

## **Stage 3**

# **Stuck in a Perspective**

**"I'm soooo stuck, Yuck!"**

This stage is characterized by the awareness and annoyance that you are stuck. You are not moving forward. You are just hanging out in this place, that you most likely no longer wish to be in. It feels as if you have been in this frozen place for so long, too long.

### **Three Levels of Stage 3**

#### **A) Recognition:**

Becoming aware that you are stuck in a perspective, or reaction pattern.

#### **B) Communication:**

Experiencing the communication from the part that experiences the stuck, locked, or frozen nature.

#### **C) Completion:**

Experiencing the desire to move the stuck region of physiology, or to break out of the restriction.

At the Recognition level of Stage 3, we realize that we are stuck in a perspective, but often don't know what the perspective is, **NOR DO WE NEED TO KNOW AT THIS STAGE.** There is an upset that follows this, an impatience. At this point, many of us try to figure out why we are stuck. As with earlier stages, trying to figure it out often leads us out of the rhythm and produces more distress. It becomes a distraction from the process we are actually involved with at this moment. Very often "anal-

eyes-ing" or thinking can actually intensify the pattern, and produce more distress or suffering bringing us into the earlier stages. This will often abort the movement into the communication portion of Stage 3. Once we judge that being stuck is wrong or a problem we have a tendency to find ourselves activating Stage 2 consciousness. Then we look for the situation to be fixed, activating our polarities once again.

The rhythm of Stage 3 calls us to just experience where we are stuck. It desires for us to experience that we are out of our dynamic flow in some part of our body, physiology or life. When we do this we experience the Communication level of Stage 3. We need to be still with our stuckedness, focusing on it, not judging it, in order to gain the lesson of this stage. Soaking up this experience helps us to build momentum and become agitated enough to move into the Completion portion of this stage. We need to celebrate our stuck nature, admitting to ourselves where we are stuck and how intensely we are in this state. Often, we will laugh in the Communication part of being Stuck because we recognize how good we are at being stuck. Often an individual will choke, cough, or become nauseated when they experience the communication from the Stage 3 region. We need to acknowledge that we might even be the most stuck person in the world at this time.

### **Stage 3 Questions**

- **Have I seen, or felt this pattern before?**
- **Do I sense my physical body is locked? (Arms, shoulders, back)**
- **Do I feel tension that does not resolve itself in my musculature?**
- **When the pattern comes up, am I aware of a certain tightening in my arms, chest or neck?**

- **Does my breathing become shallower and more restricted when the pattern comes up?**
- **When I feel this pattern, do I experience internal agitation? Is there upset, anger? Is there an emotional charge?**

**Do I keep recreating situations I don't want, don't like, or resent?**

### **Asking or Praying For Help**

*"Please help me get unstuck."*

By the time a person reaches this stage of healing, the allopathic medical model-- which maintains that when the body's workings deviate from normal, a counteracting procedure should be applied-- has often been utilized, whether physically (through drugs, surgery or physical therapy) or psychologically (through psychoanalysis or psychotherapy). In this stage, the physician or therapist who was once the "savior" is no longer as helpful.

Some people remain in Stage 3 for a very long time. Many people speak about how their old heart attack or bad back still affects them today, but move no further. Others stay stuck in a relationship or a job they don't like for many years. These people realize that they are stuck, yet do not feel that they have options to enable them to move beyond it. For this reason, they have not moved past Stage 3. Many of these individuals lack the momentum to move through Stage 3 because they have not connected fully to the rhythms of Stage 1 and 2.

I have found that the more flexible and adaptable the nervous system, the easier it is for the individual to move through Stage 3. People who are not physically active or who have not experienced peak physical

performance in their life are often not aware of the full range of motion that their joints normally go through, so they don't feel that they are missing anything.

Individuals who are more "body, movement, or breath centered", like athletes, dancers, and others involved in yoga, stretching, hiking, aerobics and other forms of exercise more readily move through Stage 3 with minimum intervention, because they are more aware of what it is like not reaching the peak performance to which they are accustomed.

The body and the mind are one unit and it is impossible to be stuck in the body without being stuck in the mind.

### **Breath (Stage 3):**

- **In nose**
- **Out mouth**

### **Hand Position:**

- **Placing one hand on top of the other, lay them just above position #1.**
- **Move your hands down an inch at a time (or less) very slowly, and sense for where you might experience a lack of flow. At times you may totally slide past regions much more quickly.**
- **Breathe a few respiration cycles into this region, until you can experience the degree of stuckedness of the rhythm, pattern and energy. Pay careful attention to any region that is tense or disturbed, being aware of whether or not you stop at that region. You may move back to a "missed" region.**

- Continue moving your hands downwards to different areas of your body.
- You may twist or "kink" your neck or body to stretch or increase, or redirect attention or tension into an area that feels like it might be a "little bit stuck"
- A response that is truly a Stage 3 response is not thought about, it is truly experienced as a "yuch" region.

### **Stage 3 Declaration**

*"Yuck!" "Ugggh"*

*"I am stuck right here".*

As you place your hands gently over the "stuck" region, say:

*"I acknowledge you. I am stuck. I am sorry I haven't noticed you before in a more loving way." or, "I'm sorry I've ignored you".*

Do not try to free the area or change it in any way. Acknowledge the stuckedness with a gentle nod of the head when you reach the Recognition portion of Stage 3.



**Stage 3**

## Stage 3: Personal Awareness Exercise

1. I feel stuck at Position # \_\_\_\_\_

2. When I recognize that I am stuck here, I feel or sense:

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3. When I move my neck, trunk, hips or legs, twisting into the stuck region, I feel, or sense:

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4. How do I feel about what I am feeling?

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5. What do I want to do about it?

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6. What does it feel, sound, taste, look like when I reach the Communication level?

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7. Do I feel any sense of Completion with this stage? If yes what is the experience like?

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