INTEGRA PROTOCOL

how to integrate internal conflicts

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INTEGRA PROTOCOL: HOW TO INTEGRATE INTERNAL CONFLICTS

Vladimir Stojakovic

In Memoriam

B. Stojakovic

(1947-2014)

Limited in his nature,

Infinite in his desire,

Man is a fallen god

Who remembers heaven.

Alphonse de Lamartine

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Introduction

"Be kind, for everyone you meet is fighting a hard battle", Plato said. This has always been the human condition, with suffering on one side and pursuit of happiness on the other. From our beginnings, when we fought for survival, and later, across the development of science, religion, and spirituality... all our activities aimed to release us from suffering and find something opposite to it, something we may call by different names, but deep inside, we all feel the same longing. Integra Protocol is my contribution to this quest.

Integra Protocol is a simple and efficient method which enables us to:

-liberate ourselves from suffering tied to negative experiences

-liberate ourselves from problems

-remove barriers that separate us from our goals

-accelerate our spiritual evolution and liberate our consciousness from the shackles of the ego

All of the above can be accomplished at the same time, using only one method.

This book is a practical manual which teaches you to successfully apply Integra Protocol on yourself and others. The first part introduces the theory which Integra Protocol is based on. The second part gives clear technical instructions, step by step. The third part covers topics that become relevant once you have a complete picture of the method.

I created Integra Protocol based on 25 years of experience with the Spiritual Technology of Zivorad M. Slavinski. Many principles of Spiritual Technology are incorporated in it. Also, I was significantly influenced by Spiritual Option and Quick Goals, systems created by Filip Mihajlovic.

This manual is written to enable you to practice Integra Protocol after the first reading. Therefore, its style is clear and concise and the key principles are deliberately repeated.

I did my best to empower you to practically apply the method and to make the learning process as smooth as possible. Included are:

-An explanation of the theory

-Technical instructions

-Explanations of exceptions to the basic method

-Numerous examples

-Session transcripts

-Guidelines for practical work

-A chapter with definitions of terms

Finally, if needed, additional sessions and a seminar of Integra Protocol are also available.

Part I - Concepts

"If you can't explain it simply, you don't understand it well enough."

Albert Einstein

Defining identity in Integra Protocol

Working with identities is the basis of Integra Protocol. An identity is a simple structure that does not consist of multiple elements. It is a single and indivisible entity.

An identity is a point of view plus a goal that we want to achieve from that point of view.

For example:

-**point of view** - a withdrawn person, **with the goal** - to avoid humiliation

-**point of view** - a person obstructed by others, **with the goal** - to have an excuse for giving up

-**point of view** - a pretender, **with the goal** - to fulfill the expectations of others

I've taken this concept of an identity from the Spiritual Technology of Zivorad M. Slavinski, who credits it to American researchers Mike Goldstein and John Galusha, and uses it in several of his methods and systems.

Assuming and releasing identities

A human being has an inherent ability to assume whichever identity is needed to achieve a goal, as well as to release the identity once the goal is achieved. In fact, without assuming an appropriate identity, it is difficult to accomplish any goal, or to follow through with any decision.

Throughout the day, as we achieve sequences of short-term and long-term goals, we continually move through various identities. For most people there is no noticeable break between identities.

Slavinski gives the following example: "In everyday life, most of the time, people assume or release identities without making a conscious decision. The process of assuming or releasing identities occurs unconsciously. Moving from one identity to another usually happens quickly and easily.

For example, at work, one may have the identity of a medical doctor while seeing patients, reading professional journals, or discussing medical issues with colleagues. When entering his car to go home, he also enters the identity of a driver. He adheres to traffic laws and avoids making mistakes while driving.

At home, he assumes the identity of a husband; when he sees his children, he enters the identity of a father. Upon answering the phone to talk to his mother, he is in the identity of her son, and so on."

Inability to willingly assume or release identities

Problems appear when we are unable to assume the identity needed to accomplish a goal. If the person from Slavinski's example was unable to assume the identity of a doctor or a driver, he wouldn't be able to provide medical care or drive a car. At the very least, performing these activities would be very difficult.

What prevents us from assuming needed identities

There are numerous stuck identities in each of us. When we make a decision, it activates unconscious, stuck identities, whose goals are opposite to that particular decision. That's an internal conflict. Unconscious, stuck and newly active identities don't allow the person to exit them and enter the needed identity, which is their opposite.

For example, if a man who is stuck in the unconscious identity of "a withdrawn person" (with the goal "to avoid humiliation") makes a decision to approach an attractive woman, this identity will actively sabotage the man's efforts to assume a new identity more suitable for meeting the woman. The possibility of rejection and humiliation upon approaching the woman is in direct opposition to the goal of the stuck identity ("a withdrawn person" - "to avoid humiliation"). Stuck identities are activated when their goals are threatened.

In other words, when a person intends to assume an identity needed for accomplishment of a goal and there is internal resistance, the person will have difficulties entering the needed identity. If there is no internal resistance, the person will automatically and unconsciously take over the appropriate identity.

What activates stuck identities

Stuck identities get activated when our conscious goals or intentions are in opposition to the unconscious goals of those stuck identities. To make the situation worse, it's not predominantly one identity that becomes active, but a number of them with similar goals.

In the same example, Slavinski goes on: "If the medical doctor from our previous example was stuck in the identity of a child while at work, he would constantly seek advice from

others, and would not be able to make independent decisions or treat patients from a position of authority.

These behaviors would be a clear sign of a personality disorder. That kind of person would not be able to achieve goals or gain an appropriate place in society, and would experience hardship and suffering. He would also be an inadequate marital partner."

Notice the internal conflict indicated by this example. On one side of the conflict is the identity of a child and on the other side are the intentions of an adult: "to make independent decisions, to treat patients from a position of authority, to gain an appropriate place in society", and probably additional intentions not directly stated.

What is stuckness and how it originates

Theory teaches us that stuckness is created in situations of defeat. We are on our way to achieve a goal, an intention or a decision - short-term, long-term or simply ongoing. Let's call it an affirmative or positive decision.

In one moment we experience a defeat of this affirmative decision and we feel bad. To alleviate the situation of defeat and to prevent similar experiences in the future, we usually make another decision which is in opposition to the affirmative decision. This opposite decision we call a decision of defeat or simply a negative decision.

For example, at the beginning of primary school, a child is happy when receiving praise from parents and teachers for doing well in school. Since the child likes attention and approval, he continues to excel. The goal of the identity from which the child operates could be "to get approval" and the point of view could be "a person who stands out".

One day, the teacher gives a poem for homework, to be learned by heart. The next day, our child voluntarily stands in front of the class to recite it. But, he gets confused, stammers and cannot continue. Some students are mocking him.

In this situation, the affirmative decision - "to get approval" - was defeated. The child concludes that standing out may lead to humiliation and makes a decision of defeat "to avoid humiliation", assuming the point of view of "a withdrawn person". Now, we have a conflict and consequently stuckness.

On one side of this conflict is the identity "a person who stands out" with the goal "to get approval", and on the other side is the opposite identity "a withdrawn person" with the goal "to avoid humiliation".

The new identity "a withdrawn person" with the goal "to avoid humiliation" (created due to defeat) did not cancel the previous identity "a person who stands out" with the goal "to get approval". Both identities are there, opposed to one another.

A person cannot be stuck in one identity only. The person is always stuck in between two conflicted identities. Stuckness is an internal conflict between two confronted identities and their goals, i.e. decisions those goals are based upon.

How decisions of defeat solve problems

When a child exposed to humiliation makes a decision to withdraw, to be "a withdrawn person", he feels better, because he unconsciously perceives that making this decision protects him from both the ongoing and any future humiliation.

How stuckness creates problems

Internal conflicts have an oscillatory nature. In a certain time period, one side dominates, and after a while, the other side takes over. For example, the child assumes the identity "a person who stands out" and suppresses the identity "a withdrawn person". In the course of time, identities change places. Now, the child suppresses "a person who stands out" and identifies with "a withdrawn person".

While "a withdrawn person" dominates, its goal ("to avoid humiliation") is satisfied and it does not create a negative reaction. But, there is another, confronted identity - "a person who stands out". Its goal ("to get approval") is not satisfied, which creates a negative reaction. The goal of a stuck identity compulsively tends to materialize regardless of whether its identity currently dominates or not.

Eventually, the child will shift again, this time from "a withdrawn person" back to "a person who stands out". Sometimes the shift happens gradually as a result of accumulated dissatisfaction (charge), due to the lack of praise, or suddenly, due to a situation which is a trigger. For example, parents may criticize the child for something he did or didn't do.

Now, the identity "a person who stands out" dominates and its goal ("to get approval") is either satisfied or on its way to being satisfied. But the other identity ("a withdrawn person") and its goal ("to avoid humiliation") are still present, despite being pushed aside. And since the goal of this identity is now threatened, the child feels exposed; he feels fear, trepidation and similar emotions. Again, the goal of a stuck identity compulsively tends to materialize whether its identity currently dominates or not.

Notice that there are only two sides in this conflict and whichever side the child turns to, in both cases the child will have a problem. If he is withdrawn, there is no praise and that creates dissatisfaction. If the child stands out, fear of humiliation is present. This is how an internal conflict works - we have two options only and in both cases we have a problem or negative reaction.

Thornton Wilder had this dilemma in mind when he said: "When you're safe at home you wish you were having an adventure; when you're having an adventure you wish you were safe at home." The following is written in the Upanishads, the ancient collection of Vedic texts: "Like a ball batted back and forth, a human being is batted by two forces within."

In the course of time, our child will shift again, gradually or suddenly, and will continue oscillating from one to another side of this internal conflict.

Causing stuckness by affirmative decisions

To repeat, theory teaches us that stuckness is caused by situations of defeat. However, is this always true?

Let's go back to our previous example. The child concludes that standing out may lead to humiliation, makes a decision of defeat "to avoid humiliation", and assumes the point of view of "a withdrawn person". He grows up, becomes an adult and wishes to approach a girl. But, every time he thinks about it, the unconscious goal "to avoid humiliation" is threatened, because the girl could reject him.

What happens now? The affirmative decision "to approach the girl" causes stuckness in a new life situation - opposing an already existing decision of defeat "to avoid humiliation". Even though a defeat regarding relationships with the opposite gender has not actually happened - we already have stuckness. Yes, new stuckness is based on a past defeat, but that defeat is connected to the affirmation of the child in school, not to relationships with the opposite gender.

Stuckness occurs in at least two ways:

-By defeat of an existing affirmative decision

-By making a new affirmative decision which is in conflict with an existing decision of defeat

There isn't even a need to use the terms "affirmative" and "decision of defeat" because it is not only an affirmative decision that can conflict with a decision of defeat. On the contrary, every combination is possible. Two positive decisions could be in conflict, a positive and a negative decision could be in conflict, two negative decisions could be in conflict. When it's a question of perception, everything is possible. In fact, the nature of decisions, whether they are positive or negative, is irrelevant. It's only important whether those decisions are in conflict or not.

To take it a step further - some decisions are not easy to classify as positive or negative, if you observe them on their own. Their current nature depends on the situation, the context in which they are activated, and on our perception. Furthermore, life situations and perception are changing all the time. The same decision will be positive in one situation and negative in another.

One decision by itself does not cause stuckness. Its conflict with another decision is what causes stuckness. Who can say whether two decisions are in conflict? Only their owner. It's a matter of the owner's perception whether two decisions are in conflict or not.

And finally, what causes stuckness?

To simplify it completely - stuckness is caused by making a decision which is confronted by an already existing decision. In many cases, those decisions are not logically confronted by one another, but they are opposed in a wider context, where the realization of one would more or less obstruct the realization of the other.

Vertical and horizontal multiplication of stuck identities

The child from our example will oscillate between the identities "a withdrawn person" and "a person who stands out". While perceiving from the first identity he will make new decisions and create new identities in accordance with the first identity. Likewise, while perceiving from the second identity, he will make new decisions and create new identities in accordance with the second identity. Also, when shifting from one identity to another, the child will make new decisions and create new identities which are in accordance with the identity he is shifting into.

As a result, instead of having two identities stuck against one another, we will have two groups of identities stuck against one another, which makes the problem multilayered and difficult to resolve. We could call this a vertical multiplication of stuck identities because they are all connected to the same issue, in this case personal affirmation.

When the child grows up and decides to approach a potential partner, this will be in conflict with the identity "a withdrawn person" and its goal "to avoid humiliation". We could call this a horizontal multiplication of stuck identities, because it happens in another aspect of life - relationships with the opposite gender. In this new area, another problem core is created, and in time a new vertical multiplication of identities will occur around this second core (related to the relationship issue).

Eventually, we get a fragmented and conflicted personality, stuck in many aspects of life.

The armature of personality

In the human being, there is a net of conflicted decisions, which is the armature or the skeleton of personality. All other elements of charge that exist in our unconscious (images, thoughts, emotions and body sensations) emanate from decisions, are kept in existence by decisions, and will vanish once we make decisions conscious, i.e integrate them. In order to have a lasting therapeutic result, we must integrate unconscious decisions.

How Integra Protocol integrates conflicts and solves problems

Human consciousness accomplishes its goals by assuming the most optimal point of view for achieving each particular goal, i.e decision. When the goal is achieved, the identity automatically and unnoticeably vanishes from consciousness, and we set on another goal, based on another decision, and assume another optimal point of view.

But when our goal or affirmative decision is defeated, we make a decision of defeat, to feel better and prevent future outcomes of the same kind. An example is an affirmative decision: "to be successful and prove my worth", and the decision of defeat: "to give up to avoid further disappointments".

Both decisions will have accompanying identities, i.e. points of view optimal for accomplishing those decisions, which are now in conflict, stuck against one another. The person will generate charge based on both points of view (images, thoughts, emotions, body sensations) as well as additional identities on both sides of this conflict.

Integra Protocol resolves problems by integrating all identities on both sides of the conflict, including charge we created by perceiving from those identities. What does this really mean?

An identity is an unconscious psychological structure which is "cemented" and locked onto the achievement of its goal. It consists of a goal and a point of view. To integrate a stuck identity, we have to consciously assume its point of view and recognize its goal. The moment we recognize its goal, the identity gets "unstuck", its structure falls apart and the person is free from that stuck identity. In other words, the identity is integrated.

The identity ceases to exist as a fixed energy structure in the unconscious but it continues to exist as a potential. We are not stuck in that identity any longer, but we can still assume it, if necessary. We are not only free from it, we are also free for it, to enter it and use it, if and when a situation requires.

A person who has integrated the identity "an aggressive person" is not stuck in this identity any longer and is not compulsively aggressive. That does not mean that this person cannot assume the identity of "an aggressive person". The person can still behave aggressively if he believes that aggression is the optimal behavior in a given situation. But now, that is a question of free choice as opposed to a compulsive reaction.

A person who has integrated the identity "a tolerant person" is no longer compulsively tolerant. Now, they have the ability to confront people, if the situation requires. However, they still have the option to be tolerant, if that's the optimal behavior in a given situation.

If such freedom does not exist, then stuckness is still there, which means there are still other opposing identities (related to the same problem) which resist and prevent the person from assuming the desired identity.

To repeat, internal conflicts consist of two groups of identities, stuck against one another. Integra Protocol, step by step, integrates all identities existing on both sides of the conflict structure.

Freedom and stuckness

Imagine a woman who has a satisfying relationship with her romantic partner. To gain and maintain such a relationship she must be able to assume a suitable identity in the first place. Imagine that she had no problem with men in the past, which means that she doesn't have stuck identities regarding male-female relationships. She has freedom as opposed to stuckness. She freely enters this relationship, assumes the identities that she needs when in the company of her partner, and freely moves to other identities when her partner is not around or when she is not thinking about him.

One day, her partner tells her that he has fallen in love with another woman and has already started a new relationship. She is shocked and confused, and concludes that "love can hurt". The next moment she realizes that she still wants love, even though it might hurt. In fact, now she wants it even more. When there is a perception that love is not easily accessible, that it is slipping through her fingers, that there is a permanent barrier (possibility of getting hurt), she wants love compulsively.

Obviously, an internal conflict has occurred. Now, she has two confronted parts within, one that wants love and the other which is afraid of getting hurt. Notice that she has lost the freedom to assume a suitable identity regarding male-female relationships.

When she is single, fear of getting hurt will not be there. No relationship, no danger. The stuck identity whose goal is to protect her from getting hurt is passive because its goal is not threatened. On the other hand, she feels the lack of love, which she now wants compulsively. She has lost the ability to assume an identity which would enable her to be single without suffering. Now the stuck identity that wants love is compulsively pushing towards the accomplishment of its goal, which creates suffering.

When she is in a relationship, fear of getting hurt is present. The identity whose goal is love is now withdrawn, because its goal is satisfied. But, the opposite identity whose goal is to protect her from getting hurt is now active, because its goal is threatened. If there is a relationship, there is also a possibility of getting hurt, which creates suffering.

