

From Waves to Ocean: Trusting the Depth

(Use once the client is settled, breathing naturally, and internally attentive.)

1 Normalize the Fear (No Pathology)

“Let’s notice something gently...”

(Pause)

“Many people learn to fear their thoughts...
their emotions...
their inner waves.”

(Pause)

“Not because those things are dangerous...
but because they learned to live **at the surface**,
where waves feel loud and urgent.”

2 Introduce the Ocean Metaphor (Experiential, Not Explanatory)

“And just for a moment...
imagine the ocean.”

(Pause)

“Notice the waves at the surface—
movement... sound... activity.”

(Pause)

“And now...
sense the depth beneath.”

(Pause)

“The deeper you go...
the quieter it becomes.”

3 Client-Based Recognition of Levels

“Let me ask you this...”

(Pause)

“When a strong thought or emotion arises...
does it feel like a **wave**—
or like the **whole ocean**?”

(Pause)

“And have you ever noticed...
that waves change quickly...
but the depth remains?”

4 Identify the Learned Position (Without Judgment)

“Some people learn to live here...”

(Pause)

“Right at the wave level—
where every thought needs attention...
every feeling needs action...
every fear needs a response.”

(Pause)

“Does your system recognize that way of living?”

(Pause)

“And how does that feel over time?”

5 Invite Curiosity About the Source

“Now let’s explore something quietly...”

(Pause)

“Before a thought appears...
before an emotion forms...”

(Pause)

“What is there?”

(Long pause)

“Is there a sense of **knowing**...
or presence...
or depth...
that exists *before* the wave?”

6 Safety in the Depth (Critical Section)

“And here’s something important to check...”

(Pause)

“As you imagine allowing attention to drop deeper—
below thoughts...
below emotions...”

(Pause)

“Does anything about that depth feel unsafe?”

(Pause)

“Or does it feel...
steady...
holding...
unchanged by surface movement?”

(Pause)

“Let your body answer.”

7 Willing Descent (No Forcing)

“And now... only if it feels right...”

(Pause)

“Imagine allowing a thought...
or emotion...
to gently sink.”

(Pause)

“Not pushed away...
not analyzed...
just released into the depth.”

(Pause)

“What happens to it as it descends?”

8 Resonance Instead of Reaction

“And notice this...”

(Pause)

“In the depth...
there is no need to react.”

(Pause)

“Resonance adjusts naturally...
as understanding deepens...
as light increases.”

(Pause)

“So let me ask...”

(Pause)

“What changes when you trust
that the ocean knows how to absorb waves?”

Reframe Fear of Thoughts & Emotions

“And you may begin to notice...”

(Pause)

“Thoughts and emotions are not intruders—
they are expressions.”

(Pause)

“They rise from depth...
and return to depth...
when allowed.”

(Pause)

“And fear only persists
when we believe we must stay at the surface.”

Integration Line

“So you can allow this knowing to settle...”

(Pause)

“You are not the waves.
You are not required to react to waves.
You are the ocean—
and the ocean is safe.”

(Pause)

“And from this depth...
life continues...
with less effort...
and more trust.”