



BASIC PEAT

Prime Energy Activation and Transcendence

Developed by Zivorad M. Slavinski

Self-acceptance is a means and a measure of wellbeing.

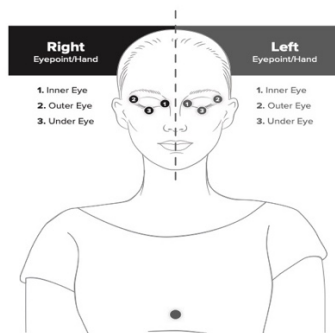
~ Melanie McGhee, L.C.S.W.

We use Basic PEAT (BP) to address unsatisfying states of being, stress and other problems. What we are doing with this approach is activating the primary energies of an experience (thoughts, images, emotions and sensations) and transcending them. We generally have more success with problems that are not long-standing. For example, if you were deserted by your partner and you are experiencing emotional pain, Basic PEAT can generally alleviate that pain, usually in a relatively short time. However, if you have had a series of similar experiences, being left by someone you love, you will likely access greater resolution with an AAIT practitioner for deeper work.

Applications of BP include emotional upset, lack of mental clarity, fatigue, cravings, physical pain and more.

Basic PEAT (BP) stimulates both brain hemispheres through bilateral stimulation of six acu-points around the eyes. With a light touch, in a left-right sequence, we stimulate eye-points. This corresponds with the crossover between the brain's hemispheres.

If at the end of the process, you have not achieved a SUDs (subjective unit of distress – scale of 0 – 10) rating of “0,” shift to holistic processing, consider the issue another point of view or explore any opposition to being free of the problem. End of Words can help with uncovering and neutralizing unconscious opposition to problem resolutions.



BP Instructions:

1. **Identity the problem and goal.** Feel the problem and estimate its strength on a scale of 0 to 10, measuring the subjective intensity of the problem at that moment (SUDS – subjective units of distress). In this situation, “0” means that the problem does not exist, “10” that it has maximum strength.
2. **Create a snapshot of the problem**, including the **Thought, Image, Emotion and Sensation**. **Feel** the unpleasant experience as strongly and completely as possible: *See now what you saw then as if it’s happening now. Hear what you heard at that moment, if you heard anything. Feel what you felt then as best you can. Don’t go to the next moment, or the previous moment, but exactly to that moment (the moment of the snapshot), as if it were happening now.*
3. **Repeat the Formula for Elimination of Self Sabotage.** Place the tips of the index and middle finger on the chest point and repeat the Formula for the Elimination of Self Sabotage (FESS) – *“Even though I feel _____, I love and accept myself, my body and personality and the fact that I feel _____.”*
4. **Stimulate the eye-points.** Begin with the first eye-point under the left eyebrow, close to the bridge of the nose using the index and middle finger. Focus on the snapshot – feeling, experiencing it as fully as you can as if it’s happening in this moment. Take a breath. Move through the eye-points in sequence according the chart above. Feel the elements of the snapshot with each pass. It is likely that the elements will fade in intensity as you go. Do not resist your experience. You do not have to like it.

Feel the same moment. Be careful; not a second before, or a second after your snapshot. As if it were happening now, in this moment. See the same image, hear the same sounds and feel the same feeling. Inhale and exhale. Don’t try to evolve it into a more satisfying scene.

The process ends on the third point below the right eye. This means that you use 6 eye-points in total, three on each side.

5. **Check SUDS.** *On a scale measuring the intensity of the experience from 0 to 10, what is the strength of my problem now?* If the answer is not “0”, repeat the procedure, beginning with the FESS. Continue in this way another 2 – 4 rounds.

Check opposition and other points of view If the problem does not resolve. Once you discover any tension held in another POV, use Basic PEAT from the

alternate viewpoint. Continue the process until the unpleasant experience has entirely disappeared; in other words, until its strength is “0”.