Again, in this situation she only has two options - to be single or to be in a relationship, and in both cases there is a problem, i.e. negative state. "You can't be happy with someone unless you're happy alone", people say.

The goal of Integra Protocol is to integrate all stuck identities on both sides of this conflict and to return the person to the state of freedom that existed before the conflict. In this example, it means the woman is able to be single without suffering, until an opportunity for an optimal relationship presents itself or for as long as she wants to be single, and when she is in a relationship, not to feel a compulsive fear of being hurt.

This does not mean that she is not aware that she can get hurt in a relationship. She knows that such a possibility exists and she is able to accept it. There is a difference between an awareness of something and a compulsive fear of something. Each life situation has a wanted and unwanted outcome and we are aware of both. When there is an internal conflict related to a possible unwanted outcome of a situation, we have a negative reaction. When

there is no such conflict, we accept the possibility of an unwanted outcome without a compulsive negative reaction.

When passengers enter an airplane, they know a crash is always possible. Each healthy adult knows that. However, regardless of this knowledge, those who don't have internal conflicts related to traveling by airplane are able to travel without compulsive reactions. Some people have a fear of flying while others don't.

A negative reaction in a situation shows that we have an internal conflict, two groups of confronted identities, and that one group has goals which are opposed to what we perceive as the possible negative outcome of the given situation. The goals of this group are threatened and they resist when we find ourselves in the given situation or think about it. Since these goals are unconscious, we are not fully aware of them, but we feel the psychological reaction they generate.

No matter how diligently we try to resolve this problem on the conscious level, we cannot. In fact, we will worsen the problem. By thinking about it, we will make new decisions, create new identities, adding more charge to what already exists.

A successful application of Integra Protocol will result in:

-Integration of all stuck identities on both sides of the conflict which is the cause of the compulsive state or reaction

-Rehabilitation of the ability to automatically assume identities needed in the given situation

-Elimination of the problem (compulsive state or reaction) on which we applied the process

Internal conflicts

The first chancellor of the united Germany, Otto von Bismarck, said: "Faust complained about having two souls in his breast, but I harbor a whole crowd of them and they quarrel. It is like being in a republic."

Internal conflicts are the cause of human suffering. "There are always two forces warring against each other within us," said Paramahansa Yogananda. It is not possible to have a problem or an unwanted state without an internal conflict associated with that problem or state. That internal conflict is always in the difference between what happens and what we would like to happen.

Let's consider traumatic experiences. The problem is that X happened, while I wanted Y to happen. And while X was happening I had a negative reaction to it, i.e. thoughts and emotions I did not want to feel. So I suppressed them and established permanent resistance towards them and made a decision to prevent such experiences from happening again. That's how I got stuck. Now, every time I find myself in a situation that reminds me of X, I will have a negative reaction, because the decision will be automatically activated to prevent a possible negative outcome.

Let's consider positive experiences. Here also internal conflicts, i.e. stuckness can occur. For example, in her relationship with a boyfriend, a female experiences a peak moment of love and intimacy. For her, it's the most beautiful feeling she has ever had in a relationship with another person. That's exactly what she wants so she makes a decision "I will never settle for anything less".

And that's how she gets stuck. The conflict is again between what happens and what she would like to happen. She unconsciously compares the current and every future relationship with one peak experience, and if they fall short, and in most cases they will, she is dissatisfied and has a negative reaction.

Let's consider problems. A person has a fear of getting hurt in a relationship. If she thought "from now on I will be single for the rest of my life and that's just fine", would she have a fear of getting hurt? Naturally, she wouldn't. If there is no relationship, there is no possibility of getting hurt. But, this is not how it happens, because she still wants to have a relationship. The problem is again in the difference between what she wants (love) and what according to her perception usually happens or may happen (getting hurt).

Let's consider goals. By nature, a goal already reflects the difference between what I would like to happen and what really happens. Without this difference there would be no goal. My goal is to have a romantic partner - because I don't have one, my goal is to have more money - because I don't have enough… It's important to notice that goals and problems are two sides of the same coin, that one does not exist without the other.

To have a goal means that something in our reality is not the way we would like it to be. It also means that we have noticed an obstacle that stands between us and the goal. Otherwise, without the obstacle, we would achieve the goal automatically. Every day we achieve goals and intentions without even noticing. We register them when we face an obstacle and then we perceive them as goals. Obstacles can be internal and external. External obstacles are not a problem. They become a problem when we have a reaction connected to them. If there is no reaction to an external obstacle, we see options and find solutions.

In fact, what are problems? Problems are our compulsive reactions which are in conflict with our conscious goals. More precisely, those reactions, which at one moment are perceived as problems, also consist of goals, only unconscious ones. On one side is what we perceive as a conscious goal and on the other side are the unconscious goals which are in conflict with the conscious goal. Goals and problems are two sides of the same entity, the same internal conflict. Which side we perceive as the goal, and which as the problem, depends on the side of the internal conflict we identify with at any given moment.

Positional and oppositional sides of the conflict

We said that internal conflicts have an oscillatory nature, which means that at times we identify with one side of the conflict, whose goals we want to accomplish, and we suppress

the other side. The side we are identified with is called the positional side, and the side we suppress is called the oppositional side.

For example: a person does things for others and then concludes that others are ungrateful, that they are using her (defeat). Then, she makes a decision "to turn to myself" (a decision of defeat). Later, she has a child and decides to commit to the child (new affirmative decision).

In time, this conflict (between "commit to myself" and "commit to others") will expand on several levels. New decisions and identities will appear to support both sides.

Now, when she turns to some personal goal (positional side), the goals of the other side (oppositional) will be threatened and she will have a negative reaction. When she changes position and identifies with the other side of the conflict (to commit to others), the goals of the other side, which are now oppositional (to commit to myself) will be threatened and will generate a negative reaction.

Functioning and reacting

William Burroughs said: "Happiness is a by-product of function. You are happy when you are functioning." Being functional means that you are able to achieve your goals. Being reactive is what prevents you from functioning, from achieving your goals. If a person has many internal conflicts, whichever goal they direct their attention to, a reaction will appear (a barrier) which will prevent them from working on that goal. The majority of the population exists in this state. Its main characteristic is a general feeling of frustration and stuckness.

"Happiness consists of activity - it is a running stream, not a stagnant pool," John Mason said. A stuck person is not active. They do only what they have to and as little as possible. They turn to different forms of compensation for what they really want but are unable to get. By nature, compensation is a replacement. When you replace what you desire with a surrogate, you can get the surrogate but you cannot get what you desire.

Blame and causality

In most cases, persons who are stuck do not accept responsibility for their own lives. They blame other people, circumstances, destiny, God, etc. Not accepting responsibility places us in the position of the effect, and vice versa, accepting responsibility places us in the position of the cause. "Until you accept responsibility for your life, someone else runs your life", Orrin Woodward said.

To be able to successfully use Integra Protocol, we must consider the possibility that we created our problems. Problems are reactions and states that occur when our unconscious goals are threatened. When we recognize those goals, when we make them conscious, the

problems they cause will vanish. The only way to recognize unconscious goals is to view them from the same position we created them, which is the point of view of the cause. If we try to perceive them from the point of view of the effect, then - from the position we are not in, we seek something which is not there.

As stated by Z.M. Slavinski, this is not about blame, it's about causality. The cause of our current problems are identities we created in the past, to resolve a situation which was critical at that time.

For example, a student is a victim of abuse, which on one occasion escalates into physical violence by a school bully. To deal with this problem, the student makes a decision "not to attract attention to avoid danger" and he assumes the identity "an inferior person".

Later, as a marketing expert whose job is market research, he is obliged to present the results of his analysis on a regular basis, to the managers of the client companies. Each time, before the presentation, his unconscious goal "not to attract attention to avoid danger" and the identity "an inferior person" get activated, which results in "fear of public performance". Who created the problem "fear of public performance" - the bully who abused him in school, or the student when he made the decision "not to attract attention to avoid danger"?

That's the difference between blame and causality. Other people can do something bad to us, but only we can turn that into a problem. The cause of a problem is not a negative experience, but the decision we made in that experience. As stated by Mike Goldstein, "We don't differentiate what happened from our response to what happened".

Activity and reactivity

The first step out of stuckness is the integration of internal conflicts. Making the unconscious conscious is the key to integrating conflicts. When we recognize unconscious goals, they lose their compulsiveness, i.e. reactivity. A few quotes to think about:

"As long as we don't make the contents of unconscious conscious, they will endlessly repeat in our lives."

Z.M. Slavinski

"Every extension of knowledge arises from making the unconscious the conscious."

Friedrich Nietzsche

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

C.G. Jung

"We are enslaved by anything we do not consciously see. We are freed by conscious perception."

Vernon Howard

"Face the facts of being what you are, for that is what changes what you are."

Søren Kierkegaard

The second step out of stuckness is in taking action, i.e. working on the achievement of our goals. A balanced approach between integrating our conflicts and taking concrete action to accomplish our goals enables us to increase our satisfaction with ourselves and our life circumstances. A few more quotes to think about:

"Personal power is the ability to take action."

Tony Robbins

"There is no substitute for hard work."

Thomas Edison

"Ideas not coupled with action never become bigger than the brain cells they occupied."

Arnold H. Glasow

"Let me tell you the secret that has led me to my goal. My strength lies solely in my tenacity."

Louis Pasteur

"The results you achieve will be in direct proportion to the effort you apply."

Denis Waitley

Internal and external are not separate. We must treat both to achieve progress. Integration of negative reactions combined with working on goals is an optimal approach that enables growth and wholeness. Otherwise, frustration and stuckness will persist. It is believed that Lao Tzu said: "If you do not change direction, you may end up where you are heading."

Internal conflicts and the bipolar universe

The universe we live in is bipolar, which means that everything that exists must have two poles. The same applies to our psyche, our internal universe, which is an integral part of the overall universe. Our thoughts and emotions exist in bipolar structures.

Physicist and philosopher David Bohm teaches that our universe consists of two orders, Implicate and Explicate. Explicate order is the manifested, created universe, and its nature is bipolar. Implicate order is the source and the destination of the Explicate, the potential from which everything emanates and to which everything returns. Implicate order is not bipolar, but whole. It does not contain anything besides pure potential, therefore it cannot contain polarities either.

When something emerges from Implicate order, manifesting into the Explicate, polarities and separation are created, and vice versa. When it disappears back to the Implicate, polarities and separation cease and wholeness is re-established. However, the two orders are not separate. Implicate order is the essence of the Explicate. On the level of psyche, Implicate order is our consciousness, which is whole, and Explicate order is the ego, which is bipolar.

We perceive a vast number of polarities: success and failure, joy and sadness, power and powerlessness… the list is almost limitless. The sole fact that we perceive something already assumes the existence of polarities: the one who perceives and that which is perceived, subject and object, I and Non-I, what I can perceive from this point of view and what I cannot perceive from this point of view.

The poles of polarities we perceive are our values, which we try to reach or withdraw from. Most importantly, polarities are values we consider when making decisions. When we cause stuckness by making a decision, we are not stuck only on the practical level of goals, but also on the level of values, that is poles, of one or more polarities.

For example, one is stuck between the need to have a romantic partner and fear of being hurt in a relationship. We can observe this as stuckness on the level of goals. However, stuckness also exists on the level of the polarities one perceived when making decisions: desire and fear, love and rejection, love and fear, alone and together. Many options exist depending on the personality and one's perceptions.

Throughout one application of Integra Protocol, one begins with the integration of specific conflicts, and then, moving towards more general conflicts, one also integrates polarities. And polarities precede the wholeness of the Being.

When one makes a decision "to live the way I want", certain values are taken into consideration and will vary depending on the personality and the moment: freedom and bondage, independence and dependence, fulfillment and unfulfillment, dignity and humiliation, my will and their will, power and powerlessness, strength and weakness, domination and submission…

Applying Integra Protocol, one will integrate decisions on both sides of confronted intentions. In the end, one will find the decision that created the polarity which led to the internal conflict. Integrating this decision restores the wholeness of the Being.

Each decision creates a polarity or separation. When I decide "to do something about it", I create a polarity such as active and passive. When I decide "to avoid conflict", I create a polarity of aggression and tolerance, or attack and defense, of fighting and giving up. Or maybe I just supported one pole of a polarity that already existed in me. By making decisions, we either create a new polarity or add charge to an already existing polarity.

By integrating unconscious decisions, by making them conscious, we integrate internal conflicts, and then, by identifying the initial decision, we also integrate one or more polarities caused by the initial decision.

Physicists say that matter is kept in existence by mutual attraction and rejection of the fundamental forces of the universe. We can also view this as conflict. Mutual confrontation of these forces is the condition for the existence of matter.

On the human level, what keeps charge and our problems in existence is mutual attraction and rejection of the sides of internal conflicts and poles of polarities. Mutual confrontation of these forces is the condition for existence of our problems, of the ego and its charge.

Just as matter would vanish without the conflict of the fundamental forces of the universe, problems also vanish with the integration of the fundamental forces in the human being - internal conflict and polarities.

Bipolar perception

Poles of one polarity are not two separate entities but two sides of the same entity. Which entity is that? Human consciousness, of course. When I polarize based on a polarity I perceive, I divide myself in two.

For example, when I polarize in relation to success and failure, I identify with both a successful and unsuccessful person, and want to enforce the identity "of a successful person" and to suppress "an unsuccessful person". If at the same time I perceive that poles are two separate entities (as opposed to being two sides of the same), then I suffer from an illusion called bipolar perception.

Why does human consciousness polarize - why does it divide in two? This question has different answers, depending on the point of view from which we observe the issue. In the context of this chapter, this is the relevant answer: because the human being does not know itself.

If the human being was aware of its true nature, it would not identify with success and failure or with any other polarity. It would not confuse a temporary role or situation with its true nature and it would not insist on remaining stuck.

Bipolar perception says "I am either a successful or unsuccessful person". However, we are neither one nor the other. We are wholeness that exists behind the polarities and we have the potential to manifest both. Polarities are our manifestation, not our true nature. And, by not knowing ourselves, we confuse one for the other.

Identities and charge

Charge consists of suppressed thoughts and emotions. There are 4 elements of charge: mental images, thoughts, emotions and body sensations. Images and thoughts are mental

components and emotions and body sensations are emotional components. Our unconscious personality consists of the 4 elements and their combinations.

According to Slavinski, all of our positive and negative experiences consist of the 4 elements, their combinations and nothing else. When we remove the 4 elements from a problem (all instances of the 4 elements), the problem does not exist any longer. Problems cannot exist without their building blocks.

The most important elements of charge are decisions, which by their nature are thoughts. Decisions are the beginning of charge creation. The process of charge creation unfolds as follows: a person makes a decision and assumes an identity to accomplish the decision. For example:

Decision: I don't want to feel worthless any longer

Goal: to prove my value

Point of view: a person focused on himself

Then, while perceiving and acting from the point of view of "a person focused on himself", he generates additional charge (images, thoughts, emotions, body sensations) which is aligned with the point of view he perceives from.

I said earlier that an identity is an indivisible unit. However, from that unit many other elements of charge emanate and stay "bundled" with it, with their source identity. We could say that identities are both sources and carriers of charge.

Strictly speaking, the source of charge is not an identity but consciousness. However, as consciousness generates charge while perceiving from a certain point of view, the consciousness is identified with that point of view, and does not differentiate itself from the identity it perceives from. Hence, identities are not only sources but carriers of charge as well. For if we integrate charge generated from an identity, but fail to integrate the identity as well, charge will be generated again, and with it the problems it causes.

Since the person does not differentiate himself from the identity (which remained unconscious), he will continue to perceive from that identity, to think and feel in accordance with it, and charge will be generated again. But when we integrate the identity, we also integrate charge created from that point of view. Since identities are both sources and carriers of charge and subsequently give rise to our problems, integration of stuck identities is a natural and efficient way to permanently resolve our problems.

Identities and evolution

Humans can assume and release identities and can also be stuck in identities. When one is in an identity, one does not differentiate oneself from the identity but perceives that the identity is one's true Being. But, the human being is none of the limitless possible identities, assumed, released or stuck. By nature, the human being is the presence behind its identities,

without matter and energy, and existing outside of space and time. "The self is a circle whose center is everywhere and whose circumference is nowhere," C.G. Jung said.

Presence (Implicate order on the level of the human being) creates its Explicate order by creating identities (and thoughts and emotions emanating from them). Identities and their accompanying charge produce certain behavior, and the final result is specific life circumstances.

Furthermore, the Implicate order of the human being is inseparable from the Implicate order of the universe. In other words, by nature, human beings are part of the Oneness of existence.

