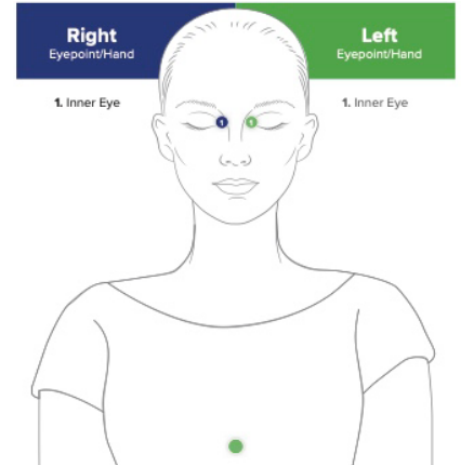


Golden Shadow – DP4

Left - person engaged in quality



Collaborate
Characteristic or Quality

Identify someone you have witnessed expressing the desired quality, trait or characteristic.

Left eye point
Create Snapshot
T I E S

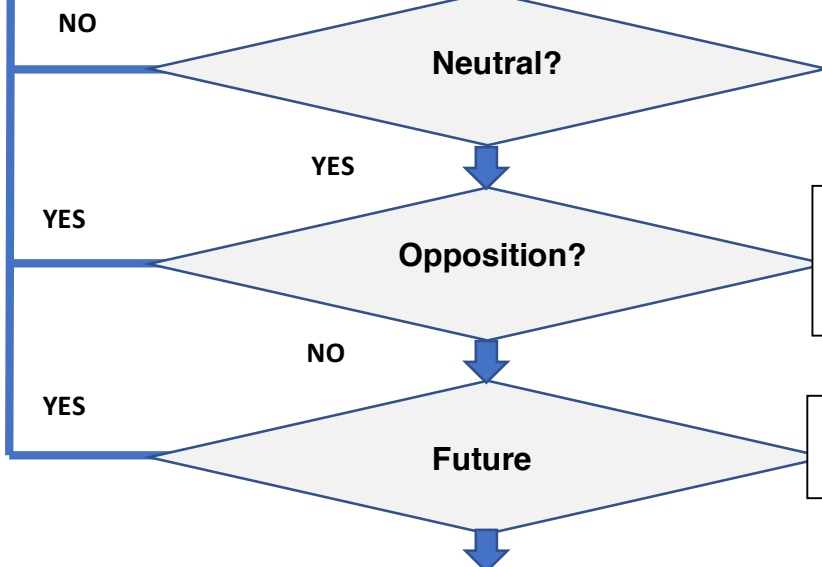
Feel the event as if it's happening right now. Not a second before or after. Freeze at the moment when energy is the strongest.

Right eye point
Create Snapshot
T I E S

HERE AND NOW

Alternate until empty.
Check T I E S

Stronger/weaker/about the same?
What's left of the original experience?
CHECK BREATH



Is there any part of you that has an opposition to expressing this quality, trait or characteristic at will? If YES, explore with EoW. Ask again or find another snapshot

Will you be able to express this quality, trait or characteristic with greater ease in the future?

Continue with PINEAL BREATHING regardless of their response to the future question.

Stabilization

What do you know now that you didn't know before?
How will knowing change things for you in the future?
Is there some action that will be helpful moving you even closer to the goal?