6. **Test results and stabilize.** Is there any **opposition** to resolving the problem? Is there any downside to resolving the problem? Is there some reason it would not feel safe to resolve the problem? If there is, remove it with BP or EoW.
7. **Put the future under control.** Do you think or feel that your problem could return in the future **against your will**? If it so, imagine some circumstance in the future where the problem returns and use Basic PEAT with a snapshot of that circumstance.
8. **Stabilize.** Nature abhors a vacuum. Once we have removed a problem, filling the interior space can strengthen the results of your work. **Forgiveness, light and appreciation** can achieve this.
 - a. **Is there a need for forgiveness** – Ask yourself if you feel a **need** to or for forgiveness. It will feel like a need, not a should. If so, feel forgiveness flooding your being and flowing to anyone involved. If not, ask the client what they are experiencing in their body.
 - b. **Fill with light.** Direct awareness to your body. You will likely be aware of a greater sense of calm or relief. Focus on that calm relief. Allow it to hitch a ride on the light stream of your breath, filling your whole body with the light of that calm. If your body is tense, proceed with BP. There may not be a complete snapshot, just the sensation of tension, that’s just fine. Begin with FESS, *Even though I feel tension*.
 - c. **Access Appreciation.** Thankfulness and appreciation can feel like balm for a troubled heart. Access a feeling of thankfulness, of appreciation for yourself, for others in your life, and God of your understanding or Life. Sit in appreciation for a few breaths and allow that feeling to expand with a few easy breaths.

Holistic Processing

When others are involved in your problem, you may find ways the problem could still be activated if you take the other person’s point of view. To insure dis-creation of the problem, we should do holistic processing from all relevant points of view. This may include the point of view of the body.

- Take the alternate position, focus attention on the mutual problem, but from this other viewpoint. Imagine what it feels like to be that person, in that situation. Empathize with them. Look at the situation and you as if over their shoulder, through their eyes. What do they feel, need or want?

What are they trying to achieve? How do they feel about what you are addressing?

- From the other POV, give a SUDs rating on the problem.
- Release the tension from the alternate point of view. Begin with placing two fingers at the chest point while saying to yourself, “*I am no longer _____. I am _____.*” Reverse the statement at the end of the work while stimulating the chest point with a light touch.



SNEAKY PEAT

Basic PEAT Backwards

Basic PEAT can give us access to inner resources that we might otherwise miss. It's quite simple to use and may even seem *sneaky*. After clearing any tension associated with a problem, make a snapshot of either you or someone you have seen exhibiting a quality, characteristic or trait associated with your problem, some attribute that you would like to exhibit and install in yourself.

Follow BP, beginning with two fingers at the chest point and repeat, “_____ (*name the quality*) *exists in humanity and I love and accept that I am part of humanity.*”

Follow the procedure backwards, beginning at the third eye-point under the right eye. Stabilize with pineal breathing.

Pineal Breathing

Pineal breathing was developed by Zivorad M. Slavinski. It is useful after making an important decision, formulating and visualizing a desired goal, or creating new identities and new personality traits. We also use it after integrating the shadow and work regarding the achievement of a goal.