At the beginning of its evolution, the Being exists in Oneness, but it is unconscious. In order to become aware, the Being initiates evolution. The main instruments for acquiring awareness are identities, or the process of identification, to be precise. Through perceiving identities, the level of awareness gradually increases. For example, the Being is whole at the beginning, in a state of Oneness with existence, until it separates itself in two - I and Non-I. Both halves are identities with their own goals: "I" with the goal "to have myself" and "Non-I" with the goal "to have the outside world".

The created identities are initially abstract and later become specific. Each identity has its goal as well as an accompanying bundle of charge (images, thoughts, emotions, body sensations). Each identity has its opposing identity and both will continue to multiply both vertically and horizontally.

In time, by multiplication of identities and accompanying bundles of thoughts and emotions, a dense mass of charge will be created, which we call the ego. Ego is the total sum of identities and their charges, which makes us perceive ourselves as a separate unit. Ego is the storage of all our problems. On the other hand, ego is also the device credited for the development of awareness.

We could say that in the beginning, we have Oneness but not Aware Oneness, which is the goal of evolution.

There are two directions in evolutionary development, called the downward and upward phases of spiritual evolution. During the downward phase, the Being amasses identities and accompanying charges, creating the ego, in order to gain awareness. The ego enables us to become aware by perceiving the self separately from the remainder of existence. Ego is the necessary instrument of evolution.

However, once the goal of the downward phase of evolution is achieved (awareness), the vehicle that enabled us to arrive at that goal becomes a problem. We are unable to leave the ego because we are identified with it. The ego contains a large number of identities which we confused with the true self.

Since the ego is a multilayered structure, consisting of many internal conflicts, it continuously provokes unwanted states and reactions, creating suffering and numerous problems in all aspects of life, including spiritual - it prevents us from perceiving our true nature or Oneness, creating the illusion that we are a separate, mortal unit.

At the beginning of the downward evolutionary phase, we are unable to perceive Oneness because we don't have awareness. At the end of the downward phase, we have awareness, but we still cannot perceive Oneness because we perceive the ego instead.

And then, the upward evolutionary phase begins. Its goal is Aware Oneness. During the upward phase, the human being disengages from the multitude of identities gained throughout the downward phase. By integrating identities we also integrate the accompanying charge created while perceiving from those identities.

In time, as the number of stuck identities decreases, the human being gradually gains wholeness and begins to perceive Presence as its true nature, moving towards the ultimate goal - Aware Oneness. For when there are no conflicted identities there can be no ego either, which consists of those identities. And when the ego is not there, there is no difference between the unit and the remainder, and we perceive ourselves indivisible from existence, this time consciously.

Here, it is important to differentiate the concepts of consciousness and awareness. Consciousness is what the human being really is, its true nature and integral part of existence. Consciousness is part of Oneness. Awareness, however, is a property of consciousness, the result of the evolution of a unit. Although awareness is a consequence facilitated by the ego, it does not disappear when the ego disappears. Unlike consciousness, awareness is individual, and is not a part of Oneness. "No one can transcend their own individuality," said Arthur Schopenhauer.

In other words, on the level of consciousness, two human beings are part of the same Oneness and there is no difference or border between them. And on the level on awareness, those two human beings will never meet one another.

Identities and identifications

In an average human being, there are many unconscious identities and identifications. The term identity refers to what we identify with on the level of personality, while the term identification refers to what we identify with on the level of the Being. That is the only difference between the two.

Identities and identifications have the same structure - they consist of a goal and a point of view. If they are stuck, they both have their opposing identity (or identification). Most importantly, they are both integrated when we assume their point of view and recognize their goal.

-

Following are examples of identities:

-**point of view** - inferior person, **with the goal** - to avoid attention and danger

-**point of view** - isolated person, **with the goal** - to turn to myself

-**point of view** - person that has no rights, **with the goal** - to avoid being seen as I really am

-**point of view** - suppressed person, **with the goal** - to avoid falling apart

-**point of view** - person who does not deserve respect, **with the goal** - to do what I want without guilt

-**point of view** - asexual person, **with the goal** - to avoid sex because I am insecure about it

-**point of view** - fallen person, **with the goal -** to send a message to others - look what you did to me

-**point of view** - person who lost a part of herself forever, **with the goal** - never to be hurt again

-**point of view** - scarred person, **with the goal** - to provoke mercy and be accepted

-**point of view** - person who does not stand out in any way, **with the goal** - to survive

-**point of view** - person in conflict, **with the goal** - to avoid taking action

-**point of view** - person who will never have what he wants, **with the goal** - to find compensation

-**point of view** - person obstructed by others, **with the goal** - to have an excuse for giving up

-**point of view** - a pretender, **with the goal** - to fulfill expectations of others

-**point of view** - person who waits, **with the goal** - to one day live how I want

-

Examples of conflicted identities:

Example 1.

point of view: successful person

goal: to prove my value

point of view: unsuccessful person

goal: to give up to avoid further disappointments

-

Example 2.

point of view: helpless person

goal: to do what I want

point of view: forthcoming person

goal: to enhance reputation by doing what is socially appreciated

-

Example 3.

point of view: person who should react

goal: to avoid humiliation in the eyes of others

point of view: person who must not speak up

goal: to avoid conflict

-

Example of conflicted identities with accompanying mind content:

mind content: attention of others turned away from me

point of view: powerless person

goal: to be proud

mind content: I cannot stand it

point of view: person who dismissed false dignity

goal: to be loved

-

Examples of identifications:

-**point of view** - consciousness, **with the goal** - to maintain awareness

-**point of view** - I, **with the goal** - to exist

-**point of view** - Being, **with the goal** - to have myself

-**point of view** - nothing, **with the goal** - to fulfill myself

-**point of view** - presence, **with the goal** - to be aware of myself

-

Throughout one application of Integra Protocol, identities usually appear in the beginning and in the middle of the process, and identifications appear towards the end. The most important reason for emphasizing the difference between identities and identifications is as follows: when a beginner arrives at identifications, such as "consciousness", "I", "Being", "presence", "emptiness", "nothing" and similar states, he may assume that he has completed the process, that he has reached his true Being, the state outside of identities and identifications. But, in many cases, that's not true. When the practitioner achieves a high level of identifications, they should also be integrated. They are not my true "I"; they are something I have identified with.

Part II - Practice

"Simplicity is the ultimate sophistication."

Leonardo da Vinci

Introductory exercises

Introductory exercises can be done on your own or with another's guidance. If you do them on your own, read each instruction or question, close your eyes, and follow through until completion.

If you are being guided by another, work with your eyes closed the whole time. Answer the questions out loud or confirm that you have followed the instructions. Let the other person continue only when they have received your confirmation or answer to the question.

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Objective of the first exercise

To gain awareness about the 4 elements of mental and emotional charge (image, thought, emotion and body sensation).

During the exercise notice the 4 elements. If any of the 4 elements do not appear, just continue until the end of the exercise.

Note: Do the first exercise two times, first with a positive and then with a negative experience.

-

First do the exercise with a positive experience.

-Remember one positive experience.

-In your thoughts and emotions go into that experience.

-See what you saw then, feel what you felt then.

-As you are in that experience, do you feel an emotion?

-As you are in that experience, do you see an image?

-As you are in that experience, do you think something?

-As you are in that experience, do you feel a body sensation?

-

Then do the exercise with a negative experience.

-Remember one negative experience.

-In your thoughts and emotions go into that experience.

-See what you saw then, feel what you felt then.

-As you are in that experience, do you feel an emotion?

-As you are in that experience, do you see an image?

-As you are in that experience, do you think something?

-As you are in that experience, do you feel a body sensation?

-

Objectives of the second exercise

-To notice the difference between identities and mind content. Strictly speaking, identities are also mind content. However, there is a difference in perception: we are identified with identities (we don't differentiate ourselves from identities), while we perceive mind content separately from ourselves. Mind content consists of the 4 elements - images, thoughts, emotions and body sensations.

-To notice that an identity consists of a point of view and its goal.

-To notice that a goal is a facet of an identity which already exists and you just need to recognize it consciously. If there is a point of view, its specific goal is also present. Therefore it is wrong to conclude logically what the goal is, based on the point of view. Such conclusions are usually incorrect because there are many possibilities and other components of the personality interfere with the process of concluding. There is one correct answer and an unlimited number of incorrect ones. You only need to notice the existing goal, to recognize it consciously.

Note: As with the first exercise, do the second exercise twice, once with a positive and then with a negative experience.

-

Do the second exercise with a positive experience.

-Remember one positive experience.

-In your thoughts and emotions go into that experience.

-See what you saw then, feel what you felt then.

-Notice the emotion that appears.

-Ask yourself: am I this emotion or do I feel this emotion?

-Now feel yourself.

-Now feel the emotion.

-Now feel yourself.

-Notice - as you feel this emotion, what kind of person are you? What identity are you in?

-Feel that identity. Assume its point of view. Look through its eyes.

-From the point of view of that person, that identity - what is your goal? - what do you want to accomplish?

-

Do the second exercise with a negative experience.

-Remember one negative experience.

-In your thoughts and emotions go into that experience.

-See what you saw then, feel what you felt then.

-Notice the emotion that appears.

-Ask yourself: am I this emotion or do I feel this emotion?

-Now feel yourself.

-Now feel the emotion.

-Now feel yourself.

-Notice - as you feel this emotion, what kind of person are you? What identity are you in?

-Feel that identity. Assume its point of view. Look through its eyes.

-From the point of view of that person, that identity, notice - what is your goal, what do you want to accomplish?

-

Objectives of the third exercise

-To recognize the conflicting nature of unconscious mind content

-To notice reactivity of unconscious content

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Do the exercise as follows:

-Read the affirmation from the list

-Feel the affirmation

-Notice a reaction that appears

A reaction may be positive or negative. In some cases, a reaction may not appear. Whatever happens during this exercise, it's all right, just continue until the end. Reactions always come up as the 4 elements (images, thoughts, emotions, body sensations) or their combinations.

The goal of the third exercise is not for you to convince yourself of something but to notice your reactions, which are automatic and unconscious.

-

Affirmations for the third exercise:

-I am calm

-I am upset

-I am happy

-I am unhappy

-I am confident

-I am insecure

-I am successful

-I am unsuccessful

-I am loved

-I am unloved

-I am superior

-I am inferior

-I love life

-I don't love life

Subjective and objective problems

In his methodology, Z.M. Slavinski defined the difference between subjective and objective problems. It's important to understand this principle. Using Integra Protocol and other processes of charge integration, we don't resolve objective problems, only subjective. I will quote some examples from real life that Slavinski uses in his seminars.

If a client says that his problem is a lack of money, that's an objective issue. When we ask the client "How do you feel about that?" and the client responds "I feel powerless", we have identified a subjective problem - "I feel powerless because I don't have enough money". A subjective problem is the client's reaction or feeling about the state he is in.

How the client feels regarding a situation is what we can change. By using Integra Protocol, the client integrates his negative reactions and states caused by the lack of money, until he doesn't feel them any longer. That doesn't mean that money will magically appear out of nowhere, which is what a surprisingly high number of clients expect.

If after the application of the process, the client doesn't take action and invest effort to earn money, nothing will change in his financial situation. We can help him to integrate his reactions and states regarding money, to remove internal barriers as well, but it is left up to the client to actually earn money.

If the client's problem is a relationship breakup ("my girlfriend left me"), that's also an objective issue. When we ask "How do you feel about that?", and he replies "I feel worthless", we have a subjective problem - "I feel worthless because my girlfriend left me".

We can change how the client feels about the relationship breakup, but we cannot promise that the girlfriend will return just because the client integrated some unconscious thoughts and emotions. People often separate and reunite, and it is possible that the girlfriend will change her mind, but again, we cannot promise it as the result of the application of the process.

If the client states that his problem is the "bad economic situation in the country", that's an objective issue. Nothing in the economic situation of any country will change no matter how many processes we do with a client. If we ask "How do you feel about that?", and the client says "I feel blocked", that's what we can change.

Then, instead of feeling blocked and not working on his goals, the client is able to take action regardless of the situation in the country, and do his best within his circumstances. As stated by George Bernard Shaw: "Progress is impossible without change and those who cannot change their minds cannot change anything."

Objective problems are beyond the reach of processes, but they are often within reach of the client. When the client integrates the subjective reactions and states which are blocking

him, in many cases, he will be able to change objective problems as well. However, for that, action is necessary.

When it's not possible to change objective problems, the client can integrate his reactions and states and focus on something else. "When we can no longer change a situation, we are challenged to change ourselves," Viktor Frankl said. When there are no reactions and states related to an objective problem, there is no suffering either.

Situation and reaction

At the beginning of the session, ask clients what problem they would like to work on, using Integra Protocol. Clients can state an active, current problem, or a problem they do not feel at this moment, but which arises in a certain situation or when they think about it.

Examples of possible active problems:

-divorce

-loss of work

-diagnoses of an illness

-death of someone close

Examples of problems that the client may not feel at this moment, but that appear in certain situations or when they think about them:

-fear of flying

-fear of public performance

-resistance to studying a foreign language

-anger when my father imposes his beliefs upon me

-tension in the presence of unknown people

-feeling insecure because I don't have enough money

-jealousy when my wife talks to other men

-nervousness in the presence of authority

-guilt because of how I treat my wife

-feeling inferior

In most cases, the expression of a problem consists of two parts – the situation in which or because of which the problem occurs and the reaction caused by the situation. For example, a divorce is a situation and the reaction could be feelings of defeat, desperation, worthlessness, sadness… or all that together.

-**situation**: loss of work, **reaction**: injustice

-**situation**: diagnoses of an illness, **reaction**: desperation

-**situation**: death of a close person, **reaction**: grief

-**situation**: being defrauded by a business partner, **reaction**: anger

-**situation**: flying by airplane, **reaction**: fear

-**situation**: public performance, **reaction**: trepidation

-**situation**: learning a foreign language, **reaction**: resistance

-**situation**: my father imposes his beliefs on me, **reaction**: revolt

-**situation**: unknown people, **reaction**: tension

-**situation**: spouse in contact with another man, **reaction**: jealousy

-**situation**: contact with an authority, **reaction**: aggressiveness

-**situation**: treating my wife poorly, **reaction**: guilt

If the client states a situation only, without a reaction, we ask: "How do you feel about that?" If the client states a reaction only, without a situation, we ask "In which situation does that feeling occur?"

In some cases it is not necessary to identify the situation. If the client says the problem is "I am a closed person" or "I feel inferior", obviously the problems appear in relationships with others or when the client thinks about relationships with others.

If the problem is "a feeling of purposelessness", it is possible that the situation is the client's whole life: "feeling that my life is purposeless" or "feeling that existence is purposeless".

In some cases, the client is unable to identify a specific situation connected to the problem. For example, "I feel depressed… all the time." In that case we can ask: "In which situation do you feel it most strongly?" If the client says that there is no such situation, we accept that, and use "I feel depressed" as the problem definition.

Integra Protocol, step by step

First, I present the procedure, followed by a detailed explanation.

-

Procedure

1. When you think about (situation) what happens?

2. As (content) what identity are you in? (What kind of person?)

3. As (identity) what is your goal?

4. As (goal) what happens?

Repeat 2-4 until no more identities and identifications appear.

Check the result: When you think about (situation) what happens?

-Additional question No. 1: Is there anything else regarding (situation)?

-Additional question No. 2: What would you like regarding (situation)?

-

First question: When you think about (situation) what happens?

We begin the process with the first question of the procedure, combined with the situation that triggers the problem. For example:

-Think about your divorce… what happens?

-Think about losing your job… what happens?

-Think about your hepatitis… what happens?

-Think about your husband's death… what happens?

-Think about flying by airplane… what happens?

The question "what happens?" activates a negative reaction regarding the problematic situation. A reaction consists of the 4 elements of charge (image, thought, emotion, body sensation). More precisely, it consists of their combinations.

In most cases, in the beginning of the process, the client reports emotions. Sometimes they report a thought that contains charge: "life is suffering", "there is no hope for me", "people don't like me", etc. In some cases, they report a charged body sensation: "pressure in my

plexus", "feeling nauseous", "shaking", "tension," "cold sweat", etc. Rarely, they report an image as the first content in the process.

Clients may report one or more of the 4 elements; however, what truly happens is a combination of elements, whether they are aware of that or not.

An example of the first question:

Processor: What would you like to do in this session?

Client: I have a problem... it's banal but chronic... I am so bothered by the building site, I am so nervous and stuck there… problems on the building site all the time... I cannot deal with the people who work there... I lose my temper immediately...

Processor: OK. Let's call it "the building site".

Client: That's right.

Processor: Close your eyes... think about the building site... notice what comes up... image, thought, emotion, body sensation?

Client: An image of people working and I feel charge...

-

Important: the first question is not an invitation to think about the problem. The client should not explain the problem. They should direct their attention to the problematic situation and register the reaction that comes up automatically and compulsively.

