

THE STEPS OF INTEGRATIVE PROCESSING

I. Awareness

- Focus on the Present
- Do Not Seek Understanding
- Maintain Inner Awareness
- Identify Your Feelings
- Identify the Dualistic Pattern
- Own Your Experience
- Affirm that You are Processing

II. Acceptance

- Accept Yourself
- Accept Your Feelings
- Accept the External
- Be Nonreactive
- Identify Self-Rejection
- Activate Your Heart Center

III. Direct Experience

- Process the Feeling
- Use Breath and Bodywork
- Integrate Feelings Behind the Addiction
- Process Feelings During Meditation
- Bring Up Unresolved Issues from the Past
- Accept Resistance
- Bring Your Feelings to a Crisis
- Observe Your Tolerant Point

IV. Transformation

- Activate the Witness Center
- Bring in Healing Energy
- Allow Psychic Energies to Balance
- Open Yourself to Transformation
- Trust
- Understand Psychic Cleansing
- Recognize the Hindrances
- Take Part in Group Work