doing this ongoing consultation with people who are using the wholeness work on an ongoing basis. So monthly we meet and I provide some backup support. And it was just so inspiring.

I just met with them the day before yesterday again and to hear what they had to say about how it's changing their life in every moment. And one woman described how it shifted her relationship with her mother who recently passed away, and then how she could cope with that. And everyone has their own way of sharing it. Yeah. Does that answer how it's a little unlevel?

### **Alex Howard**

It does. And I think what's really important in what you're saying is that we can get so fixated and frustrated at trying to fix a level, fix a problem at a certain level. And when we change the place that we come from, the very problem either changes or the way we look at it is changed.

**Dr. Connirae Andreas - [00:15:06]**

Yes. That's exactly it.

**Alex Howard**

So, do we want to say a little bit some of the, before we come into the guided piece, some of the practical pieces or the key beats that happen within the process, just perhaps a preview of where we're going?

**Dr. Connirae Andreas**

Okay. Yeah. This started with basically a teaching form Ramana Maharshi, and he advised his students, he's a spiritual teacher, many people listening I'm sure know. With a great following. Often considered one of the, if not the greatest spiritual teacher of the last century. And people from all spiritual traditions and sometimes no spiritual tradition came to him. And he advised the same practice for everyone. And that was ask, who am I? Who am I? Who am I? All day long until you get the answer.

Now, the problem with that is that it didn't seem to change most people's experience to do that. But I believe that he was an authentic teacher. So I started investigating it in a different way and asking basically, we're finding the eye. That's one of the elements of the wholeness work. We're going to find the eye in experience.

And to do that, we need to find a location. Because if I just ask somebody, who are you? Who are you? They will generally give me an answer in content.

But if I ask where's the eye located? Now we're in a different level of experience. We're in what I would call direct experience, actual experience rather than concepts.

So everything in the outside world has a location in space. Right outside my window, there's a tree. I'm looking out. I can see the tree. I can see there's a lamp over there. It has a particular location. This computer screen in front of me. It has a location. It turns out everything in the inner world also has a location.

And now if I want to change the tree or change the lamp, I need to start by noticing where it's located. If I want to move the lamp or change it, if I know where it's located, that's kind of a start.

If I want to shift something in my inner world, knowing where a structure is located is also a start, an important start.

So that's one element of it. We're going to find the eye and we're going to find where it's located. It might sound hard, but it's really easy.

**Alex Howard**

And before we come into the actual process, maybe I'm just mindful there could be people, hopefully not watching, but perhaps listening to this, driving cars or doing dangerous activities, whatever they may be, maybe just a few pointers around what is and isn't appropriate for someone to follow this. Just for safety.

**Dr. Connirae Andreas**

Yes. When you do this definitely do it at a time where you are in a safe environment. It's easiest to do if you're in an environment that is, for me it's easiest in a quiet environment where I know I won't be interrupted, where I can just relax and turn inward and know I'm safe. So definitely you don't want to

do this while you're driving a car or operating heavy machinery or anything else like that. Is that what you're getting at?

**Alex Howard - [00:18:41]**

That's exactly what I'm after. I'm just making sure that you and I don't get sued. And that folks stay safe, of course.

**Dr. Connirae Andreas**

We're on the same page there. We want everybody to be safe in doing this.

**Alex Howard**

Great. So do you want to guide us through this process?

**Dr. Connirae Andreas**

Sounds great. Yes. The easiest way to begin. I like to begin with a neutral experience, actually. Then the next step is to take it to an emotionally volatile experience. But it's easier to work that when we've already done it with a neutral experience.

So, that's in all my seminars, I start with a neutral experience. I'll do that now, too. So, I'm going to do this, if you'd like to, you can to Alex. And I invite everyone listening, watching to join in.

So first I get in a comfortable position. You can do this sitting up or laying down either one. And it's easiest, perhaps, to do with eyes closed. The first thing that I do is just take a deep breath, kind of let everything relax that relaxes, and then just notice any body sensation. It doesn't have to be a good sensation, a bad sensation. It doesn't have to mean anything.

So I notice, for example, this slight feeling of warmth in my lower back, kind of where my back is touching the back rest behind me, but it's inside my body. And you can notice whatever you notice, it could be tingling somewhere, a feeling of warmth or pressure, it could be I also can notice the pressure of my legs on the chair. So whatever you notice, are you finding something too Alex?

**Alex Howard**

I just muted my microphone. Yes I am. Thank you.

**Dr. Connirae Andreas**

Yeah. And what are you noticing, if it's okay for me to ask?

