



DEEP PEAT 4 SHORT INSTRUCTIONS  
Developed by Zivorad Slavinski

---

1. Identify the problem and goal.
2. Identify situations associated with both polarities.
3. Create snapshot of most charged, left eye-point.
4. Create snapshot of happy/peaceful moment or here and now.
5. Focus on snapshot while moving between left and right eye points until they merge or are empty of all elements.
6. When both sides are empty, check once to make sure they both are still empty and feel the same. Rarely, the integration happens with a merging of the two sides, more commonly they empty.
7. Instruct client to open their eyes.
8. Stabilization:
  - a. Ask them how they feel about the problem.
  - b. Check for opposition.
  - c. Holistic Processing (Multiple Viewpoint Processing) if needed.
  - d. Put the future under control.
  - e. Fill the space; forgiveness, light, thankfulness.
  - f. Discover new knowledge
  - g. Activate

NOTES: