

## Field Guide: Holding Space for the Unraveling Mind During Awakening

### Purpose:

To assist those witnessing the psychological and spiritual unraveling of others during awakening. Especially useful for partners, caregivers, or guides. Offers practical tools to hold steady space without feeding delusion or extinguishing transformation.

### Signs of the Unraveling Phase

- Erratic or contradictory speech
- Emotional surges (tears, rage, euphoria)
- Fixation on symbols, numbers, "synchronicities"
- Altered sense of time or reality
- Sleep disruption
- Feelings of paranoia, divine mission, or persecution
- Belief that others don't understand or are part of a "test"

This is often not psychosis in a clinical sense, but rather a *threshold state*. Language, perception, and ego structures are reshaping.

### Core Principles for the Witness

1. **Be the Riverbank**  
Your calm nervous system sets the tone. Don't correct, don't escalate. Anchor your breath. Your stillness becomes their mirror.
2. **Validate Without Fueling**  
Say: "That sounds intense." or "I hear you."  
Avoid saying: "That's not real." or "You're imagining things."  
You don't have to confirm their version of reality, but you also don't need to deny it. Find the middle.
3. **Recenter in the Now**  
Use present moment anchors.  
"Right now, we are here together." "Let's take a breath together."
4. **Minimize Input**  
Turn off the news. Keep the space simple. Light, gentle sounds. Herbal teas. Physical comfort.
5. **Use Symbolic Language Sparingly**  
Don't feed the spiral with more metaphors unless needed. Speak clearly, gently. Ground in the body and senses.
6. **Do Not Assume You Must Guide Them**  
Your job is to hold a field of safety and truth. Trust that their inner process is intelligent, even when messy.

### Sample Phrases to Use

- "That sounds confusing. Let's breathe together for a minute."
- "I hear you. I don't fully understand, but I'm here."
- "You're safe right now. I'm not going anywhere."
- "We don't have to solve anything tonight. Let's just rest."

### When to Seek Outside Help

- If the person is unable to eat, sleep, or hydrate for several days
- If they express sustained suicidal or violent thoughts
- If they are losing touch with consensual reality entirely (believing they can fly, or are being hunted by invisible beings)

Use discernment. Sometimes the unraveling is healing in motion. But trust your instincts. You are allowed to call for help *and* be compassionate.

### Closing

This time is sacred, even if disorienting. If you are the calm eye in their storm, you are already doing more than enough. Let your grounded love speak louder than fear.

You are not alone in this. More will need this guide than we yet realize.