

THE THREE PASSAGES

The experience may be understood
through three broad movements:

1

The Opening

Make room.

2

The Unfolding

Meet what appears.

3

The Return

Bring something home.



These passages provide orientation rather than rigid stages.
They may overlap.

The journey may move forward, circle back and deepen.

The same passage may appear more than once.

A person may feel an opening, meet a powerful emotion,
return briefly to ordinary awareness and then enter another layer.

The map follows movement rather than chronology.



The
Opening
begins when
ordinary reality
starts to loosen.



CHAPTER 7

First Passage: The Opening

Make room.

The Opening begins when ordinary reality starts to loosen.

Time may change.

The body may feel lighter, heavier, wider or more intensely present.

Thoughts may accelerate, slow down or become less important.

Sounds may gain depth.

Colors may become more vivid.

The boundary between the person and the environment may soften.

The familiar inner narrator may stop explaining every moment.

This shift can bring relief.
It can also awaken the urge to measure the experience.

Is it beginning?

Am I going deep enough?

Should I be feeling more?

What comes next?

A sound may become a doorway.

These questions belong to the part of the mind that understands progress through comparison.

The Opening follows another rhythm.

It responds to attention.

Notice the breath.

Feel the body.

Listen to the sound in the room.

Allow each sensation to arrive at its own pace.

Connection develops through availability.

A sound may become a doorway.

A breath may create space.

The sensation of the ground may restore trust.

A vibration may move through the body before the mind gives it meaning.

The Opening asks for less effort.

The experience already knows how to unfold.

*Nothing is being taken from me.
I am making room.*



The
Unfolding
happens
when the inner world
becomes visible
enough to
be met.

CHAPTER 8

Second Passage: The Unfolding

Meet what appears.

As the journey deepens, the inner world may become more visible.
Emotions rise with fewer filters.
Memories return.
Images, colors, people, places and symbolic scenes may emerge.
The body may carry sensations linked to experiences that words have never fully expressed.

Love may feel immense.
Grief may arrive with the force of weather.
A small thought may suddenly carry extraordinary weight.
This is The Unfolding.
The inner world begins speaking through its own language.
That language may be emotional, visual, physical, symbolic or musical.

*Everything that appears
deserves attention.*

Meaning can develop slowly.
An image may contain several layers.
A feeling may reveal its origin only after the experience.
A memory may return because the mind is ready to meet it from a new position.
The Unfolding invites presence before interpretation.

*Feel the experience.
Observe its movement.
Allow its shape to change.*

When discomfort arises, the body offers a place to begin.

- ★ Where is the sensation?
- ★ Does it have temperature?
- ★ Pressure?
- ★ Direction?
- ★ Does it contract or expand?
- ★ What happens when the breath reaches it?
- ★ Does it respond to sound, movement or stillness?

A feeling that has spent years being avoided may first appear with great intensity.
Presence gives it another possibility.

*This belongs to
my experience.
It is moving through me.
I can remain present.*

It can be witnessed.
It can complete part of its movement.
It can become part of a wider story.

Beautiful states also move.
Their value grows through full attention rather than possession.

*Receive them.
Let them breathe.*

Allow them to pass
with the same openness
given to everything else.





Third Passage: The Return

✧ *Bring something home.* ✧

Eventually, ordinary identity begins to reassemble.
The name returns.
The history returns.
The body becomes familiar.
Time regains its usual structure.
The surrounding world comes back into focus.



The Return can feel comforting.
It can also bring tenderness, vulnerability or confusion.
The expanded state begins to close while
its emotional resonance remains active.



Allow the journey to land.
The body needs time.
The mind needs rest.
Meaning develops through distance
as well as immediacy.



A powerful insight becomes more reliable
when it remains meaningful after
rest, grounding and reflection.
The Return begins the work of discernment.

- ◆ What did I see?
- ◆ What did I feel?
- ◆ What continues to resonate?
- ◆ What becomes clearer after sleep?
- ◆ What feels true in ordinary consciousness?
- ◆ What can become a practical action?



The experience does not need to be preserved
exactly as it occurred.
Its value can continue through gradual change.



I can allow the experience to change me slowly.



The name returns.



The body
becomes familiar.



Allow the
journey to land.



Meaning develops
through distance as well
as immediacy.



I can allow the
experience to change
me slowly.

