

# **The Four Phases**

## A Process Work Concept

Most mainstream mental health people assume that the only posture we can take toward unusual and/or extreme experiences is to be AGAINST THEM. In other words, the only option we're presented with is to MAKE THEM GO AWAY. This is a perfectly fine approach...but did you know it's only 1/4 of the possible relationships we can have with our experiences?

*Important! These phases do NOT have to happen in order, and that no one phase is any better than the others. The point is to have access to all of the phases without getting stuck in just one.*

### **Phase 1: Life as Usual / No New Problems**

- In this phase we might not think anything is wrong. This is not to be confused with denial. In this phase, we're not against anything. We might not even notice a bothersome experience is even happening.

### **Phase 2: "Mental Illness" / Make It Go Away**

- In this phase we are against what is happening and are focused on making the experience go away. This is by far the most common posture. Something is wrong and we're trying to "fix" it.

### **Phase 3: Stealing Energy**

- In this phase we ask ourselves, who's the figure/entity that's MAKING this experience happen to me? Who's causing the voices? How do they think, feel, move? Consider becoming more like them! Steal their energy away. Even if it's stealing only 1-2% of their energy.

### **Phase 4: Unity / Wholeness / Be a Little Psychotic All the Time**

- In this phase there is no distinction between us, our experiences, and the figures who are making those experiences happen. Everything is unified and connected. In this phase, we occupy all the phases at one time. We and our voices are dancing together, acting as one. Altered and extreme states are a regular part of our lives. We've grown fluid enough to be able to access them in a purposeful way while also inhabiting consensus reality.