**Alex Howard**

Yeah. So I notice that often when I'm doing interviews, my mind gets very activated and I just notice my tension more of my body, so I feel much heavier on the chair. I feel also there's some tightness in my shoulders. I can feel there's just more space in my upper body as well.

**Dr. Connirae Andreas**

Excellent. Yeah. So there are several things that you mentioned, all of which would be beautiful starting places. One is this like you were gesturing here in my mind, things get very active. And then there's this heaviness that's more in the body, and there was a certain tension or constriction.

So I'll suggest many of the people watching it and going along, probably you notice several things, too. So pick one of them, any one of them for this experiment.

So I noticed several things, too. And I'm just gonna take that feeling of warmth or pressure in my lower back and go with that. And you can pick any of yours.

And then, now we could say, and it would be true, I am aware of this sensation. So I am aware of this sensation here in my lower back. And you're aware of whatever you're aware of. And you, as a listener, are aware of whatever it is you're noticing. And you just think this thought, I am aware of this sensation and take a moment to notice that sensation. Notice its location. Notice how much area it takes up. Notice perhaps the sensation quality in and through.

So for me, there's a warmth. It's about this big, it's small, there's a warmth. And it's almost like there's a rosiness to it. And I think a slight heaviness.

So that's what I'm noticing here in my lower back. So each of you can notice with your sensation, what's the area it takes up? Where it's located, what's the area it takes up, and what's the sensation quality in and through?

And then if we have the thought I am aware of this sensation, which is true, then we ask, okay, and where is the eye located? And just go with whatever is the first thing that comes into awareness.

So for me, it's sort of this area right now here on my left. When I go I am aware of this sensation. There's something here in front of my head to the left that's in this space that I'm gesturing in. It's like there's this sort of crescent shape tube, almost. And so each of you notice, where is the eye located that comes into your awareness? And it might be, if you like, you could share yours, Alex, or you don't need to.

#### **Alex Howard - [00:23:18]**

Yeah. So I noticed that although my mind is quietening as we're in the process, there's a kind of zone I go into when I interview where I'm mindful of time, I'm mindful of questions, I'm mindful of work, so can see from that place, I'm then mindful of the sensation in my neck and my shoulders. So it's in my head, but bigger than my head, I'm gesturing with my hands. Like this location around.

#### **Dr. Connirae Andreas**

Yeah. So it's kind of like there. Excellent.

So and each of you watching can notice where is the eye located? And if you're not sure, ask the question again. Start by noticing the sensation in the body again. Yes. Here it is in my lower back, or here is the tingling in my thighs or whatever. And then as you're noticing that sensation in your body, you think the thought, I am aware of this. And where is the eye that's noticing this? And just let it come into awareness, into consciousness.

It might be outside the body somewhere. It might be inside the body somewhere. It could be in the head. It could be in the body. It could be outside. It could be partly in and partly out. And wherever you find it is fine. You can just notice. So it could be far away. It could be close. It could be inside. It could be large. It could be small.

So for me, I was gesturing to the size and shape of mine. And Alex also was showing us the size and shape of his.

And I invite everyone, each of you following along. Where is it located? How big is it? What's the area it takes up and then begin sensing through, in and through the space it takes up and notice the sensation itself of whatever is in that area.

So here's what I mean, that might sound a little weird, but here's what I mean. So mine is right here. If I sense in and through the space, then there's this sense, partly it's almost invisible, and there's this place where there's this almost smoky quality. It has almost no sensation to it, but the slight smoky quality and a little bit of fizziness, almost fizziness.

So as you sense into yours, there could be a sense of warmth or coolness. Doesn't have to be. But there might be a sense of warmth or coolness. Mine is just kind of neutral. There might be a sense of denseness or airiness. There might be a sense of motion or stillness. There could be a vibrate quality or buzz quality or anything else.

So as you're sensing in and through, Alex, what are you aware of? What's the sensation quality in and through the space.

**Alex Howard - [00:26:15]**

So for me, it's a see through, but it's quite dense. It's, heavy is the wrong word because I don't feel burdened by it, but there's a lot of density and energy.

**Dr. Connirae Andreas**

Energy that feels dense or substantial. Would that be the right word?

**Alex Howard**

That's right, yeah.

**Dr. Connirae Andreas**

Okay. Great. And when I do this in classes, I invite several people to share what their experience is because for every person the location is different, the size and shape is different, and the sensation quality is different.

And the thing to understand is that there's no right or wrong answer. It is however it is for each of us. That's the right answer.

