



IVANA END OF WORDS

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The non-dual states of empty consciousness are an indication and mechanism of change. Cultivating an awareness of these states contributes to increases in compassion and present-focused attention, and decreases in reactivity.

Ivana End of Words (EoW) has many creative applications, especially related to dismantle injunctions and other self-limiting cognitive activity. It can also be used to disrupt hidden, subconscious resistance to change.

Instructions

With EoW we are using the fundamental polarities of good and bad to facilitate integration. It is important to understand that all situations and experiences have both good and bad. Think of a bad situation or person, can you find something good about it or them? Think of a good situation or person, can you find something good about it or them?

EoW Step by Step

1. Identify the self-limiting thought or feeling. It might also be a cluster of thoughts and feelings. However, the more specific the better.
2. FEEL the thought or feeling (TF)____. *What's bad about (TF)_____?* This is important. Taking the time to feel the content in play BETWEEN identifying the good and bad allows for the acceptance of what is discovered in the exploration, ultimately decreasing the charge. As you FEEL, notice thoughts, images, emotions and sensations.
3. FEEL the TF. *What's good about (TF) _____?*
4. FEEL the TF. *What ELSE is bad about (TF) _____?*
5. FEEL the TF. *What ELSE is good about(TF)_____?*
6. REPEAT steps 4 and 5 until you reach the end of your words, there is nothing good or

bad. There will be a bit more inner spaciousness. It will start to feel like you are reaching for a thought, image or emotion. Pause there.

7. FEEL the TF. Now, does it feel like air or earth? Is it a little sticky?

- a. If it feels like air, fill yourself, particularly the space where the TF used to live with light, forgiveness, thankfulness. Nature abhors a vacuum.
- b. If it feels like earth, repeat from the beginning with holistic processing from other relevant points of view about the original self-limiting TF.

Trouble shooting:

- It is ESSENTIAL to FEEL the content as you swing between explorations of the good and bad. This begins loosening the energy of the content. If you can't find the feeling, if you can't FEEL it, find a situation when you felt that content. OR try to feel it's opposite and work with that.
- When one side empties before the other, continue with the process. Continue asking if there is anything on the empty side, if not, just pause in the spaciousness. If negative content arises when you are asking "what's good about ---," simply set the negative content aside. Remind yourself you will visit what's bad in a moment. You are not trying to make sure that both sides are EQUAL, you are going until both sides are EMPTY. You can no longer think of what is good or bad about the content.
- Make sure to check if there is a complete emptying of content. This means, no thought, image, emotion or body sensation other than being present. It's like going emptying out a room. Pause, make sure there's nothing there. It will feel empty and open, a little spacious.
- Oscillating between opposite energetic content while FEELING the content takes this far beyond a familiar pro/con list. Scribing your experience will help you guide yourself through end of words. The chart below is JUST a guideline. It's likely that you will have many more layers of content than the lines in the chart below. After much practice, you will be able to do this as a walking around

practice and it will take less time.

- When content repeats itself, dig deeper. What ABOUT the repeated content is good or bad? Be curious, like you are talking to a really good friend and you want to make sure you understand the good, the bad and the ugly.
- Make sure to keep the breath moving between each pass. If the content feels very sticky, let the exhalation be a bit longer and more controlled.



What's GOOD about ---?	Content	What's BAD about ---?