

Evolve Now's Four-Point Integration Technique (FIT)

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. But, the real beauty of this simple approach is that it brings us face to face with what it is to be human. In that way, we begin to see that all of our inner dynamics of pain, conflict and disconnection are really 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 consciously. It brings us right into the space inside of us that really does know what to do and how to move, express and come together in an integration of opposing dynamics and parts.

At its core, FIT, is based on two powerful dynamics.

The first and most important dynamic is 'presence'. Presence allows us to see that we human beings exist on many levels at the same time, and yet are not limited to or by these levels. We are not just our most surface existence, the one that we feel with our senses and others see with their eyes and hear with their ears. We are much, much more. A simple example would be to look at the level of our outward appearance and habits, the most apparent level we have. If we construct our identity and sense of self around how we feel and what things look like we will naturally begin trying to make things look a certain way.

Another level happening simultaneously is the level of thought. We can become so focused and dependent on our thinking that it begins to feel like a reliable place to go for information about our lives. When we do, we start to believe that our thoughts are direct reflections of reality. If we relate mostly to what we're thinking, and most of us do, then our perception is limited to seeing through the point of view of our highly conditioned thoughts, and we easily become unstable and insecure. Since many recurring patterns of thought are coming from the unconscious mind, until we begin to awaken to these deeper levels we will be susceptible to unclear and distorted thinking.

Another level we could relate to would be the level of the heart, where things occur more simply and innocently. It's the arena of intuition and deeper feeling. We could relate to and from our hearts where we are not engaging in our stories, because we're not directly on the thinking level. Although there is something simpler to that, we might then be giving inordinate power to our emotions, which are associated with the heart. But emotions are often connected to the unconscious. If we believe our emotions we would be relating to the feeling experiences we are having at present, which have been triggered by unconscious memories and experiences from the past. True, the heart is more childlike. It feels. It senses. But when we believe our feeling as truth we respond to them as if they have the last word. The heart then becomes unstable. It can desire peace, and at the same time create opposition.

All of these levels are happening simultaneously. And none of these levels are able to tell us what is real and true. We need to find a place inside that is dependable, that is real. When we side with a deeper place inside we are siding what is senior to and precedes the other levels.

We can't change what is occurring on any level at a given moment. (ie Try to change what you're thinking or feeling right now). But we can choose our orientation, we can choose where we are oriented to, and the point of view we are looking from. When we become present, we are taken back to a solid and unshakeable ground within that we can learn to live from.

The second dynamic is one that was gleaned from a process created by Fritz Perls in the mid 20th century that he called Gestalt Therapy. Perls was a psychiatrist and psychotherapist who took the point of view that the whole person is more than the sum of his or her parts. According to his theory, one of the primary objectives of therapy is to restore self-awareness to the client. When there is safety and invitation to that awareness, free of judgment, the separate and seemingly oppositional parts of our psyche are given room to be, to open, to move, and through their expression, can come together in an integration or Gestalt. What follows from that is a natural, falling together of any particular duality that has been at play. The 'gestalt' that Perls referred to, was that moment of 'aha', where a sense of opposition and duality disappears and there is wholeness.

Following this thread, Evolve Now's FIT process could be seen simply as a way through patterns and conditioning in which we feel stuck.

That kind of resolution, however, would be called a 3 point integration; the two parts representing the duality, and the coach or facilitator, as Fritz Perls described.

So, why the 4th point? For that we have to go back to the first dynamic mentioned above. In a 4 Point Integration we start by establishing presence. We drop into the center of things. We recognize the source of our wholeness and what lies at the heart of any natural integrative process.

The Four Points consist of the practitioner, the client and the two fractured or oppositional dynamics that exist within the client. The foundation of the work is based on the fourth position where both practitioner and client are clear about what is whole and complete all the way through. That position is the active ingredient in the integration of the places in us that have healing and transformation to do. The 4th position is the first and most important. It represents our orientation to what is true.

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.

FIT clarifies and grounds people in a perspective that helps to cultivate healing and integrate past trauma. The healing process is always about allowing aspects of our conditioning, aspects that were initially utilized to protect against more pain and trauma, to be, to move and to express themselves so they can be reunited with the part that they separated from when the painful experience first happened. 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 do, everything we touch becomes healed and transformed. In this unique and holistic approach, 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 to it or for it.

In the clarity that our conditioning and difficulties are simply conditions that 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 them and, in turn, in their 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 by:

- Shifting our relationship with our fractured and disconnected parts (often full of emotions like anger, regret, sadness and fear) from being them to having them
- Mindfulness and meditative practices to ground in the present moment and cut the ties with our old stories and beliefs that keep us trapped in the past
- Verbalizing thoughts, feelings and beliefs in a way that eases stress and opens perspective
- Identification of ambivalent or fractured parts of us
- Support and facilitated dialogue between these opposing parts in a way that opens and brings them together
- A way of being in and with physical, mental and emotional experience that enables a perpetual dynamic of integration

How does this differ from other modalities and techniques?

- It does not aim to fix or change anything and in that is never at odds with anything that might arise in the integration process
- It accesses, cultivates and utilizes one's own natural intelligence and capacity to heal
- It synthesizes the most powerful and effective modes of healing into one coherent system

In FIT we're able to truly and effortlessly be with everything because we're not actually trying to fix, change or make anything better. This agenda of changing what we have called the problem cuts us off from the wisdom that underlies the difficulties and pains of life. Approaches that have a goal to fix and change will always be oriented to mental constructs and personal preference. They come from an orientation that is fundamentally at odds with what actually does know how to heal and transform our state from something dysfunctional and disjointed to something integrated and whole.

You are already all that you can be. What has limited your ability to live that is what the Four-Point Integration Technique powerfully addresses. It is literally an integrated and holistic platform from which we can live our lives.

To find out more or to book an introductory Integration Session please contact us at Evolve Now!