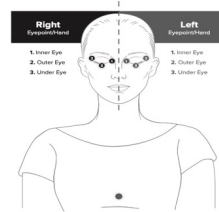
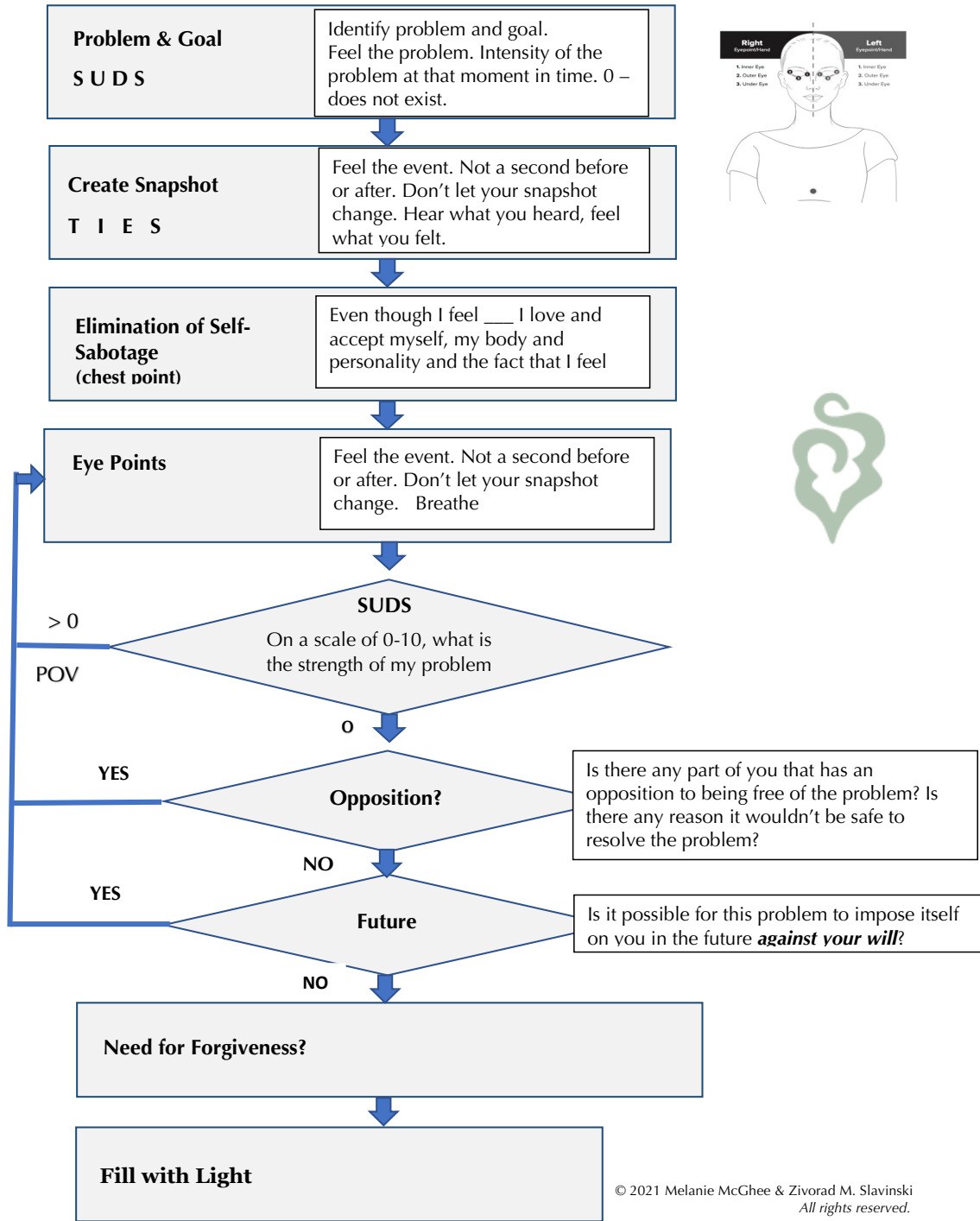
Imagine 10 – 20 inches above your head small blazing sun, as big as basketball. It radiates a strong but pleasant light. When you inhale imagine the wide ray of light starting from that light ball, passing through the top of your head to your pineal gland. When you exhale imagine that light going back to globe of light above your head.

Continue breathing in this way five to seven times. After this, imagine that light filling the whole universe, to all sides around you, existing the limitless and infinite field of

light. When you inhale, imagine that the whole light field rapidly contracts in the middle of your head, in pineal gland, in the small point. When you exhale, visualize that light spreads from pineal gland to all sides into the endless field of light.

Continue breathing in this way two to three minutes.

Basic PEAT



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