-

Second question: As (content) what identity are you in? (What kind of person?)

In answer to the first question, the client will give us some mind content. Each element of the mind content (whether it's an image, thought, emotion or body sensation) was created while perceiving from an identity, and identities are what we primarily look for in Integra Protocol. We use the mind content to activate unconscious identities, relevant to the problem we are working on. The mind content is an object and the identity is the subject; one cannot exist without the other. When we direct our attention to any mind content, we can be sure that we have also activated an identity, just by perceiving that mind content.

Therefore, our next step (second question) is to recognize the identity from which the client perceives the given content. That identity is already present, active and available, and the client should feel it and verbalize it.

We use the second question as follows:

Client: An image of people working and I feel charge...

Processor: Feel charge... feel yourself... feel what identity you are in now... what kind of person?

Client: A person who withdraws.

-

How do we differentiate the mind content from identities?

If the client reports "sadness" and we ask "do you feel sadness or are you that sadness?", we can get two possible answers:

-"I feel sadness, I am not that sadness." In this case, sadness is the mind content, not an identity.

-"I am that sadness". In this case, the client is identified with sadness, and possibly, they are in the identity of "a sad person". However, instead of assuming the client is in the identity of "a sad person", we should direct their attention to feel the identity they are in, and to verbalize it.

To repeat, strictly speaking, identities are also the mind content, but:

-We differentiate ourselves from the mind content; we are not identified with it.

-We don't differentiate ourselves from identities; we are identified with them.

The nature of identification is the illusory perception that the identity is our true self.

-

Important: The client should not conclude what identity he is in. The client should feel himself or herself and verbalize the identity they feel in that moment.

-

Third question: As (identity) what is your goal?

We said that an identity consists of a point of view plus a goal that we want to accomplish from that point of view. We also said that a person does not differentiate themselves from the identity, which means they are stuck in the identity. In order to "unstick", to integrate the identity, from the point of view of that identity, we have to notice its goal. That goal is already there, we just need to perceive it.

To recognize the goal, we feel the identity, assume its point of view as completely as possible, and then observing from its point of view, through the eyes of that particular identity, we notice its particular goal.

It's important to understand that stuck identities are created in different situations in the past and they only surface during the process. They are already existing unconscious structures with already existing points of view and already existing goals. That's why concluding "what identity I am in" and "what is its goal" doesn't work. Instead, we need to feel the identity and verbalize it, and then, to assume its point of view and recognize its existing goal.

We do that as follows:

Client: A person who withdraws.

Processor: Feel the person who withdraws... from the point of view of the person who withdraws... what is your goal... what do you want to achieve?

Client: To have peace.

-

Important: The client should feel the identity as completely as possible, and then observing from the point of view of that identity, they should recognize its already existing goal. In other words "from this point of view, what do I want to accomplish?"

-

Fourth question: As (goal) what happens?

We said that problems consist of conflicted identities that exist in layers. During one process we want to integrate a chain of conflicts, all conflicted identities on both sides of the conflict structure, all its layers, beginning with the definition of the problem until we reach the state in which there are no identities.

To achieve this, we activate both sides of the internal conflict. For that purpose, we use the fourth question. When the client reports the goal of the identity (third question), we ask the client to feel that goal and to notice what happens (fourth question). This way, by feeling the goal, the client supports one side of the internal conflict, thereby provoking the next reaction.

When the client supports one side of the conflict, both sides will activate; however, in most cases, one side will dominate and the other will remain more or less suppressed.

The side of the conflict that the client supports, the positional side, will activate to enforce the goal the client is feeling at the moment. On that side there are more identities with similar goals pushing in the same direction. The oppositional side of the conflict will activate because its goals are threatened, since the client supports the opposite side, pushing in the opposite direction.

No matter which side activates, there will be a reaction (image, thought, emotion, body sensation). The side which is currently stronger (more identities and charge) will have a stronger reaction.

If the positional side is currently dominating, the client will have a reaction in accordance with it. In the continuation of the process, we use that reaction to make the next identity conscious.

Examples when the positional side is stronger:

Example 1.

Client: To dominate.

Processor: Feel "to dominate"… what happens?

Client: I am expanding... and everything around me is shrinking...

-

Example 2.

Client: To seek fulfilment.

Processor: Feel "to seek fulfilment"... what comes up?

Client: I want self-actualization.

-

When the positional side is weakened:

-The other side takes over domination

-The client shifts into the other side of the conflict

-Unconscious goals of the other side create a stronger reaction

Examples of reactions when the shift into the other sides of the conflict happens:

Example 1.

Client: To fill the emptiness.

Processor: Feel "to fill emptiness"... what happens now?

Client: Strange. I now feel I want to empty myself.

-

Example 2.

Client: To get to some kind of peace.

Processor: Feel "to get to some kind of peace"... what comes up?

Client: Emotions contradicting the peace... disturbances...

-

Important: The client should feel the goal and notice the reaction it provokes (image, thought, emotion, body sensation). The client should allow the reaction to appear spontaneously. They should not support or suppress mind content in accordance with their expectations (they should not support either side of the internal conflict).

-

Repeat questions 2-4 until no more identities and identifications appear.

Continue to repeat questions 2-4 until no more identities or identifications appear. For example:

Client: Emotions contradicting the peace... disturbances...

Processor: Feel disturbances... as you feel disturbances... feel yourself... what identity are you in now?

Client: Conflicted person.

Processor: Feel conflicted person... from the point of view of the conflicted person... what is your goal?

Client: To integrate peace and disturbance.

Processor: Feel "to integrate peace and disturbance"... What happens now?

Client: It's painful.

Processor: Feel it's painful... what identity are you in?

Client: A person who is waiting.

Processor: From the point of view of the person who is waiting... what is your goal?

Client: To be present.

Processor: Feel "to be present"... what happens now?

Client: Many different things and I feel them.

Processor: Feel many different things... and as you feel them... what identity are you in now?

Client: Present person.

Processor: Feel present person... from the point of view of the present person... what is your goal?

Client: To experience everything.

Processor: Feel "to experience everything"... what comes up?

-

The goal of Integra Protocol is to integrate all identities, existing on both sides of the internal conflict, until the end of the conflict chain, and to arrive into the state of no identity. How do we know that we have reached the end? The client will either indicate that or state it specifically.

The client who experiences Integra Protocol for the first time should be notified beforehand about the expected result of the process. Before the process, we should mention to clients that they will enter a state without identities, to expect that as a normal end phenomenon, and to notify us when it happens. Here are some examples from life:

Example 1.

Client: I have an insight... I am just experiencing life... whatever happens... and it's OK...

Processor: And as you have this insight... what identity are you in now?

Client: There is nobody... just the experience exists.

Processor: From the point of view of nobody... is there a goal?

Client: No.

-

Example 2.

Processor: Feel "running away to some other sphere"...and as you feel it, notice what happens... image, thought, emotion, body sensation...

Client: Nothing happens... everything is clear.

Processor: Feel yourself... what identity are you in now?

Client: Emptiness.

Processor: Feel emptiness... from the point of view of emptiness... do you have a goal or not?

Client: No.

-

Example 3.

Processor: Feel that everything is clear to you... that you see one in everything... feel yourself... what identity are you in now?

Client: There isn't anything. A clearing.

Processor: From the point of view of the clearing... do you have a goal or not?

Client: No. I am the clearing and the clearing is me.

-

Example 4.

Processor: Feel the "conflict between control and surrender"... feel yourself... what identity are you in now?

Client: It vanished...

Processor: Feel that it has vanished... feel yourself... what identity are you in now?

Client: Nothing.

Processor: Are you that "Nothing" or do you feel that "Nothing"?

Client: I am Nothing and I feel it.

Processor: From the point of view of that "Nothing"... do you have a goal or not?

Client: No.

 -

Example 5.

Processor: Feel joy and excitement... feel yourself... what identity are you in now?

Client: Presence.

Processor: Feel presence... from the point of view of presence... do you have a goal or not?

Client: No.

 -

Example 6.

Client: I am the person who enjoys this nice sensation of freedom.

Processor: Feel yourself... is there an identity?

Client: Now... I am not even sure what an identity is... It's like there is no me... nobody.

Processor: Feel nobody... from the point of view of the nobody... is there a goal or not?

Client: No.

 -

Example 7.

Processor: From the point of view of absolute perfection... do you have a goal?

Client: To just be.

Processor: Feel "to just be"... what happens now?

Client: Some images...

Processor: Look at those images... feel yourself... what identity are you in?

Client: I don't sense an identity...

 -

Example 8.

Client: I see a star... perfection...

Processor: See the star... feel perfection... feel yourself... what identity are you in now?

Client: God in me.

Processor: Feel God in you... from the point of view of God in you... what is your goal?

Client: To exist.

Processor: Feel "to exist"... What's happening?

Client: Some nice images... I can have an identity but I don't have it...

-

Example 9.

Client: Empty.

Processor: Feel empty... then feel yourself... what identity are you in now?

Client: Emptiness.

Processor: Are you that emptiness or do you feel that emptiness?

Client: I am emptiness.

Processor: From the point of view of emptiness... do you have a goal... or not?

Client: No goal.

-

Example 10.

Client: Peace.

Processor: Feel peace… what happens now?

Client: Nothing.

Processor: Feel nothing… feel yourself… what identity are you in now?

Client: Just me.

Processor: From the point of view of "just me"… is there a goal?

Client: Not really.

-

Important: As I mentioned earlier, identifications are identities on a higher level. Examples of identifications are "I", "emptiness", "Being", "consciousness" and similar terms.

At the end of the process, before entering the state of no identities, the client usually reports identifications. It is important to understand that identifications are the same as identities, something consciousness identified with on a higher level, not our true nature.

Identifications have the same structure as identities, consisting of a goal and a point of view. They exist in the sense of matter, energy, space and time, in the sense of a false self. When we enter the state of no identity, there is nothing in it except our presence.

This might be regarded as the only true miracle: I don't exist, but I am present more than ever before. I have no identity, but I have my complete self, because there isn't anything now to cover me and prevent me from completely perceiving myself as I really am.

Since identifications are also identities, and our goal is to integrate all identities on the chain we are working with, and to arrive into the state of no identity, we don't stop the process when a client reports identifications.

How do we continue when an identification comes up? Exactly the same as before. We instruct the client to assume the point of view of the identification they reported and to recognize its goal.

However, sometimes an identification does not exist, the client has truly reached the end of the process, but they feel a need to somehow verbalize the state they are in, and they tell us something that indicates an identification even though there is none.

How do we know whether the client is really in the state of no identity? Simply, we ask the client to assume the point of view of the identification they reported and to recognize its goal. If the goal exists, that's an identification, and if there is no goal, that's the end of the process.

For example:

Processor: What identity are you in?

Client: Consciousness.

Processor: Feel consciousness… from the point of view of consciousness… what is your goal?

Client: To maintain awareness.

This is an identification. The point of view is "consciousness" and the goal is "to maintain awareness". In this example, if the client had reported that there was no goal, "consciousness" would not have been an identification, but a way for an inexperienced client to verbalize the state of no identity.

We should also be cautious when at the end of the process the client uses terms that point towards the state of no identity, such as "emptiness", "presence", "nothing", "nobody" and similar descriptions. In practice, it's often the case that these are identifications as well, even though at first sight they don't appear as such.

For example:

Processor: What identity are you in?

Client: Nothing.

Processor: Feel nothing… from the point of view of nothing… what is your goal?

Client: To fulfill myself.

In this case, "nothing" was an identification. If we had stopped when the client reported "nothing", assuming that he had reached the state of no identity, the client would not have integrated the whole chain of identities and a part of the problem structure would continue to exist.

The correct action is always the same. Instruct the client to assume the point of view he reported and to notice if there is a goal from that point of view or not.

-

Check the result: When you think about (situation) what happens?

As I mentioned earlier, in most cases a workable verbalization of a problem consists of a reaction and a situation. An example is "feeling desperate because of the divorce". The goal of Integra Protocol is not to remove the initial reaction only, in this case "feeling desperate". Our goal is to remove all negative reactions the client might have regarding the given situation. For that purpose, at the end of the process, we check the result using the same question we started the process with:

Think about the divorce… what happens?

Again, our reactions are automatic and compulsive. They consist of the 4 elements (image, thought, emotion and body sensation) or their combinations. By asking the above question again and in the same way, we check not only if the initial reaction is still there, but whether there is any other negative reaction.

If the client says that neither the initial nor any other negative reaction is there, we have achieved the result we wanted. If the client reports some other negative reaction, we do the next process on it.

In most cases, it takes one to three processes to achieve the desired result, which is no reaction when thinking about the given situation. This result is usually achieved in one session, lasting up to one hour.

When the client reaches the state in which they cannot feel any negative reaction regarding the problematic situation, we have achieved all that is possible in one meeting. The client cannot continue to work on a problem they cannot feel.

This is an outstanding result, in my opinion. In psychotherapy, a client undergoes treatment for the same problem for weeks, months or longer. In the beginning of the session the client feels the problem and at the end of the session the client still feels the problem. In many cases, no improvement is noticeable in one meeting.

With Integra Protocol, we make a noticeable improvement in each session, which reflects on all aspects of life, practical as well as spiritual.

Important: When checking the result of the process the client should think about the problematic situation and notice if there is an automatic and compulsive negative reaction.

Or the client can imagine they are in the problematic situation now, and pay attention to whether that activates a negative reaction.

-

Additional questions

The purpose of the additional questions is to identify more unconscious charge (if it exists) regarding the situation you are working on.

Additional question No. 1 "Is there anything else regarding (situation)?" directs the client's attention to the oppositional side of the conflict. For example, a client reports the problem "fear of doctors". We have done a process and now we are checking the result:

Processor: Think about going to a doctor… what happens?

Client: Nothing. No reaction.

Processor: Is there anything else regarding going to a doctor?

Client: I just remembered a situation that happened many years ago. Doctors gave a wrong diagnosis to my friend… they gave him the wrong medication and he got much worse…

Processor: How do you feel about that?

Client: I feel angry.

The processor now begins a new process: Feel anger… feel yourself… what identity are you in now?

We repeat additional question No. 1 until the client confirms there is nothing else regarding the initial problem. Its purpose is to activate charge related to the initial problem, i.e. situation. However, sometimes, in answer to this question, the client reports an entirely new problem.

For example, the initial problem is "fear of losing my job". After doing the process, the client says that he cannot feel the fear of losing his job any more. The processor asks "is there anything else regarding losing your job?", and the client answers "I am an insecure person".

In this case, the client has reported a new problem. You could immediately apply the process on the new problem; however, it is important to point out to the client that this is a new problem, not the initial one from which you started the session. Also, you could leave the new problem for the next session.

Then, we move to additional question No. 2: What would you like regarding (situation)? It directs the client's attention to the positional side of the conflict.

Processor: Regarding going to a doctor… what would you like?

Client: I would like to go to a doctor without resistance and in peace.

The processor begins a new process: Feel that you want to go to a doctor without resistance… in peace… feel yourself… what identity are you in?

Additional question No. 2 is important when we feel that the client is compulsively holding for the positional side of the conflict. For example, the client reports the problem "anger for being verbally bullied at school". The processor asks "what would you like regarding that situation?", and the client emotionally responds "I want to win against them!" The client believes that a verbal victory is the solution to his problem.

However, integration of the internal conflict is the solution to his problem. When in a given situation there are no compulsive reactions, we have the freedom and capability to behave optimally. If you maintain the positional side of the conflict, you simultaneously maintain the oppositional side too. One cannot exist without the other.

In each internal conflict there is "for" and "against". I believe that these are essential tendencies of the human being, from which all other elements of the personality emanate. "For" emanates from the positional side of the conflict; it's what we gravitate towards. "Against" emanates from the oppositional side; it's what we resist.

Additional questions are designed to enable the client to integrate and make conscious all aspects of an internal conflict.

Session Transcripts

Transcript 1

Processor: What would you like to do in this session?

Client: I am not social... I feel I am a closed person... and that makes me sad...

Processor: Feel closed person... from the point of view of this closed person... through the eyes of the closed person... what is your goal?

Client: To feel valuable.

Processor: Feel "to feel valuable"... and notice... what happens now?

Client: Sadness and longing for something.

Processor: Feel "sadness and longing"... and as you feel "sadness and longing"... feel yourself... what identity are you in... what kind of person are you?

Client: Weak person.

Processor: Feel the weak person... from the point of view of the weak person... what is your goal?

Client: To be protected.

Processor: Feel "to be protected"... what happens now?

Client: Sadness that I am not getting it.

Processor: Feel sadness... as you feel sadness... feel yourself too... what identity are you in... what kind of person are you?

Client: Frozen person.

Processor: Feel frozen person... from the eyes of this frozen person... what is your goal?

Client: To avoid being hurt.

Processor: Feel "to avoid being hurt"... what comes up now?