And it's quite fascinating, I think, just how different it is, one person might go, oh, it's this big thing outside me, kind of like a sun and somebody else might say, oh, it's this tiny speck inside my heart. And yet inside the speck it's almost like the whole universe is there. It's like this open air quality. Or it's this dark shadowy place that's kind of out here, and it feels weighty.

So there's just a wide variety. And I want those of you following along to just know whatever you discover, just go with it. There's no wrong answer. It is what it is. There's no better or worse answer either. If you do this work on an ongoing basis, basically, you find almost every version within yourself at some point, you encounter it all. We each encounter it all.

And there's a teaching in that, too. It's like we're all more alike than we realize sometimes. And it becomes very knowable when we do this kind of work, because we find these same things in all of us.



Okay. So now, we've explored the beginning sensation. We know where it's located. We know its size and shape. We know its sensation quality. We've taken this sentence, I am aware of this sensation. And we've found also the eye where it's located size and shape, sensation quality.

And by the way, I want everyone following along to know if you're not sure you can guess, but also know that there are ways, in the classes we take more time on this to make sure that everyone is able to find it in their own experience. There are extra helps if you have any difficulty finding it. There's always a way to find it. And it's okay. You can just sort of pretend this time around if you're not finding it easily.

Okay. So we found the eye where it's located, sensation quality. Now, that middle word, awareness. I'd like to take just a moment to explore that.

And what is awareness? And what I discovered in doing this work with other people is that everyone thinks they know what that means, but in general each person has a slightly different experience of what awareness is.

And so, I found that it's useful to guide people in experiencing awareness in the way that I'm using the word, and in a way that's useful for this particular process that will work.

So if we check in this moment, we know awareness is through our body because we notice that body sensation that we started with. I wouldn't have been able to find that sensation of warmth, pressure in my lower back if I didn't already have awareness through my body. So we can all pause right now and just experience the awareness that already is there through our whole body. It's always there, even though we're not attending to it. But we can just experience it in this moment.

And it's always there because if something were to come and tap me on the knee right now, or tap you on the knee right now, there would be just an automatic recognition of that. You would be aware of it, because awareness is already there. We don't have to send our awareness down there. Oh, I think maybe something's tapping me on the knee. I'm gonna send my awareness there to notice it. The awareness, I think of it as the capacity to experience that's already present in and through space within our body and without.

So we can take a moment to just experience that now. This capacity to experience that's through our body, through the whole body, so that if something touched us on the shoulder they would just be on automatic receiving of that touch and recognizing, a noticing of it. If there's a sensation somewhere, we automatically can recognize or notice it.

And awareness is also in the space all around us. And we can realize that, because if I snap my fingers on the left, there's just an automatic receiving of the sound. I don't have to send my hearing out to go get the sound. It just it comes in. I automatically experience it. And if there's a sound on the right, there's this automatic receiving of the sound. And if there's a sound behind me or in front or above or below, really in any direction, there's this automatic receiving of the sound without effort. Because awareness is already in and through the space that is all around me in every direction.

So you can just take a moment to experience that now, too. And if my eyes are open, I noticed that there's this possibility for me to see anything that's in the space in front of me. And even though I can't see the space behind me, there's this visual sense of space also that's behind me. So there's this easy way of experiencing space, this capacity to experience that's simultaneously all around me, in every direction.

And in our subjective experience, there really isn't any edge or border to it. It's not like I can say, okay, here's a borderline to my awareness and if the sound happened on the other side of that, I know I wouldn't be able to hear it there. In subjective experience, we can't find any edge our border.

Mentally, we can know that if a sound was happening on the other side of the earth from me, I wouldn't be able to hear it. We can know that mentally. And yet in my subjective experience, I can't find any border where I can know, oh, on this side, I can hear it and on the other side, I can't.

So that's what matters. It's our subjective experience of space in every direction that has no edge or border. And we can just experience that for a moment now. And it tends to be quite peaceful and relaxing to just actually experience that sense of space through the body all around, in every direction, simultaneously.

So that's what I mean by awareness. It's this capacity to experience that simultaneously through the body and everywhere at once.

So I took a little time on that. So now we're going to do a bit of an experiment. So we're going to go back to the eye that we found. So each of us, mine was here, and each of you following along wherever you found it. Inside the body, outside the body, near or far. Notice the eye that you found, and then also notice the sensation quality again. Is it warm or cool? There might be a heaviness to it or an airiness. It might be dense, or it might be light. There might be a vibrate quality or anything else. It's whatever sensing. Whatever the direct experience of the energy in and through this phase.

And then sensing this, now comes the experiment. Notice what happens when the sensation of the eye is invited to open and relax in and as the full field of awareness that's all around and throughout.

