

The Four-Point Integration Technique (FIT)

The End of Opposition

FIT is a powerful new approach to addressing the pain and difficulties associated with trauma, stress, fear, addiction as well as internal dynamics of ambivalence and conflict. Using the most relevant and effective aspects of self-enquiry, contemplative practice, psychological technologies and cutting edge personal transformation methodologies, FIT completely changes the process of emotional healing and personal growth.

At its core FIT is based on a dynamic called a Gestalt. A Gestalt is a process by which separate and seemingly opposed parts are given room to open, move, be expressed and then, naturally and perfectly come together into a wholeness, a gestalt. In life we inevitably experience things that leave us feeling hurt and wounded. In these experiences we come to feel a sense that we are separate and that life, on the surface appears to leave us fractured or broken. It doesn't really matter whether it is due to childhood trauma or neglect, school yard bullying, painful romantic relationships or professional failure, we can't escape being pierced and shaken by life.

Fortunately for us none of these cuts or bruises incurred in life are actually preventing us from healing, growing and moving forward in our lives. The only things that does that is our belief that they do and any attachment we have to not feel all the pain and discomfort that is woven up in the physical, mental and emotional memory of our traumas.

In the Four-Point Integration Technique there is a real and functional way to bring about the healing of all of our deepest emotional and psychological injuries. Its real beauty is that it brings us face to face with what it is to be human. In that we begin to see that all of our inner dynamics of pain, conflict and disconnection are really all of our most golden opportunities to become more whole integrated human beings.

Because it accesses and utilizes our own natural capacities for healing and growth it is not limited by what we might understand in our conscious thinking. It brings us right into the space in us that really does know what to do and how to that allows things within us to beautifully move, express and come together in an integration of opposing parts.

The four points consist of the practitioner, the client and any two fractured or oppositional dynamics that exist within the client. The foundation of the work is based on both practitioner and client being clear about what is whole and what is separate and what the active ingredient is in the integration of the places in us that have healing and transformation to do.

Before engaging with the content or condition of the oppositional dynamics first the practitioner and the client clarify and ground into the first two positions. These first two positions represent the space and quality of open presence that underlies and holds our whole experiential reality. It is the entering into the tighter, tangled oppositional dynamics from the place and space of openness that give them the space and love they need to begin to be different.

When we become familiar with these opposing parts inside and we begin to integrate them we see that they are perfectly made from one another, that they played a specific and important purpose for one another and for us as a whole and they have simply been waiting for us to come to them with the right quality so they can open, move and come together into a wholeness, a Gestalt. In that we see that our pains and difficulties are not problems to run from or to get rid of but instead are pockets of conditioned response to some kind of disruptive force. They manifest as a natural and perfect opportunity for us to grow and evolve, through integration and the coming together of them

It is our pains and challenges that grow us most!

This allows us to navigate and explore dynamics of opposition and dysfunction with open hearts and curious eyes. This way of being with all that has, up till now, been seen as the enemy is enlightening and exciting. In this nothing is in the way and nothing is not on the table to be seen, known and understood. A whole new world of space and possibility opens and in that, we enable our nervous systems natural ability to process, heal and integrate painful and traumatic experiences from the past. In doing this it also naturally transforms our current conditioning, including all the dysfunctional coping mechanisms that had developed as a response to our unresolved wounds and difficulties.

Currently we live in a world in which issues related to mental illness, addiction and chronic disease are at epidemic proportions. People are more isolated and disconnected than ever and have more and more challenges in being able to connect and relate meaningfully with the people in their lives. Even though we have more information and more people offering solutions for these issues and more drugs for more conditions than at any time in human history and yet still we struggle to feel satisfied and healthy in the most important parts of our lives.

The question is why in this?

Our natural state of being as human beings is to be open, joyful and connected. We are whole and our system is built to, through our experiences, grow and evolve into a kind of deeper and broader wholeness; a more advanced and mobile wholeness. It's what we're built for and what we're here for.

When we first come into the world it is our only way of being. We just don't know how to be any other way, and it's effortless. But somewhere along the way something changes. Something between our first days and weeks and our middle years we learn a different way of being. A way of being that is closed, pained and disconnected.

FIT clarifies and grounds people in a perspective and an orientation that is vital in cultivating our ability to heal and integrate experiences that have been painful and traumatic. Without this shift of orientation any effort to fix or change our situation will fall short of creating real and lasting wholeness. Once this shift has been established however, everything we touch, everything we touch becomes healed and transformed. In this we begin to see that the active ingredient in any kind of change or healing is first in how we are being with it, not what we do. The reason this is so effective is that as we provide a new context for our lives, the meaning of everything is able to be refashioned. That means that what was before a roadblock or an impossibility can shift into something totally new without anything on the

surface needing to change. We shift and change inside and through that we are able to shift and change things on the outside. There is substantial research supporting this concept of recontextualizing trauma and pain and how the very process of allowing things to be opened and looked at newly changes our memory of these things. Our nervous systems actually change and the memory or difficulty becomes changed.