Client: Outside things flying past me and I am still.

Processor: And as "things are flying past you"... what is your identity?

Client: Separate person.

Processor: Feel separate person... from the point of view of this separate person, what is your goal?

Client: To observe.

Processor: Feel "to observe"... what happens now?

Client: I want to get closer to something.

Processor: Feel "I want to get closer"... now feel yourself... what kind of person are you now?

Client: Lustful person.

Processor: From the point of view of the lustful person... what is your goal?

Client: To grab something beautiful... another person... and make it mine.

Processor: Feel "to grab another person and make it mine"... what happens now?

Client: Sensation that I want to run after something.

Processor: Feel "I want to run after something"... and feel yourself... what identity are you in now... as you "want to run after something?"

Client: Person chasing after something.

Processor: Feel person chasing after something... from the point of view of this person, what is your goal?

Client: To get it!

Processor: Feel "to get it"... and as you feel "to get it"... what happens?

Client: Sadness because I cannot get it.

Processor: Feel sadness and "I cannot get it"... As you feel this... what identity are you in **now**?

Client: Empty person.

Processor: From the point of view of the empty person... what is your goal?

Client: To fill the emptiness.

Processor: Feel "to fill emptiness"... what happens now?

Client: Strange. I now feel I want to empty myself.

Processor: And as you feel you want to empty yourself... what kind of person are you now?

Client: Avoiding person... person who avoids...

Processor: From the point of view of the person who avoids... what is your goal?

Client: Freedom.

Processor: Feel freedom... what comes up?

Client: I am going away to some kind of freedom...

Processor: And as "you are going away to some kind of freedom"... feel yourself... what identity are you in now?

Client: Seeker.

Processor: Feel seeker... from the point of view of the seeker... what is your goal?

Client: To get to some kind of peace.

Processor: Feel "to get to some kind of peace"... what comes up?

Client: Emotions contradicting peace... disturbances...

Processor: Feel disturbances... as you feel disturbances... feel yourself... what identity are you in now?

Client: Conflicted person.

Processor: Feel conflicted person... from the point of view of the conflicted person... what is your goal?

Client: To integrate peace and disturbance.

Processor: Feel "to integrate peace and disturbance"... What happens now?

Client: It's painful.

Processor: Feel it's painful... what identity are you in?

Client: A person who is waiting.

Processor: From the point of view of the person who is waiting... what is your goal?

Client: To be present.

Processor: Feel "to be present"... what happens now?

Client: Many different things and I feel them.

Processor: Feel many different things... and as you feel them... what identity are you in now?

Client: Present person.

Processor: Feel present person... from the point of view of the present person... what is your goal?

Client: To experience everything.

Processor: Feel "to experience everything"... what comes up?

Client: It's OK to just experience everything.

Processor: Feel "it's OK to just experience everything"... what identity are you in now?

Client: A person who is OK with whatever happens.

Processor: From the point of view of the person who is OK with whatever happens... what is your goal?

Client: To be alive.

Processor: Feel "to be alive"... what happens?

Client: I have an insight... I am just experiencing life... whatever happens... and it's OK...

Processor: And as you have this insight... what identity are you in now?

Client: There is nobody... just the experience exists.

Processor: From the point of view of nobody... is there a goal?

Client: No.

Processor: Let's go back to what we started from. In the beginning of the process you said: "I am a closed person". What about now?

Client: That sounds silly now...

Transcript 2

Processor: What would you like to do in this session?

Client: I have a problem... it's banal but chronic... I am so bothered by the building site, I am so nervous and stuck there... problems on the building site all the time... I cannot deal with the people who work there... I lose my temper immediately...

Processor: OK. Let's call it "the building site".

Client: That's right.

Processor: Close your eyes... think about the building site... notice what comes up... image, thought, emotion, body sensation?

Client: An image of people working and I feel charge...

Processor: Feel charge... feel yourself... feel what identity you are in now... what kind of **person**?

Client: A person who withdraws.

Processor: Feel the person who withdraws... from the point of view of the person who withdraws... what is your goal... what do you want to achieve?

Client: To have peace.

Processor: Feel "to have peace"... what happens?

Client: Relief.

Processor: Feel relief... feel it as completely as possible... now feel yourself... feel what identity you are in now... what kind of person?

Client: Happy person.

Processor: Feel happy person... through the eyes of the happy person... from the point of view of the happy person... what is your goal?

Client: To have happiness.

Processor: Feel "to have happiness"... and notice... what happens now?

Client: I see a wonderful image.

Processor: Look at that wonderful image... feel everything that follows it... and feel yourself now... what identity are you in as you observe this image?

Client: Little me... little happy me...

Processor: Feel little happy me... from the point of view of the little me... what is your goal?

Client: To be cherished.

Processor: Feel "to be cherished"... what happens?

Client: I am a little child now... I need love... parental love...

Processor: Feel "I need parental love"... as you feel "I need parental love"... what identity are you in?

Client: There is no identity. Only me. Everything fell apart... the problem fell apart when I became aware of this goal about parental love...

Processor: Feel "only me"... assume the point of view of "only me"... looking through the eyes of "only me"... is there a goal that you want to achieve or not?

Client: There is. Running away to some other sphere.

Processor: Feel "running away to some other sphere"...and as you feel it, notice what happens... image, thought, emotion, body sensation…

Client: Nothing happens... everything is clear.

Processor: Feel yourself... what identity are you in now?

Client: Emptiness.

Processor: Feel emptiness... from the point of view of emptiness... do you have a goal or not?

Client: No.

Processor: Going back to the beginning... think about the building site... what comes up now?

Client: I don't have a negative reaction in the sense of running away... but I don't feel nice when I think about the building site.

Processor: You don't feel nice when you think about the building site. What would you like instead of that?

Client: I would like to be indifferent regarding the behavior of those people... who work for me at the building site...

Processor: Feel "I would like to be indifferent regarding their behavior"... and as you feel that... what identity are you in?

Client: Awakened person... who accepts everything as it is.

Processor: From the point of view of awakened person... what is your goal?

Client: I don't have a goal... I feel as if I am playing with those people... mocking them...

Processor: Feel you are playing and mocking those people... and as you feel that... what identity are you in?

Client: Superior person.

Processor: Take the point of view of the superior person... from that point of view... what is your goal?

Client: To dominate.

Processor: Feel "to dominate"... what happens?

Client: I am expanding... and everything around me is shrinking...

Processor: Feel that you are expanding and everything around you is shrinking... feel yourself... what identity are you in now?

Client: Just me.

Processor: Feel "just me"... and from that point of view... do you have a goal or not?

Client: Everything is clear to me... I see one in everything...

Processor: Feel that everything is clear to you... that you see one in everything... feel yourself... what identity are you in now?

Client: There isn't anything. A clearing.

Processor: From the point of view of the clearing... do you have a goal or not?

Client: No. I am the clearing and the clearing is me.

Processor: Think about the building site... what comes up?

Client: I don't have a reaction... none at all...

Transcript 3

Processor: What would you like to do in this session?

Client: Regarding money.

Processor: When you think about money... what happens?

Client: I feel powerless.

Processor: Feel powerless... feel yourself... what identity are you in... what kind of person?

Client: Person who suffers.

Processor: Feel the person who suffers... from the point of view of the person who suffers... what is your goal?

Client: To seek fulfillment.

Processor: Feel "to seek fulfillment"... what comes up?

Client: I want self-actualization.

Processor: Feel "I want self-actualization"... feel yourself... what identity are you in?

Client: I feel resistance to accept responsibility.

Processor: Feel resistance to accept responsibility... feel yourself... what identity are you in?

Client: Person who blames others for my own problems.

Processor: Feel that identity... the person who blames others for her problems... from that point of view... what is your goal?

Client: To confirm something important.

Processor: Feel "to confirm something important"... what happens?

Client: I don't know how to behave...

Processor: Feel "I don't know how to behave"... feel yourself now... what identity are you in?

Client: Victim.

Processor: Feel the victim identity... through the eyes of the victim... what is your goal?

Client: To manipulate.

Processor: Feel "to manipulate"... what comes up?

Client: A question comes up... how to create my life?

Processor: Feel "how to create my life?"... feel yourself... what identity are you in now?

Client: Person who is waiting.

Processor: Feel the person who is waiting... from that point of view... what is your goal?

Client: I want somebody else to tell me what to do.

Processor: Feel "I want somebody else to tell me what to do"... what happens?

Client: Self-pity... I want to know... and I don't know...

Processor: Feel all that... then feel yourself... what identity are you in now?

Client: Person in conflict.

Processor: Feel the person in conflict... from that point of view... what is your goal?

Client: To be certain that I'm doing the right thing.

Processor: Feel "to be certain that I'm doing the right thing"... what happens?

Client: Joy.

Processor: Feel joy... feel yourself... what identity are you in?

Client: The observer.

Processor: From the point of view of the observer... what is your goal?

Client: Just to observe... I feel so nice...

Processor: Feel "just to observe"... what comes up?

Client: I hear a voice telling me: "No, you cannot!"

Processor: Listen to that voice... feel yourself... what identity are you in?

Client: Hurt person.

Processor: Feel hurt person... from the point of view of the hurt person... what is your goal?

Client: To feel suffering.

Processor: Feel "to feel suffering"... what happens?

Client: I despise myself.

Processor: Feel that you despise yourself... now feel yourself... what identity are you in... what kind of person?

Client: Person who always repeats the same mistakes.

Processor: Feel the person who always repeats the same mistakes... from that point of view... what is your goal?

Client: To give up... to avoid disappointment.

Processor: Feel: "to give up... to avoid disappointment"... what comes up?

Client: I feel insecure.

Processor: Feel insecure... feel yourself... what identity are you in now... what kind of person?

Client: Person who compares herself with others.

Processor: From the point of view of the person who compares herself with others... what is your goal?

Client: To be someone else.

Processor: Feel "to be someone else"... what comes up?

Client: I feel like daydreaming.

Processor: Feel like daydreaming... what identity are you in now?

Client: Passive person.

Processor: From the point of view of the passive person... what is your goal?

Client: To resist.

Processor: Feel "to resist"... what happens?

Client: Anger.

Processor: Feel anger... feel yourself... what identity are you in now?

Client: Person who rejects everything.

Processor: From the point of view of the person who rejects everything... what is your goal?

Client: To reject what others force upon me.

Processor: Feel "to reject what others force upon me"... what happens now?

Client: I feel some kind of contraction.

Processor: Feel contraction... feel yourself... what identity are you in now?

Client: Person who wants to control everything.

Processor: From the point of view of the person who wants to control everything... what is your goal?

Client: To know when it's OK to surrender.

Processor: Feel "to know when it's OK to surrender"... what happens?

Client: A conflict between control and surrender.

Processor: Feel the "conflict between control and surrender"... feel yourself... what identity are you in now?

Client: It vanished...

Processor: Feel that it vanished... feel yourself... what identity are you in now?

Client: Nothing.

Processor: Are you that "nothing" or do you feel that "nothing?"

Client: I am nothing and I feel it.

Processor: From the point of view of that "nothing"... do you have a goal or not?

Client: No.

Processor: Let's go back to the beginning. Think about money... what happens?

Client: Nothing.

Processor: Is there a negative reaction when you think about money?

Client: No.

Processor: And positive?

Client: Now I don't have any reaction.

Transcript 4

Processor: What would you like to do in this session?

Client: I feel some kind of sadness...

Processor: Can you connect that sadness to something?

Client: It's not connected to anything... however... it's a very specific kind of sadness...

Processor: OK, let's do the feeling of specific sadness. Feel specific sadness... feel yourself... what identity are you in, what kind of person?

Client: Sad person.

Processor: Feel sad person... from the point of view of the sad person... what is your goal?

Client: To protect myself.

Processor: Feel "to protect myself"... what happens now?

Client: A picture... like some strong mother... a combative feeling...

Processor: Feel combative feeling... what identity are you in now... what kind of person?

Client: Person who doesn't want to throw in the towel.

Processor: Feel the person who doesn't want to throw in the towel... from the point of view of this person... what is your goal?

Client: To survive.

Processor: Feel "to survive"... what happens?

Client: A picture of a man on the street... feeling of estrangement...

Processor: Feel estrangement... feel yourself... now, what identity are you in?

Client: Disappointed person.

Processor: From the point of view of the disappointed person... what is your goal?

Client: To free myself from delusion.

Processor: Feel "to free myself from delusion"... what comes up?

Client: An image of a barn in the field... a feeling of serenity.

Processor: Observe that image... feel serenity... then feel yourself... what identity are you in now?

Client: Non-accomplished person.

Processor: Feel non-accomplished person... from that point of view, what is your goal?

Client: The goal is not to have a goal... to be goalless...

Processor: Feel "to be goalless"... what happens now?

Client: A picture of a bus station...

Processor: Observe that picture... feel yourself... what identity are you in now?

Client: No identity... just me.

Processor: Feel "just me"... from that point of view... what is your goal?

Client: I don't have a goal but there is some very unpleasant feeling.

Processor: Feel that very unpleasant feeling... and feel yourself... what identity are you in now?

Client: Still just me.

Processor: Feel "just me"... from the point of view of "just me"... what is your goal?

Client: Absolutely nothing.

Processor: What happens now?

Client: I feel myself... I... but when I say "I"... as if that center is behind my forehead...

Processor: Are you that center or do you feel that center?

Client: I am not that center.

Processor: Feel that center... then feel yourself... what identity are you in now?

Client: I am like condensed dough.

Processor: Feel condensed dough... from the point of view of condensed dough... do you have a goal?

Client: No.

Processor: Are you condensed dough or do you feel condensed dough?

Client: I feel it.

Processor: Feel condensed dough... then feel yourself... what identity are you in now?

Client: I am consciousness.

Processor: Feel consciousness... from the point of view of consciousness... what is your goal?

Client: To live.

Processor: Feel "to live"... what comes up?

Client: Joy and excitement.

Processor: Feel joy and excitement... feel yourself... what identity are you in now?

Client: Presence.

Processor: Feel presence... from the point of view of presence... do you have a goal or not?

Client: No.

Processor: Let's go back to the beginning. What about the feeling of specific sadness?

Client: I don't feel anything... I feel present here and now...

Transcript 5

Processor: What would you like to do in this session?

Client: I feel stuck in my head...

Processor: Feel stuck in your head... feel yourself... what identity are you in... what kind of person are you?

Client: Stuck person.

Processor: Feel stuck person... from the point of view of stuck person... what is your goal?

Client: To be free.

Processor: Feel "to be free"... what happens?

Client: Sadness.

Processor: Feel sadness... feel yourself... what kind of person are you?

Client: Desperate person.

Processor: From the point of view of desperate person... what is your goal?

Client: To fight through all these blocks.

Processor: Feel "to fight through all these blocks"... what happens?

Client: I feel energy in my arms.

Processor: Feel energy in your arms... feel yourself... what identity are you in...what kind of person are you?

Client: Fighting person.

Processor: Feel fighting person... from the point of view of this fighting person... what is your goal?

Client: To get rid of all these outside enemies... to hit them...

Processor: Feel "to get rid of all these outside enemies"... what happens?

Client: It feels really good to hit them.

Processor: Feel "it feels really good to hit them"... feel yourself... what identity are you in?

Client: Gladiator.

Processor: Feel gladiator... from the point of view of gladiator... what is your goal?

Client: To be victorious.

Processor: Feel "to be victorious"... what happens?

Client: I see myself... I stand on top of everybody else.

Processor: See that image... and feel yourself... what identity are you in now?

Client: Winner.

Processor: Feel winner... from the point of view of this winner... what is your goal?

Client: To remain the winner.

Processor: Feel "to remain the winner"... what happens?

Client: I feel strong and I feel a threat from other people.

Processor: Feel the threat from other people... feel yourself... what identity are you in... what kind of person are you?

Client: Tense person.

Processor: From the point of view of this tense person... what is your goal?

Client: To protect myself.

Processor: Think "to protect myself"... what happens?

Client: Tension.

Processor: Feel tension... feel yourself... what kind of person are you now?

Client: Stuck person again.

Processor: Feel stuck person... from the point of view of this stuck person... what is your goal?

Client: Strange... my goal is to not move.

Processor: Feel "not to move"... what happens?

Client: I am frozen.

Processor: Feel frozen... what kind of person are you now?

Client: Scared person.

Processor: Feel scared person... from the point of view of the scared person... what is your goal?

Client: To disappear.

Processor: Feel "to disappear"... what happens now?

Client: It is a relief to disappear...

Processor: Feel "it is a relief to disappear"... feel yourself... what is your identity now?

Client: Person that does not exist.

Processor: From the point of view of the person that does not exist... what is your goal?

Client: Freedom.

Processor: Feel freedom... what happens now?

Client: I am able to escape from everything to some kind of invisible space...

Processor: Feel all that... feel yourself... what kind of person are you now?

Client: I am the person who enjoys this nice sensation of freedom.

Processor: Feel yourself... is there an identity?

Client: Now... I am not even sure what an identity is... It's like there is no me... nobody.

Processor: Feel nobody... from the point of view of the nobody... is there a goal or not?

Client: No.

Processor: What about the problem we started from - stuck in your head?

Client: I don't feel it now.

Transcript 6

Processor: What would you like to do in this session?

Client: I am always overeating.

Processor: Think about overeating... what happens?

Client: Sensation in my mouth.

Processor: Feel this sensation in your mouth... feel yourself... what identity are you in?

Client: Person who is seeking pleasure.

Processor: Feel the person who is seeking pleasure... from the point of view of this person... what is your goal?

Client: To be happy.

Processor: Feel "to be happy"... what happens?

Client: I feel lightness.

Processor: Feel lightness... feel yourself... what kind of person are you now?

Client: Person at peace.

Processor: From the point of view of the person at peace... what is your goal?

Client: To be integrated with everything... Oneness...

Processor: Feel "to be integrated with everything"... what comes up now?

Client: Peace.

Processor: Feel peace... feel yourself... what identity are you in now?

Client: I don't sense a person. I sense an energy field.

Processor: Are you that energy field or do you feel that energy field?

Client: I am this energy field.

Processor: Feel this energy field... from the point of view of this energy field... is there a goal that you want to achieve?

Client: Integration with other energy fields around.

Processor: Feel "integration with other energy fields around"... what comes up now?

Client: Sense of not being able to find other energy fields.

Processor: Feel "not being able to find other energy fields"... feel yourself now... what identity are you in?

Client: Lost entity.

Processor: Feel lost entity... from the point of view of lost entity... is there a goal?

Client: To be in contact with something other than me.

Processor: Feel "to be in contact with something other than me"... what happens now?

Client: Sense of trying really hard but nothing is making itself available to me.

Processor: Feel "trying really hard but nothing is making itself available"... what identity are you in now?

Client: Not being good enough... inadequate person.

Processor: Feel inadequate person... from the point of view of the inadequate person... what is your goal?

Client: To be accepted.

Processor: Feel "to be accepted"... what comes up now?

Client: An image of me as a child in one situation, I was angry, frustrated...

Processor: Look at this image... feel anger and frustration... feel yourself... what identity are you in now?

Client: Person not good enough to get attention from others.

Processor: Feel person not good enough to get attention from others... through the eyes of this person... what is your goal?

Client: To be understood.

Processor: Feel "to be understood"... what happens now?

Client: I have a goal to be accepted in a group.

Processor: Feel "to be accepted in a group"... what happens?

Client: Ease and pleasure.

Processor: Feel ease and pleasure... feel yourself... what identity are you in now?

Client: Energy.

Processor: Feel energy... from the point of view of energy... is there a goal?

Client: No.

Processor: When you think about overeating... what happens now?

Client: Nothing.

Processor: Is there anything else about overeating?

Client: I have a thought now... I don't want to overeat.

Processor: Think "I don't want to overeat"... feel yourself... what identity are you in now?

Client: Person who wants to change.

Processor: Feel "person who wants to change"... from the point of view of the person who is trying to change... what is your goal?

Client: To elevate to more than what I am.

Processor: Feel "to elevate to more than what I am"... what comes up now?

Client: It's very hard to do that.

Processor: Feel "it's very hard to do that"... feel yourself... what kind of person are you now?

Client: Lazy person.

Processor: From the point of view of the lazy person... what is your goal?

Client: To be comfortable.

Processor: Feel "to be comfortable"... what comes up now?

Client: Relief.

Processor: Feel relief... feel yourself... what identity are you in now?

Client: Free person.

Processor: Feel free person... from the point of view of the free person... what is your goal?

Client: To experience and enjoy everything.

Processor: Feel "to experience and enjoy everything"... what comes up now?

Client: Happy.

Processor: Feel happy... feel yourself... what identity are you in now?

Client: Energy field.

Processor: Are you this energy field or do you feel this energy field?

Client: I am this energy field.

Processor: From the point of view of this energy field... what is your goal?

Client: No goal.

Processor: When you now think about overeating... what happens?

Client: Nothing...

Processor: And what would you like regarding food and eating?

Client: I would like to enjoy appropriate amounts of food.

Processor: Feel "I would like to enjoy appropriate amounts of food"... feel yourself... what identity are you in now?

Client: Centered person.

Processor: From the point of view of the centered person... what is your goal?

Client: To open new doorways...

Processor: Feel "to open new doorways"... what comes up?

Client: Empty space...

Processor: Feel empty space... feel yourself... what identity are you in now?

Client: I am... just I am...

Processor: Feel "I am"... from that point of view, is there a goal?

Client: No.

Processor: When you think about food what happens?

Client: Nothing...

Transcript 7

Processor: What would you like to do in this session?

Client: I am not financially independent.

Processor: When you think about independence... what happens?

Client: I need and deserve it.

Processor: Feel "I need and deserve it"... feel yourself... what identity are you in now?

Client: Person who depends on others.

Processor: Feel the person who depends on others... look through the eyes of this person... and notice... what is your goal?

Client: To feel desperation.

Processor: Feel "to feel desperation"... what comes up?

Client: Bleak images.

Processor: Look at bleak images... feel yourself... what identity are you in now?

Client: Person who buries others and himself.

Processor: From the point of view of the person who buries others and himself... what is your goal?

Client: To kill everybody and everything.

Process: Feel "to kill everybody and everything"... what happens now?

Client: Rage.

Processor: Feel rage... feel yourself... what identity are you in now?

Client: The ultimate exterminator.

Processor: From the point of view of the ultimate exterminator... what is your goal?

Client: To neutralize everything.

Processor: Feel "to neutralize everything"... what happens?

Client: Peace.

Processor: Feel peace... feel yourself... what identity are you in now?

Client: Peaceful person.

Processor: Feel peaceful person... from the point of view of the peaceful person... what is your goal?

Client: Ultimate justice.

Processor: Feel ultimate justice... what happens now?

Client: White perfect star.

Processor: Look at the white perfect star... feel yourself... what identity are you in now?

Client: Absolute perfection.

Processor: Are you absolute perfection or do you feel absolute perfection?

Client: I am the absolute perfection.

Processor: From the point of view of the absolute perfection... do you have a goal?

Client: To just be.

Processor: Feel "to just be"... what happens now?

Client: Some images...

Processor: Look at those images... feel yourself... what identity are you in?

Client: I don't sense an identity...

Processor: Is there anything else about independence... any reaction?

Client: I feel betrayed by my family.

Processor: Feel betrayed by your family... feel yourself... what identity are you in now?

Client: Broken person.

Processor: Feel broken person... from the point of view of the broken person... what is your goal?

Client: To stop suffering.

Processor: Feel "to stop suffering"... what happens now?

Client: Anxiety.

Processor: Feel anxiety... feel yourself... what identity are you in now?

Client: Incomplete person.

Processor: Feel incomplete person... from the point of view of the incomplete person... what is your goal?

Client: To get back what I'm missing.

Processor: Feel "to get back what I'm missing"... what happens now?

Client: Relief.

Processor: Feel relief... feel yourself... what identity are you in now?

Client: Person who is waiting.

Processor: Feel the person who is waiting... from the eyes of the person who is waiting... what is your goal?

Client: Joy.

Processor: Feel joy... what happens now?

Client: Satisfaction.

Processor: Feel satisfaction... feel yourself... what identity are you in now?

Client: Integrated person.

Processor: Feel integrated person... from the point of view of the integrated person... what is your goal?

Client: To live my life in full.

Processor: Feel "to live my life in full"... what happens now?

Client: Power.

Processor: Feel power... feel yourself... what identity are you in now?

Client: I see a star... perfection...

Processor: See the star... feel perfection... feel yourself... what identity are you in now?

Client: God in me.

Processor: Feel God in you... from the point of view of God in you... what is your goal?

Client: To exist.

Processor: Feel "to exist"... What's happening?

Client: Some nice images... I can have an identity but I don't have it...

Processor: Is there anything else about independence?

Client: I feel independent... and at the same time I feel a part in me which is not independent... I feel limitation...

Processor: Feel limitation... feel yourself... what identity are you in now?

Client: Suffering person.

Processor: Feel suffering person... from the point of view of the suffering person... what is your goal?

Client: To reach love.

Processor: Feel "to reach love"... what happens now?

Client: Relief.

Processor: Feel relief... feel yourself... what identity are you in now?

Client: Shipwrecked person.

Processor: From the point of view of the shipwrecked person... what is your goal?

Client: Silence.

Processor: Feel silence... what happens now?

Client: Peace.

Processor: Feel peace... feel yourself... what identity are you in now?

Client: Being.

Processor: From the point of view of the Being... what is your goal?

Client: To fully melt with the light...

Processor: Feel "to fully melt with the light"... what happens now?

Client: I am light.

Processor: From the point of view of light... what is your goal?

Client: There is no goal.

Processor: Is there anything else about independence?

Client: There is a hole in my plexus.

Processor: Feel this hole in your plexus... feel yourself... what identity are you in?

Client: Loser.

Processor: Feel the loser... from the point of view of the loser...what is your goal?

Client: To stop suffering.

Processor: Feel "to stop suffering"... what comes up?

Client: Some relief.

Processor: Feel some relief... feel yourself... what identity are you in now?

Client: Uncertain person.

Processor: From the point of view of the uncertain person... what is your goal?

Client: To find safety.

Processor: Feel "to find safety"... what comes up now?

Client: I feel strong.

Processor: Feel strong... feel yourself... what identity are you in now?

Client: I feel the identity of a survivor.

Processor: From the point of view of the survivor... what is your goal?

Client: To evolve.

Processor: Feel "to evolve"... what happens now?

Client: I feel perfection.

Processor: Feel perfection... feel yourself... what is your identity now?

Client: Evolved being.

Processor: From the point of view of evolved being... what is your goal?

Client: To be one with everything.

Processor: Feel "to be one with everything"... what happens now?

Client: Nice images...

Processor: Look at those images... feel yourself... what is your identity now?

Client: All and everything.

Processor: From the point of view of all and everything... what is your goal?

Client: No goal... I am beyond goals now...

Processor: When you think about independence now... what happens... any reaction...?

Client: Joy.

Processor: Feel joy... what identity are you in?

Client: My true self.

Processor: Feel your true self... from the point of view of your true self... what is your goal?

Client: To have full satisfaction.

Processor: Feel "to have full satisfaction"... what comes up now?

Client: Ecstasy.

Processor: Feel ecstasy... feel yourself... what identity are you in now?

Client: I am everything.

Processor: Are you everything or do you feel everything?

Client: I am everything.

Processor: Feel everything... from the point of view of everything... what is your goal?

Client: To be.

Processor: Feel "to be"... what happens now?

Client: I am... It's just I am...

Processor: From the point of view of "I am"... is there a goal?

Client: No.

Processor: When you think about independence now... what happens... any reaction...?

Client: No.

Transcript 8

Processor: What would you like to do in this session?

Client: My problem is studying German.

Processor: Think about studying German... what happens?

Client: Tension and anger because I cannot do it.

Processor: Feel tension and anger... and feel yourself... what identity are you in?

Client: Incapable person.

Processor: Feel incapable person... through the eyes of the incapable person... what is your goal?

Client: To succeed but to avoid risk.

Processor: Feel "to succeed but to avoid risk"... what comes up?

Client: Anger.

Processor: Feel anger... feel yourself... what identity are you in now?

Client: Weak person.

Processor: Feel weak person... from the point of view of the weak person... what is your goal?

Client: Not to be bothered by others.

Processor: Feel "not to be bothered by others"... what comes up?

Client: Peace.

Processor: Feel peace... feel yourself... what identity are you in now?

Client: Person who wants to be isolated.

Processor: Feel the person who wants to be isolated... from the point of view of this person... what is your goal?

Client: Not to be hurt by anybody.

Processor: Feel "not to be hurt by anybody"... what comes up?

Client: Emptiness.

Processor: Feel emptiness... feel yourself... what identity are you in?

Client: Separated person.

Processor: Feel separated person... from the point of view of the separated person... what is your goal?

Client: To communicate as little as possible.

Processor: Feel "to communicate as little as possible"... what comes up?

Client: Fear that somebody will hurt me.

Processor: Feel "fear that somebody will hurt me"... feel yourself... what identity are you in?

Client: Person who is afraid of being hurt.

Processor: Through the eyes of that person... what is your goal?

Client: To be protected.

Processor: Feel "to be protected"... what happens?

Client: My life is passing by because of that.

Processor: Feel that your life is passing by because of that... what's your identity now?

Client: I am angry at myself for living like that.

Processor: Feel that you are angry at yourself... then feel yourself... what is your identity now?

Client: Powerless person.

Processor: Feel the powerless person... through the eyes of the powerless person... what is your goal?

Client: Not to be hurt by anybody.

Processor: Feel "not to be hurt by anybody"... what comes up?

Client: I am isolated again.

Processor: Feel isolation... then feel yourself... what kind of person are you now… what identity are you in?

Client: Empty.

Processor: Feel empty... then feel yourself... feel yourself... what identity are you in now?

Client: Emptiness.

Processor: Are you that emptiness or do you feel that emptiness?

Client: I am emptiness.

Processor: From the point of view of emptiness... do you have a goal... or not?

Client: No goal.

Processor: Think about studying German... what happens?

Client: A feeling that everyone can and only I cannot.

Processor: Feel "everyone can and only I cannot"... feel yourself... what identity are you in now?

Client: Sad person.

Processor: From the point of view of the sad person... what is your goal?

Client: To be happy.

Processor: Feel "to be happy"... what comes up?

Client: I feel good regarding that.

Processor: Feel that you feel good... feel yourself... what identity are you in?

Client: Person who wants to be happy.

Processor: From the point of view of the person who wants to be happy... what is your goal?

Client: To establish new life.

Processor: Feel "to establish new life"... what comes up?

Client: To have the kind of life I want.

Processor: Feel "to have the kind of life I want"... feel yourself... what identity are you in now?

Client: Satisfied person.

Processor: Through the eyes of the satisfied person... notice... what is your goal?

Client: To be confident.

Processor: Feel "to be confident"... what comes up?

Client: I feel good.

Processor: Feel that you feel good... then feel yourself... what identity are you in now?

Client: Satisfied person.

Processor: From the point of view of the satisfied person... what is your goal?

Client: To retain happiness.

Processor: Feel "to retain happiness"... what comes up?

Client: A question appears... what to do next?

Processor: Feel "what to do next"... then feel yourself... what identity are you in now?

Client: Unfulfilled person.

Processor: Feel unfulfilled person... from that point of view... what is your goal?

Client: To do something that fulfills me.

Processor: Feel "to do something that fulfills me"... what comes up?

Client: As if I cannot have that.

Processor: Feel "as if I cannot have that"... feel yourself... what identity are you in now?

Client: Stuck person.

Processor: Feel stuck person... from the point of view of the stuck person... what is your goal?

Client: To choose what I do.

Processor: Feel "to choose what I do"... what comes up now?

Client: To do something that fulfills me.

Processor: Feel "to do something that fulfills me"... feel yourself... what identity are you in now?

Client: Person who does not know what he wants.

Processor: From the point of view of the person who does not know what he wants... what is your goal?

Client: To find purpose.

Processor: Feel "to find purpose"... what comes up?

Client: I feel good.

Processor: Feel that you feel good... feel yourself... what identity are you in now?

Client: No identity.

Processor: Think about studying German... what happens?

Client: Resistance.

Processor: Feel resistance... feel yourself... what identity are you in?

Client: Person who cannot do an easy thing.

Processor: From that point of view... what is your goal?

Client: To avoid obligations.

Processor: Feel "to avoid obligations"... what happens?

Client: Emptiness.

Processor: Feel emptiness... feel yourself... what identity are you in?

Client: Person who does not know what he wants.

Processor: From that point of view... what is your goal?

Client: To find purpose.

Processor: Feel "to find purpose"... what happens?

Client: I feel good.

Processor: Feel that you feel good... feel yourself... what identity are you in?

Client: Person who wants to find himself.

Processor: From the point of view of the person who wants to find himself... what is your goal?

Client: To be attracted by something, to feel passion.

Processor: Feel "to feel passion"... what comes up?

Client: Emptiness.

Processor: Feel emptiness... feel yourself... what identity are you in now?

Client: Peaceful person.

Processor: Feel peaceful person... through the eyes of the peaceful person... what is your goal?

Client: No goal.

Processor: What comes up now?

Client: Nothing.

Processor: Feel nothing... feel yourself... what identity are you in now?

Client: Now I am a zero... presence without identity.

Processor: From the point of view of the presence without identity... do you have a goal or not?

Client: No.

Processor: Think about studying German... what happens?

Client: No reaction.

Processor: Imagine that you have to study German now.

Client: I am indifferent.

Processor: And what would you like regarding studying German?

Client: To feel passion.

Processor: Feel "to feel passion"... feel yourself... what identity are you in now?

Client: Happy person.

Processor: Feel happy person... from the point of view of the happy person... what is your goal?

Client: Progress.

Processor: Feel progress... what comes up?

Client: I feel good.

Processor: Feel that you feel good... feel yourself... what identity are you in now?

Client: Fulfilled person.

Processor: Feel fulfilled person... from the point of view of the fulfilled person... what is your goal?

Client: No goal.

Processor: What comes up now?

Client: Fulfilled emptiness.

Processor: Feel fulfilled emptiness... feel yourself... are you now in an identity or not?

Client: Confident person.

Processor: Feel confident person... from the point of view of the confident person... what is your goal?

Client: To stay confident.

Processor: Feel "to stay confident"... what happens?

Client: I feel good.

Processor: Feel that you feel good... feel yourself... what identity are you in now?

Client: Peace.

Processor: Do you feel peace or are you that peace?

Client: I am peace.

Processor: From the point of view of peace... and only from that point of view... do you have a goal?

Client: To have peace forever.

Processor: Feel "to have peace forever"... what comes up?

Client: I feel comfort.

Processor: Feel comfort... feel yourself... what identity are you in now?

Client: No identity.

Processor: Think about studying German... what happens?

Client: Peace.

Processor: And what would you like to feel regarding studying German?

Client: Nothing besides peace.

Transcript 9

Processor: What would you like to do in this session?

Client: My problem is anxiety.

Processor: In which situations?

Client: What affects my life the most is probably fear of traveling.

Processor: Think about traveling… what happens?

Client: I am scared.

Processor: Feel scared… as you feel scared… feel yourself… what identity are you in?

Client: Helpless person.

Processor: Feel helpless person… through the eyes of this helpless person… what is your goal?

Client: To get help.

Processor: Feel "to get help"… what comes up?

Client: Feels comforting.

Processor: Feel comforting… shift your attention and feel yourself… what identity are you in now?

Client: Contented person.

Processor: Feel contented person… from the point of view of contented person… what is your goal?

Client: To relax.

Processor: Feel "to relax"… what comes up now?

Client: Relaxation.

Processor: Feel relaxation… feel yourself… what identity are you in now?

Client: Passive person.

Processor: Feel passive person… through the eyes of the passive person… what is your goal?

Client: To avoid conflict.

Processor: Feel "to avoid conflict"… what comes up?

Client: Uncomfortable feeling.

Processor: Feel uncomfortable feeling… feel yourself… what identity are you in?

Client: Quiet identity.

Processor: Feel quiet identity… from the point of view of the quiet identity… what's your goal?

Client: Peace.

Processor: Feel peace… what happens now?

Client: Nothing.

Processor: Feel nothing… feel yourself… what identity are you in now?

Client: Just me.

Processor: From the point of view of "just me"… is there a goal?

Client: Not really.

Processor: Think about traveling… what happens?

Client: Nothing… just peace.

Processor: If somebody knocked on your door now… and said let's go, we have to travel… what's your reaction to that?

Client: Only a slight fear.

Processor: Feel slight fear… feel yourself… what identity are you in now, what kind of person?

Client: Sad person.

Processor: Feel sad person… through the eyes of the sad person… what is your goal?

Client: To be loved.

Processor: Feel "to be loved"… what happens?

Client: Feels good.

Processor: Feel good feeling… feel yourself… what identity are you in now?

Client: Seeker.

Processor: Feel the seeker… from the point of view of the seeker… what is your goal?

Client: To find the truth.

Processor: Feel "to find the truth"… what happens?

Client: It's quiet.

Processor: Feel quiet… feel yourself… is there an identity?

Client: Lost person.

Processor: Feel lost person… from the point of view of this person… what is your goal?

Client: To find peace.

Processor: Feel "to find peace"… what comes up?

Client: Quiet.

Processor: Feel quiet… feel yourself… what identity are you in now?

Client: Confused person.

Processor: From the point of view of the confused person… what is your goal?

Client: To find answers.

Processor: Feel "to find answers"… what happens now?

Client: Quiet.

Processor: Feel quiet… feel yourself… what identity are you in now?

Client: Poor me.

Processor: Feel "poor me" identity… from the point of view of "poor me"… what is your goal?

Client: To get help.

Processor: Feel "to get help"… what comes up?

Client: Frustration.

Processor: Feel frustration… feel yourself… what identity are you in now?

Client: Confused person.

Processor: From the point of view of the confused person… what is your goal?

Client: Clarity.

Processor: Feel clarity… what happens?

Client: Searching.

Processor: Feel searching… feel yourself… what identity are you in now?

Client: Lost person.

Processor: Feel lost person… from the point of view of the lost person… what is your goal?

Client: To find answers.

Processor: Feel "to find answers"… what comes up now?

Client: Peace and quiet.

Processor: Feel peace and quiet… feel yourself… what identity are you in now?

Client: Presence.

Processor: Feel presence… from the point of view of presence, is there a goal?

Client: No.

Processor: When you think about traveling, what happens?

Client: Nothing.

Processor: If somebody knocked on your door now and said "let's go"… what would your reaction be?

Client: Only a very small sensation in the body.

Processor: Feel a very small sensation in the body… feel yourself… what identity are you in now?

Client: Victim.

Processor: Feel victim… from the point of view of the victim… what is your goal?

Client: To get healthy.

Processor: Feel "to get healthy"… what comes up now?

Client: Content.

Processor: Feel content… feel yourself… what kind of person are you now, what identity?

Client: Quiet.

Processor: Feel quiet… feel yourself now… what identity are you in now?

Client: Nobody.

Processor: From the point of view of nobody… is there a goal?

Client: No.

Processor: When you think about traveling, what happens?

Client: It's cool.

Processor: If you had to travel now… what comes up?

Client: Some kind of small body sensation in my liver area?

Processor: Feel that sensation… feel yourself… what identity are you in now?

Client: Angry person.

Processor: Feel angry person… through the eyes of the angry person… what is your goal?

Client: To release.

Processor: Feel to release… and notice… what happens?

Client: Quiet.

Processor: Feel quiet… as you feel quiet… feel yourself… what identity are you in now?

Client: No identity.

Processor: Imagine you had to travel now… what happens?

Client: Just peace.

Exceptions

First question: When you think about (situation) what happens?

1. Situation: Client is unable to begin the process from the question "what happens now?"

Integra Protocol consists of 3 questions:

-What happens now? (What comes up?)

-What identity are you in? (What kind of person?)

-What is the goal of that identity? (From that point of view, what do you want to accomplish?)

These three questions make one iteration. The standard flow of the process consists of a sequence of iterations, until the state of no identity is achieved. Usually, one iteration begins with the question "what happens now?" However, if necessary, you can begin from any question.

Begin the process from either the identity or goal question if for any reason the client is unable to begin from the question "what happens now?", or if you find that in a particular case it is more optimal to begin from other questions.

Client: I lost my job.

Beginning the process with the question "what happens now?": Think about losing your job... what happens now?

Beginning the process with the question "what identity are you in?": Think about losing your job... feel yourself... what identity are you in?

Beginning the process with the question "what is the goal of the identity?": Think about losing your job... feel yourself... what is your goal?

Standard flow of the process:

-What happens now?

-What identity are you in?

-What is the goal of that identity?

-Repeat until the state of no identities is achieved.

-

2. Situation: In the beginning of the process, the client reports a positive reaction.

(Read more about the causes of this phenomenon in the chapter "Four reaction types", in the third part of this book.)

In the beginning of the process applied to a problem or goal, if the client reports a positive reaction in answer to the first question, we ask: "When you think about (problem or goal), do you have a negative reaction?"

For example:

Client: My goal is to finally complete my book.

Processor: Think about writing your book... what happens?

Client: I feel fulfillment.

Processor: When you think about writing your book... do you have a negative reaction?

Client: I feel that writing is futile... who will read my book?

In the first process we prefer to integrate a negative reaction the client has when thinking about the problem or goal. However, it is not a mistake even if you do the first process from a positive reaction, though it is more optimal to begin from a negative reaction. We use Integra Protocol to integrate not only negative reactions, but also positive ones, if they are compulsive.

From the second process for the problem or goal, we accept a compulsive positive reaction at the start, without any further questions. Ideally, our goal would be to bring the client into the desired state without compulsive reactions, neither positive nor negative, regarding the problem or goal we are working on.

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Second question: As (content) what identity are you in? (What kind of person?)

1. Situation: Client reports two identities simultaneously.

Correct action: Take only one identity and continue the process. If the other identity is still relevant, it will come up again in the continuation of the process, and you will then have an opportunity to integrate it.

Processor: What identity are you in?

Client: I feel that I am a free and stuck person at the same time.

Processor: Feel stuck person... from the point of view of the stuck person... what is your goal?

-

2. Situation: Client reports content instead of an identity.

When you instruct the client to give you an identity but he gives you content instead (image, thought, emotion, body sensation), accept the content and ask for identity again.

For example:

Client: I feel sadness.

Processor: Feel sadness... feel yourself... what identity are you in?

Client: I see a picture of myself shattered, walking the street...

Processor: Look at the image of yourself shattered, walking... feel yourself now... what identity are you in now... while looking at that image?

Client: A thought comes up... there is no hope for me.

Processor: Feel there is no hope for you... what identity are you in?

Client: Defeated person.

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3. Situation: You are uncertain whether the client has reported a content or an identity.

Example:

Processor: What identity are you in?

Client: Condensed mass.

Processor: Do you feel condensed mass or are you condensed mass?

If the client reports "I feel condensed mass.", we repeat the questions for identities: "Feel condensed mass... feel yourself... what identity are you in now?"

If the client responds: "I am condensed mass.", we ask for the goal of this identity, i.e. identification: "Feel that you are condensed mass... from the point of view of condensed mass... what is your goal?"

The question that enables us to differentiate mind content from identities is "Do you feel (...) or are you (...)?"

This is shown in the previous example: Do you feel condensed mass or are you condensed mass?

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4. Situation: Client is unable to verbalize the identity.

Example:

Client: I feel an identity but I cannot put it into words.

Processor: That's all right. Feel that identity even though you cannot verbalize it... looking from the point of view of that identity... through the eyes of that identity... what is your goal?

-

Third question: As (identity) what is your goal?

1. Situation: Client is unable to verbalize the goal

Client: I have a goal but I cannot verbalize it.

Processor: That's all right. Feel the goal and tell me something about it.

Accept any verbalization the client gives you and continue the process. If the goal is not made conscious and verbalized correctly, it will come back later in the process, repeatedly, until it is correctly verbalized.

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2. Situation: Client reports there is no goal.

Processor: Looking through the eyes of that identity... what is your goal?

Client: No goal.

Processor: Looking through the eyes of that identity... do you have an intention?

If the client reports an intention, that's the goal we are looking for.

If the client says there is no intention either, we ask: Looking through the eyes of that identity... are you sending a message?

If the client reports a message, that's the goal we are looking for.

If the client says there is no message either, we ask: "What happens now?", and continue the process with the next mind content, following the standard flow of the process.

In short:

-If there is no goal: Do you have an intention?

-If there is no intention: Are you sending a message?

-If there is no message: What happens now?

-

Fourth question: As (goal) what happens?

1. Situation: Client simultaneously reports two opposite elements of mind content.

Correct action: Take both at the same time and continue the process.

Client: I feel freedom and stuckness at the same time.

Processor: Feel freedom and stuckness at the same time... feel yourself... what identity are you in now?

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2. Situation: Client is unable to verbalize the mind content.

Client: I feel something but I cannot verbalize it.

Processor: That's OK. Feel it the best you can... feel yourself... what identity are you in now?

-

3. Situation: Client reports that nothing happens.

Correct action: We treat nothing as any other mind content and continue the process with it.

Processor: What happens now?

Client: Nothing.

Processor: Feel that nothing... feel yourself... what identity are you in?

Or

Processor: What comes up?

Client: Emptiness.

Processor: Feel emptiness... feel yourself... what identity are you in?

-

Repeat steps 2-4 until no more identities and identifications appear.

1. Situation: Client is stuck in a high identity or identification.

Our goal is to bring the client to the state of no identity. Sometimes, at the end of the process, the client is stuck in some high identity or identification. In that case, we ask the client to assume the point of view which is beyond the stuck identification.

Example:

Processor: What identity are you in?

Client: I, just me.

Processor: From the point of view of "just me"... what is your goal?

Client: To exist.

Processor: Feel "to exist"... what happens now?

Client: Nothing.

Processor: Feel "nothing"... feel yourself... what identity are you in now?

Client: Again, just me.

Processor: From the point of view of "just me"... what is your goal?

Client: Again, to exist.

Processor: Feel the "just me" identity... and now withdraw backwards in your thoughts and emotions... and assume the point of view behind the "just me" identity... feel yourself... what identity are you in now?

Client: Nothing. No identity.

Note: The client withdraws backwards in their thoughts and emotions, not physically.

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2. Situation: You are uncertain whether you have reached the end of the process or if there is still some high identity or identification.

Processor: What identity are you in?

Client: There is no person.

Processor: Feel yourself... and tell me something about it.

If the client indicates an identification, we continue the process with it.

If the client indicates that there is no identification, we check the result by going back to the initial issue.

The instruction "Feel yourself... and tell me something about it" helps to detect unconscious identifications, if they exist, or to confirm that they are not there.

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3. Situation: You got lost and you don't know what to ask and how to continue.

If you get lost during the process, simply ask: "What happens now?" Take the content and continue with the standard flow of the process (content, identity, goal).

If this still doesn't help, return to the beginning, to the initial issue: "Think about (situation), what comes up?", and continue with the standard flow.

Thinking, noticing, feeling

When beginners attempt to resolve their psychological problems, their first impulse is to think, analyze, conclude, explain, and search for causes or solutions. Thinking does not resolve psychological problems. On the contrary, it increases problems by creating new thoughts, emotions, and identities, adding them to the already existing charge which is connected to the problem we want to resolve.

What we want to occur is the opposite - to deconstruct the problem. We do it by recognizing the already existing building blocks of the problem, piece by piece, instead of thinking about them as a whole. We engage in inspection and detection.

By directing our attention, we provoke a reaction, and then we notice it, feel it and verbalize it. Provoking a reaction will cause existing unconscious elements of the mind content to surface. Feeling will clear them of charge and verbalization will make them conscious and integrate them.

Since we work with charge, it is important to feel the mind content and identities that surface during the process. Let me remind you, when attempting to recognize the goal of the active identity, that the goal is already there. Therefore, instead of attempting to determine the goal by thinking, you should focus on noticing the particular goal which is already present. The easiest way to do that is to feel the goal first.

The same applies to identities. When you feel an identity first, it is easier to recognize and verbalize it. Use the same approach on all elements of the mind content. Emotions and body sensation we naturally feel, and if thoughts and images have charge, we should feel them too, as they appear during the process.

In short:

-Direct attention to provoke a reaction.

-Notice the reaction.

-Feel the reaction.

-Verbalize the reaction.

Directing attention

The unconscious element of personality consists of a considerable amount of charge, i.e. suppressed thoughts and emotions. The greater part of that charge is passive. Directing attention to an object activates the passive charge associated with the object. The term "object" is used here in the broadest possible sense so that it represents any aspect of the human being or life in general.

Generally, procedures of charge integration direct the client's attention to unconscious elements of charge, to unconscious components, in order to make them conscious, i.e. integrate them. Specifically, the processor directs the client's attention to relevant elements of charge, those that the client's problem consists of. We can achieve this result using very simple procedures. For example:

Processor: Feel the problem XYZ and tell me something about it.

Client reports mind content.

Processor: Thank you. Feel the problem XYZ again and tell me something else about it.

Client feels the problem again and reports further mind content.

Processor: Thank you. Feel the problem XYZ again and tell me something else about it.

The procedure is continued until the disappearance of the problem.

If it is possible to get results with such a simple procedure, what is the point of other procedures? The answer, among others, is to be able to achieve as much as possible in the shortest amount of time possible.

Other procedures produce results, but take a long time and require inspection of every individual element of the problem structure. Integra Protocol integrates much more charge in a given time frame, because it is focused on the foundation or the key elements of the problem structure.

If you want to demolish some physical construct, such as a building, you could do it by several methods. You could position explosive devices on the critical support points, and quickly and efficiently collapse the building, avoiding dangerous side effects as much as possible.

Similarly, efficient procedures of charge integration direct the client's attention to the key elements or critical support points of the problem structure, such as identities, allowing the whole structure to integrate and fall apart in a short time, without unwanted side effects.

Directing attention in Integra Protocol:

-Recognize content (image, thought, emotion, body sensation).