And then you can just allow whatever happens to happen. And if that's nothing, it's fine. If it's a little bit of something, it's fine. If it's more significant, is fine. And if you're not sure, it's fine.

Yeah. And then I usually take the time, when we're in a group, I take the time to invite people to share experience. I'm going to just invite, if you aren't sure, we can try it again. So go back to the eye. Wherever it's located, notice the sensation quality. And then without trying to make any sense out of this, without trying to do anything, just notice what happens when the sensation of the eye is invited to open and relax in and as the full field of awareness that's all around and throughout.

And then you can just allow whatever happens to happen until things settle.

So I'll share. For me, what happens this time, every time is a little bit different, but for me, what happens, well, maybe I'll invite you to share first, Alex, if you're okay doing that? Yeah. How is that for you? What's your experience?

### **Alex Howard - [00:36:31]**

What I notice is it's actually quite hard to get back the sense of the eye, because there's this sense of being very spacious and I feel very connected to that place of openness. So it's like I have to engage my thinking mind, to almost reconstitute that, because it's not where I'm at in myself in this moment.

### **Dr. Connirae Andreas**

Yeah. Yeah. So that's already interesting, isn't it? You sort of did the whole process there through accessing the space of awareness. And, yeah, thank you for sharing.

And for me, I could find it. Although for me also, like Alex, it started to get a little more insubstantial. When I came back to it after experiencing awareness, it was a little bit changed already, but I could still find it. I could still find it. Oh, here it is. And then when I invited it to open, relax, dissolve, and melt, I'm not sure exactly what happened, but the smoky areas, it was as if something invisible began to spread everywhere at once, but without effort. It just sort of happened. And there was this feeling of deep relaxation that started to come through my whole mind-body system.

And it actually started to feel like my body wasn't separate from the space any longer. It's more like my body and the space all around. I was more experiencing what I could call the energy of the whole thing, perhaps. That doesn't always happen that way but it did this time.

And what was smoky started to just, it turned invisible. But I had the sense that it wasn't just that it turned invisible, it was as if there was some kind of diffusion so that it was entering the full space of awareness. But I couldn't track it. I couldn't track it. So that's what happened for me.

And for each of you following along, it's going to be different. And I want to acknowledge that for some people doing it the first time, especially, and even for me having done it many times, sometimes when I make the invitation, nothing happens at all. And I want to just let people know that's okay. In fact, it's perfect. Whatever does happen is the perfect response.

If nothing happens, that tells us what we need to do next with the wholeness work. We never force it. We never try to make it do anything. It's more, it lets us know the second wholeness process is what's needed, where we find what I call layers of eye.

And I'm going to make a PDF of the whole book available to people who are part of your conference who would like it. So if you get the book, it will share with you how you go that next step.

And if something, a little bit happened, well, that's interesting. For some people, the common denominator, what tends to happen if something shifts, if there's a dissolving and melting that happens, the common denominator tends to be that people feel a relaxation inside.

And this is because, I'm going to say some stuff here now that might not quite compute. If it intrigues you at all, then I'd say get that book because it will say more, it will lay more groundwork for you, so it will make more sense.

But when we invite the eye to open, relax, dissolve, integrate, what was a separate eye, or we could call it the ego, a sense of separate self, it literally, it takes effort to create that and hold it in place. And when we invite it to open and relax, there's a dissolving and melting that does occur in the psyche. It's something that was unconscious. We didn't know these eyes were there. This is all stuff that's happening at the unconscious level, but it's easy to find it. And then when we find it and invite it to relax, to dissolve and melt, there's a little tiny bit return to wholeness.

#### **Alex Howard - [00:40:44]**

It's also interesting, I'm just noticing in my own experience that, as I feel much more spacious and I feel much more in my body, but also beyond the borders of my body, there's much more the sense of the present moment moving through me rather than me trying to direct.

And I'm just thinking that in a context of relationship or the context of tension or friction in relationship, the meeting it from this place as opposed to meeting it from the place of reactivity and story, and you did this and you did that. That in this place one is much more able to listen, and one is also much more able to feel and to feel connected.

#### **Dr. Connirae Andreas**

Yes. Yes. I'm so glad you brought that in, brought it back to relationships. And when we find, when we're reactive to our partner, we're reacting from one of these small eyes, and we each have more than one by the way, the ego, it turns out, is not one thing. And if we think it's one thing, that's also an illusion.