The shift of perspective and of our way of “being with” our *selves* and our lives is like going from a closed system to an open system. To put it simply, when we open in the midst of our experience we invite more openness into our system. When we close off in response to our experience we invite more tension and closedness into our system.

With the support of expert practitioners clients are guided through a powerful and effective process by which they bring this quality of openness into all the various challenges, conflicts and pains that exist in their inner worlds.

This process, supported by the clarity that our conditioning and difficulties are simply conditions we have and not what we are, clients can begin to have a dialogue between fractured and estranged aspects of themselves that quickly and forever change the ways these dysfunctional patterns play out in us and in turn in our lives.

This technique weaves the following practices and methods into a coherent and transformational practice that melts away tensions and invites peace, equanimity and understanding:

- Shifting our relationship with our fractured and disconnected parts from being them to having them
- Mindfulness and meditative practices to ground in the present moment and cut the tied of our old stories and beliefs
- Verbalizing thoughts, feelings and beliefs in a way that eases stress and opens perspective
- Identification of ambivalent or fractured parts of them
- Support and facilitated dialogue between these opposing parts in a way that opens and brings them together
- A way of being in and with your physical, mental and emotional experience that enables a perpetual dynamic of integration as you live your life.

How does this differ from other modalities and techniques?

- Not Agenda based
- Accesses, cultivates and utilizes your own natural capacity to heal
- Embodiment Based (You get more than information and techniques)
- Synthesizes the most powerful and effective modes of healing into one coherent offering

One of the primary strengths of this work is that it is not agenda based. We're not actually trying to fix, change or make anything better. That agenda will always come from the mind and the level of personal preference. It comes from an orientation that is fundamentally at odds with what it is that actually really does know how to heal and transform our state from something dysfunctional and disjointed to something integrated and whole.

How does a technique which is not agenda based provide any real help?

Scientific evidence is pouring in from around the world about the power and value of meditation and mindfulness practices. Something, in the practice of these modes of present oriented focus enables a kind of super power in us that is still relegated to the realm of the mysterious. Here we will shed some light on what's really happening.

What is really happening when we meditate?

It's not the practice. (story with woman at networking event). The relaxing of tension and attachment to the personal identity or self.....

What heals?

Love. This is not some flowery esoteric assertion. It is simply and unavoidable truth. The real question is, how do we better understand what love is and how it really moves so we can begin employing it in our own healing.

The main barrier to approaching and processing our most painful inner dynamics is that we take it all so personally. In taking it personally we naturally add a kind of seriousness and tension that doesn't belong. It is not about making something traumatic and painful lighter than it is. It is about loosening our grip on the memories and emotions of it in a way that allows them to simply be what they are. Only when things inside have the tender openness of our love can they begin to move and heal.

What participants can expect from engaging in the FIT:

In a closed system you have what you have and what you are able to do is change the position and utility of what is in the system but the constituent parts remain the same. In an open system fundamentally new things can be introduced.

When we relate to the content and condition of our lives, in relating to them, we take on the qualities of them (the closed system). Because we are choosing, mostly unconsciously, to relate to something old, something fixed and finite, we bring that quality of tension and fixedness more into the mix. The moment we relate to something that is not of this closed system, something that is not of content or conditioning we begin to bring that quality into our system.

As a very course way of looking at this, if I focus intently on negative thoughts and feelings I naturally cultivate more of that thinking and feeling.

Luckily it need not be that way.

Our world is so conditioned to approach life in a very personally oriented way. We are taught to constantly reference our personal thoughts, feelings and beliefs and through these lenses we make choices about how to be and what to do in our lives. At first glance this makes sense, however on closer inspection we begin to see the trouble we run into living by this conditioned orientation.

Human beings are deeply and intricately relational creatures. We are wired and designed to be in connection with others and to learn and grow together. In this inter-dependent design we are able to take advantage of and tap into the power and intelligence of shared experience and shared evolution. This most powerful of strengths also carries with it distinct challenges. We are able to imprint and be imprinted on one another. Researchers have discovered structures in the brain called mirror neurons. Their role is to enable a capacity to learn from others simply by observing them. But that's not all. Our whole nervous system is a network built to learn, adapt and make sense of all that is happening in our world.

This human system is able to give rise to an unimaginable number of experiences and realizations. It is magically resilient and constantly amazes those who study it in its complexity and innate intelligence. The FIT is a simple yet nuanced approach to opening up the inner world of our lives and learning how to be with, listen, express and bring together all of the parts we find there in a way that heals and grows us.

How a Four-Point Conversation can go:

Example: