

*PHASE TWO TEMPLATE – This template will serve as a guide to you once you are ready to move into Phase Two. There are three reasons to move from Phase One to Phase Two: You’ve taken the coordinates several times, and the gestalts keep repeating themselves. For example, you get “Land,” “Water,” “Manmade,” “Land,” “Water,” “Manmade.” That is an indicator that you are ready to move into Phase Two. Another indicator is when you touch the ideogram for a tactile sensation and you get a sensory descriptor instead. Phase Two descriptors are beginning to “bleed” into your Phase One work. That’s an indicator that you are ready to move into Phase Two. Lastly, you’ve taken the coordinates several times and you just **decide** to move into Phase Two. You are the Viewer. You are in charge*

This template is only an example of what you might get in Phase Two. You label the top left of the page “P2” to show that you are moving into Phase Two. Then, in parenthesis, put one of your “B’s” – That is to say, put the gestalt that you are going to focus on. Remember that at this point, you are “winking about the site.” The descriptors you get after you have chosen the gestalt you are going to focus on may describe other gestalts, too. At this point in the session, your subconscious mind is all over the place, describing this and that.

2

P2 (Manmade)

Brown

Red

Shiny

Blue

Flat

Reflective

Glossy

Move up 20 feet and describe

Square

Multiple

Rectangular

Structural

Intermittent

Remember that you can use many types of “cues” to help yourself get more information about the target. Cue yourself with the list of Sensory and Dimensional Cues, Action Cues or Movement Cues from the “Cue Card” Template. Be sure to write down any cues that begin with the magic word “MOVE.” Writing down where you are moving at the target site is very important for post-session analysis. That way, you’ll always know that the perceptions you’ve gotten once you have moved are perceptions from a different part of the site, and are not the same thing you were describing before.

Tangy tasting

Salty tasting

Tall

Ocean smell

Stray Cat: Ocean scene