In my relationship with my husband, I noticed that, I mentioned how sometimes when he said something I would take as a criticism, and I would feel hurt. If I work with it at the level of content, just my feelings, that's not going to get the same level of change as if I find the eye that's involved here, I can find the eye that felt hurt, and then by inviting that to dissolve and melt and coming back into this

whole space of awareness, then I'm starting to enter the kind of space you are describing, Alex, where now I'm in this mode of being present. Where I can listen to him, I can hear what is it that he's trying to say? I took it as criticism before, but now I'm more able to just see him and hear him. And I'm coming from this place of wholeness, which starts to feel like love.

**Alex Howard - [00:42:48]**

That's beautiful.

**Dr. Connirae Andreas**

But love at a deeper level. It's not love at an emotional like, oh, you know, it's very strong, it's very wonderful, but it's this love that's beyond the giving and receiving love. It's this love of connection. Of knowing that we're one, really. And I can experience him at that level where we're one.

And I can also experience the separations happening in his experience, out of which he may have said something critical. I can experience his vulnerability and know my own matching vulnerability. So I can hold the space for all of this in a way that goes beyond thought. Because when I'm accessing a space of awareness it's beyond thought, beyond mental understanding.

**Alex Howard**

And somehow when one's coming from that place, when they're in a state of love and the support of that, it doesn't necessarily mean that the issue disappears. But the place from which we meet the issue is so much more helpful.

**Dr. Connirae Andreas**

Exactly. Yeah. Interestingly there tend to be three different responses when people do the wholeness work with relationship issues. I have a whole chapter on this, by the way, in the book *Coming to Wholeness*, which I will make available to those in this conference who would like it.

And there's three main responses. One is we have this, we are less reactive, or sometimes not any more reactive at all. I noticed with my husband, I started teasing him more or making jokes instead of feeling hurt. I didn't feel hurt anymore. I'd seen the humor in it. And I'd get playful, and he would start getting playful back with me, and we would sort of be joking with each other about these things that could have been really stuck glitchy issues.

So my buttons can dissolve away, then I have more access to more problem solving.

Another possibility is sometimes the person stops doing the thing. Sometimes the person actually does stop doing the thing. I've had this happen more than once. It's like the person goes, oh, yeah, I feel so much, I'm eager to find out now what happens when they do that annoying thing. And then I check with them the next week and they go, he didn't do it anymore.

And this has to do with the way we're in the feedback loop, and often we don't realize how we are contributing to creating a place where the other person is also more reactive, and that the more we come from this place of wholeness, nonjudgmental wholeness, this capacity to experience and receive everything, the less other people are reactive.

But then the third possibility is what you were talking about. And that is where we also get clearer on what is important to take a stand on. And so we can navigate the real issues from this place of love, but also clarity. I do need this in my relationship with you. This is really important to me. Are you willing to do this?

And it's easier to ask without attachment to recognizing it's not that the other person should do what I want them to do. It's more just finding out is there a fit here? This is important to me. I'm making a request and then the other person can go, oh, yes, I'll do it. Or no, I won't. And then I can also have my freedom to go, if it's super important, it could even mean I need to set a boundary in the relationship. If it's something like abuse, then obviously that would be a deal breaker for me. And I hope for a lot of people.

But yeah, it's easier to set the boundaries with clarity, follow through on them and find where there's a fit between people.

**Alex Howard - [00:46:56]**

Fantastic.

I have so many questions, but I'm also very, very mindful of the time we've got.

A great place for people to continue this, Connirae, you mentioned you're very kindly making the book available. Do you want to just share how people can access that? And also how they can find out more about you and your work?

**Dr. Connirae Andreas**

Sure. Sure. Thank you.

We will be creating a page for you it will be at [andreasnlp.com](https://andreasnlp.com)

So [andreasnlp.com](https://andreasnlp.com)

And then, forward slash, I think you call that. [andreasnlp.com/relationships21](https://andreasnlp.com/relationships21).

And if you have any doubt, you can go to [andreasnlp.com](https://andreasnlp.com) and you can click the [Contact Us](#) form and find us. If that URL doesn't work for you.

Then I will be making available for you, for free, a PDF of the book *Coming to Wholeness: How to Awaken and Live With Ease*.

And I will also, there's likely to be some other extra bonus that I haven't figured out yet. I might be offering a discount on one of the courses. I think I'll do that, offer also a discount on one of the courses, so that will be on that landing page for you.

**Alex Howard**

Wonderful. Connirae, it's always a pleasure. Thank you so much for your time and your sharing. I really appreciate it.

**Dr. Connirae Andreas**

And I so appreciate the conversation. Alex, it's always a pleasure to have a conversation with you.

**Alex Howard**

Thank you.