

A Bird's-Eye View on TAE STEPS

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This manual will combine theory, stories, personal experiences, videotapes and practical work. We will explore some of Dr. Gendlin's philosophy from time to time so that your TAE work will be embraced by and built on this tradition.

We will begin with a light entry introduction to TAE and the 14 Steps

You already sense that there is something at the Edge of your "knowing" and "not knowing yet". This often happens in the area of your expertise: your job, hobby, or keen interest of any kind. There is a delicate sense of excitement about it. You want it to be said so you try to articulate it. It may be disorganized; words that don't say what you mean. You may gesture with your hands people misunderstand. Yet you felt sense that it needs to be said and it has value for you and potentially for many others. You may become discouraged wishing you could describe it better. Sometimes you just give up on talking about it.

What you sense has tremendous value because it has not been said or experienced the same way by anyone else. You know about it because you have a unique memory of actual experience. It has a value because you know it is true and could become tenable.

You chose something like that.

TAE steps will help you to work through a process that will engage you for some time - it might be a few days, weeks or even years. What you get at the end is a powerful little machine; a concept for saying what you now know - a theory that became bigger, stronger and more potent than you realized before you fostered its development. You will think, experiment, and construct, always relying on your Felt Sense. Your Felt Sense is your compass.

To develop such a "thing" will be of value for yourself, but it will also become communicable to your family, friends, and others. Such theory can be applied to many areas, by many people because it is based on something that is real. It already exists in an intrinsic form, because YOU already know something about it. At the beginning it is known to you only implicitly, when you develop it, it achieves credibility and potential to transform the world around you. As a unique person in the universe, you are affected by and have access to a very fine, sensitive instrument inside you from which you can bring into the world what has never been known before.

There are 14 steps in the TAE process. Each step has a particular function to help move the process forward. However, the steps do not always follow in a linear fashion. The process unfolds in phases that do not necessarily conform to the prescribed format. They are ingredients that pulsate through the process rather than follow a circuit.

Let us skim through this process for now to get the general feel for what it is.

In the first several steps, you will find your "thing" and slowly articulate what it is all about. The steps are designed in such a way that they will help you formulate that what you care about in words, phrases, and sentences, constantly returning to the felt sense and ensuring that you stay close to that edge of knowing and not knowing yet - Thinking at the Edge. Your felt sense is your compass and radar. Your instance is your limitless source from which you draw implicit complexity of available details.

The next phase is the collection of facets; you look for examples, memories, other instances "... many of them. These facets are experiences that you remember and have something to do with your topic. They give you a manifestation, taste, illustration, or clue to say: "I know about this because I experienced it," they are cues to your knowing. The fact that you know something about it comes from such facets. Once you start looking for these clues, you will find many facets like these. They don't have a common denominator, but rather a vague sense that they have "something to do" with your topic. They are not the same, actually on the surface they are very different, but pieces of those stories contribute to the abundance from which you draw your new concept.

The collection of these facets slowly prepares you to move into another stage. You are collecting the framework to build a structure.

You can also probe if Crossing is possible. See if there is something in one example that is somehow true for another one - it helps to solidify the structure.

The next phase of activity involves writing as much as you want - in private - about what you NOW know about this edge. You will notice how much the steps you work through amplify and fertilize your ideas.

From there you get the seed and the nucleus from which you can enter into the phase of Logic and Theory Building. You step into it lightly but with vital nuclei fragments. This can be fun, because you play with it and see what fits and what doesn't fit. Your felt sense is the crucial criterion that will moderate and validate the authenticity.

What you get out of this phase is a powerful little machine, the ability to say what you want to say. What's more, you can apply it to many other areas to contribute something new, fresh and original.

When you started the steps, you knew something from this side of the edge - now you have all of it. What you previously expressed by only a few public words and gestures now has a precise dependable distinctness and clarity.

Now you have your Theory - which you can apply and use in many different areas and ways. You learn how to package this new "product" according to the setting that you want to apply or promote it in.