-Recognize the identity from which you perceive that content.

-Recognize the goal of the identity.

-Feel the goal to activate the next content (which can be on the same or on the opposite side of the conflict).

During the Integra Protocol process, you should shift your attention without effort. For example, you are sitting in a room and someone tells you:

"Look at the wall on the right... what do you see there? Now look at the wall on the left... what do you see there?"

We should do the same in Integra Protocol, relaxed and without effort. The difference is only that the objects we direct our attention to are on the inside, not on the outside. Investing effort is not necessary and often counterproductive.

Working in the present time

Throughout Integra Protocol, images of past situations often appear. The situations were in the past, but the images are now. Don't confuse images of situations with the situations themselves. Also, all other charge that the client feels regarding a situation from the past is also in the present.

Most importantly, the identity from which the client perceives that image is always here and now. Since the client is here and now, what the client identified with must also be here and now; it cannot be otherwise.

If an image from the past appears throughout Integra Protocol, the correct response is as follows: "Observe that image... feel yourself... what identity are you in?" If the client asks "then or now?" he is confusing the image of the situation with the situation itself. There is no "then". The client should observe the image, which will activate the relevant identity, after which he should consciously recognize the identity (now, of course).

If throughout Integra Protocol the client sees an image of an imaginary situation or a symbol, for example "I see myself on top of a mountain", the correct action is the same as in the previous case: "Observe the image... feel yourself... what identity are you in?" If the client asks "there or here?", again, he is confusing an image with a situation that never happened and probably never will. There is no "there". Again, the client should observe the image to activate the relevant identity (which is always here and now), and then he should recognize the identity.

Mental images are here and now, the client is here and now and identities are here and now. Everything is here and now. Directing attention on images will activate relevant identities. Identities (and charge in general) can be active or passive but cannot be "then" and "there", only here and now. Absolutely everything is here and now and nothing can exist outside of here and now.

"The distinction between the past, present and future is only a stubbornly persistent illusion", said Albert Einstein.

"Yesterday is but today's memory; tomorrow is today's dream", said Kahlil Gibran.

We perceive that the past, present and future exist because our attention moves through the impressions of the past, present and future. But, even those impressions are in the here and now. We activate impressions when we focus our attention on them.

When clients want to integrate traumatic experiences and we ask them "how do you feel about that experience?", they can answer in three ways:

-Without feeling it now, they can recall how they felt when the experience was happening and tell us that.

-They can feel how they now feel about the experience and tell us that.

-Partially from memory and partially from the current reaction, the client gives their answer (a combination of the previous two).

We are interested in the second option - how they feel about the traumatic experience now.

The same applies to problems. We said that problems could be active or passive. The client already feels active problems in the present time. When we ask the client how they feel about a problem which is not active, they should think about the problematic situation or imagine that they are now in that situation, and notice how they feel about it.

Note: All questions of Integra Protocol are always asked in the present tense.

Taking notes

In Integra Protocol we write down the problem definition only. This applies to both self-processing and processing others. We don't write down the mind content that comes up - images, thoughts, emotions, body sensations, identities, etc., or anything else. We write down the client's verbalization of the problem (situation and reaction) to be able to check the result of the process at the end.

Self-processing and processing others

There is no technical difference between self-processing and processing others. You could use the "Guidelines for practical work" included at the end of this book to guide you in the beginning. However, since Integra Protocol consists of only 3 questions, soon you will not need the guidelines either. In self-application, in the beginning you will verbalize the questions inwardly, and soon, instead of verbalization, you will only use intention, i.e. directing attention in the desired direction.

Progressive integration and relevant mind content

Negative reactions and states are complex and multilayered structures consisting of unconscious elements created in different life situations, at all ages. No matter when the elements of problematic states or reactions were created, they exist here and now, although the surface layer covers deeper elements. Our consciousness perceives only what is on the surface.

Even though it seems paradoxical, the best way to reach the deeper relevant mind content created in the past is to focus your attention on the content which is on the surface. When you integrate the surface content, the next relevant content will appear by itself, without any effort.

During the process, you don't have to invest effort to remember anything, or strain to penetrate the depths of the unconscious in order to locate the key elements of the problem. On the contrary, just do the procedure, working with what is on the surface at the present moment and everything relevant will appear by itself.

That's how methods of progressive integration work. They pull to the surface all elements of the mind content relevant for the problem we are working on, one at a time, regardless of when they were created.

Positive, negative, wholeness

Within one process, both positive and negative identities will appear. We ourselves created our identities to reach certain goals, which is why we sometimes have a tendency to unconsciously hold onto a positive or negative identity. Recognize this tendency if it appears.

Note that by integrating identities we don't lose the ability to assume identities. We only free ourselves from compulsive stuckness in identities. The human being is neither a positive nor negative identity, but the wholeness that exists beyond them. Only from the wholeness can we willingly assume both positive and negative identities.

Don't hold onto any identity or mind content. The only way to really have that identity or content is to release it. For if there is a stuck identity, there also must be an opposing identity as well, and by maintaining one you also maintain the other.

Working with goals

Working on goals is technically the same as working on problems. Remember that a problem consists of two parts: a situation and a reaction.

Client: I have a problem with authority figures.

Processor: When you think about authority figures... what happens?

Client: Anxiety.

In this case, the problem is "anxiety in the presence of authority figures." The reaction is "anxiety" and the situation is "presence of authority figures". With goals, we work the same way.

Processor: What goal do you want to work on?

Client: I need to complete a project for my graduation exam.

Processor: Think about your graduation exam project... what happens?

Client: I feel aversion.

In this case, the definition is "aversion towards working on my graduation exam project". The situation is "working on the graduation exam project" and the reaction is "aversion". As you can see, working on goals and working on problems are inseparable. Each time you work on a problem, you work on a goal too, and vice versa. Goals and problems are two sides of the same internal conflict.

When completing the process, check the result:

Think about your graduation exam project... what happens?

If the client reports another negative reaction, do another process. If the client gives a positive compulsive reaction, we apply the process on it too. When there are no more compulsive reactions, the client acquires freedom to take action. Also, the client acquires freedom to revise, redefine or replace the goal with a more appropriate one, if that's what he wants.

Part III - Comments

"The more simple we are, the more complete we become."

August Rodin

Four reaction types

When we direct our attention onto something, we can have four reaction types:

-Positive

-Negative

-Positive and negative simultaneously

-No reaction

All four types are valid at any stage of the process.

A reaction is an automatic activation of unconscious content caused by directing attention onto an object. Since our internal world is conflicted or bipolar, in each reaction there are positive and negative sides.

If the positive side dominates in a given moment, we will notice a positive reaction, while its negative part may remain unnoticed, i.e. unconscious. If the negative side dominates in a given moment, we will notice a negative reaction, while its positive part may remain unnoticed. If both sides of the conflict are of relatively equal intensity, we may have both positive and negative reactions at the same time.

When the client reports that there is no reaction, there are two possibilities:

-They truly have no reaction; no content or identity came up.

-Content or identity appear and the client perceives it as "nothing" or "emptiness."

From the point of view of positional and oppositional sides of the conflict, we could interpret four reaction types as follows:

-Positional side reacts

-Oppositional side reacts

-Both sides react at the same time.

-No reaction

Repetitiveness

A reader might complain about the repetitiveness of Integra Protocol. However, repetitiveness is the key to integration of suppressed thoughts and emotions. And integration of suppressed thoughts and emotions is the key to resolving psychological problems, achieving goals and effective spiritual development.

Suppressed thoughts and emotions, as well as identities, exist in layers. We are able to perceive the surface layer, but the surface layer covers the layers below. To effectively resolve a problem, we need to make all of these layers conscious, one at a time, beginning with the available, surface layer. This is what we call progressive integration.

If you did not make all layers of a problem conscious, if you did not go all the way, part of the problem structure will remain in the unconscious. The problem will be weakened but not eliminated. Hence, the best methods of charge integration, problem solving, goal achievement and spiritual development use repetitiveness within one process. Some examples of those methods are Deep Peat and Aspectics by Z. M. Slavinski, Spiritual Option and Quick Goals by Filip Mihajlovic and Positive by Ivana Tomanovic.

Although repetitive, these methods are not boring. Even though they repeat the same instruction many times, unconscious material that appears in one process differs, and practitioners become explorers of unknown territories, who discover new aspects of life in others and in themselves.

Simplicity and repetitiveness are principles which enable almost anyone to learn Integra Protocol, to eliminate suffering, improve the quality of life, accelerate spiritual evolution and help others.

Self-sabotage

Self-sabotage is our unconscious obstruction, disruption or undermining of our own goals. If you understand internal conflict, you will understand self-sabotage. Self-sabotage happens when a person joins forces with one side of the internal conflict, the side we call positional, and decisively and persistently pushes towards the goals of that side. At the same time, the person suppresses all thoughts and emotions created by the goals of the oppositional side, which is now threatened and activated. Suppression adds more and more charge to the oppositional side.

Due to the increased amount of charge, the oppositional side grows stronger, but it does not have an opportunity to express itself through the conscious personality, because the person stubbornly suppresses it, and pushes towards the goals of the positional site. Therefore, the stronger and stronger oppositional side finds a way to protect its interest through the unconscious behavior of the person, which will be manifested as some form of sabotage of the goals of the positional side.

Self-sabotage is sometimes subtle (the person focuses on the trivial aspects of their goal), and sometimes destructive (the person self-inflicts an injury). A solution for self-sabotage is to apply Integra Protocol on your goal as well as on the negative reaction provoked by the goal.

Secondary gain

Secondary gain is a term commonly used to describe the psychological benefits derived from our problems. Reading various works on the subject of secondary gain, we could get the impression that it only exists in some problems. However, secondary gain exists in every psychological problem.

Again, we cannot have a problem without an internal conflict. Internal conflicts consist of two groups of confronted goals, and by nature, goals are already a gain, something that we want to accomplish or avoid. Therefore, we could say that both sides of the internal conflict work for our benefit.

What we perceive as a problem is the reaction that gets activated when the goals of one side of the conflict are threatened. The purpose of the reaction is to prevent the defeat of the threatened goals, which want to accomplish something beneficial for us.

This is an example of self-sabotage: a lonely person wants to lose weight to be more attractive and find a partner. However, she has an unconscious fear of emotional relationships. Hence, her compulsive overeating increases, to avoid an emotional relationship. On one side, she truly wants to reduce her weight but on the other side, she has an unconscious benefit from being overweight since she does not have to face possible rejection or hurt.

What we perceive as secondary gain from any problem is created by the goals of the oppositional side. They are the cause not only of the problematic reaction but also of the benefit that we gain from that reaction. If we ask ourselves "What is good about my problem?" the goals of the oppositional side will appear.

If the person shifts into the other side of the internal conflict, secondary gain will still exist, only this time it will emanate from the goals of the other side. If we have a problem, we benefit from it, one way or the other.

Health problems

We approach health problems the same as any other problems, by asking "How do you feel about...?" We want to identify and integrate the reaction or state the client has regarding the health problem. Integra Protocol does not cure health problems and illnesses. The exceptions are health problems of psychosomatic origin.

What do we get by using Integra Protocol on health issues? If the cause of the health issue is psychosomatic, the most direct path leading to that cause is to identify the reactions and states that we have in relation to the health issue. We do this by asking "How do you feel about (health issue)?", and then, one at a time, we integrate them by applying the process. Health issues of psychosomatic origin are eliminated when their unconscious causes are made conscious.

Even when health problems are not of psychosomatic origin, we almost always add a certain amount of mental and emotional charge to them, worsening not just the health problem itself, but our overall condition. By integrating added psychological charge, our general state improves, and often, the health problem itself reduces in intensity, even if it's not fully eliminated. We become proactive in searching for ways to help ourselves and become more aware of the possibilities and options available, which earlier we were either unable to see or did not want to see.

Our health problems are often the result of a long-term unhealthy lifestyle. If a person has high blood pressure, smokes for years, eats unhealthy food and doesn't exercise, there is no psychological method which, like a magic wand, will regulate blood pressure if the person continues with the same unhealthy habits.

In short, when we integrate charge related to health problems:

-Health problems of psychosomatic origin disappear.

-If the problem is not psychosomatic, we will integrate its psychological component and accept the problem as it is. In other words, we will no longer suffer emotionally in relation to the problem. This is usually a bigger relief than it appears, if you haven't experienced it. If there is no reaction regarding the health issue, there is no suffering either.

-We will constructively and creatively search for possibilities to resolve or reduce the health issue.

-We will consider changes in our lifestyle, to remove behaviors which worsen or cause the problem or we will introduce additions to our lifestyle that could reduce or eliminate the problem.

-We will shift our attention to other aspects of life and live in the best possible way in the given situation.

Dynamics of the ego

Throughout the downward phase of evolution and formation of personality, the human being creates a considerable amount of stuck identities and identifications. Perceiving from stuck identities, additional charge is generated. When we apply the process, we integrate a part of charge and dis-identify from some identities, and we feel better. But, in time, older identities, deeper layers of the ego will surface and get activated.

Such are the dynamics of the ego. Since we are identified with many identities, when we integrate those that are reachable and close to the surface, their places will eventually be taken by deeper identities emerging from the depths of the ego. This is inevitable. Now we apply another process to integrate the next layer of the ego. That's progress. Otherwise, suffering and stuckness will continue.

"The mind is like an iceberg, it floats with one-seventh of its bulk above water." Sigmund Freud said.

The average human being carries a great burden. When I do a process, I invest both in the present and in the future. Firstly, I no longer feel the negative state that bothered me before the process. Secondly, my burden, the total weight I carry, will be lighter tomorrow for the amount of charge I integrated today.

Selecting a topic to work on

Topics we apply Integra Protocol on could be classified into four categories:

-Significant experiences

-Problems

-Goals

-Current states

Therapists say that the personality of an average person has formed from ten to twenty key experiences. Integration of charge tied into those experiences introduces fundamental changes in one's life. Integra Protocol is applied to experiences in the usual manner - think about that experience... what happens? Then we continue with the standard flow.

Some significant experiences you will remember immediately, and some will surface later, as you apply Integra Protocol on different topics. Those you are aware of now, you can integrate immediately. The rest you will integrate when they emerge. Remember, by their nature, significant experiences are not just negative, but could also be positive.

The second big topic is problems. The procedure is as usual - think about (problem situation)... what happens? If it seems to you in any moment that you have no problems to work on, move onto the third topic - goals. The procedure with goals is the same - think about (goal)... what happens? Then continue with the standard flow.

The last big topic is "my current state". It's how I feel at the moment. When you notice that you don't feel optimal, feel it and notice "what happens?" - that is the standard first question. Identify the content, and move onto the second question "what identity am I in?", and follow the procedure.

Keep in mind that whatever we perceive, we perceive it from an identity. That's why it is possible to apply this process on anything. An experience or state doesn't have to be negative. You could use the process on positive experiences or states, as well.

Internal conflicts always have two sides. The criteria is compulsion. If we don't have freedom from something and freedom for something, then we have a conflict.

Short-term and long-term results

We covered everything that exists in the human being by these four topics. Whichever topic you focus on, your aim is actually always the same – to integrate charge, i.e. internal conflicts.

Internal conflicts originated in experiences (the first topic), and later manifested as problems, goals and non-optimal states (second, third and fourth topics).

In fact, when you do internal conflicts, you do all four topics at once: you free yourself from past experiences that bother and define you, from problems or barriers that separate you from your goals, and from non-optimal current states.

Short term, you don't have to suffer negative states, whether they are connected to experiences, problems or goals. Long term, by regular application of Integra Protocol, you will have fewer and fewer negative states, problems and barriers. You will feel better and your ability to accomplish goals will increase. All this will result in a better quality of life and the gradual liberation of consciousness from the shackles of the ego, what is commonly called "spiritual development".

Our erroneous perception that identities are our true Being creates suffering. At the end of each process, one experiences oneself without identities, becomes more aware of one's true nature and regains wholeness, while the number of stuck identities is reduced. Dis-identifying from stuck identities will result in gradual recognition of the self as a non-material and immortal being, inseparable from the rest of existence.

Appendix I: Guidelines for practical work

Important concepts

-Objective and subjective problems

-Situation and reaction

-Four elements of the mind content (image, thought, emotion, body sensation)

-All questions of Integra Protocol are always asked in the present tense.

-An identity consists of a point of view and the goal we want to accomplish from that point of view.

-We perceive the mind content separately from ourselves; we are identified with identities.

-Internal conflicts consist of two groups of identities with confronted goals.

-Expect that you will enter a state of no identity at the end of the process. Notice that state (and report it if you are guided by another).

-Do not hold for the initial problem.

-Do not hold for any content or identity in any stage of the process.

-Everything relevant will appear by itself.

-Problems and goals are two sides of the same entity.

-Do not analyze but rather direct your attention to cause a reaction, notice the reaction, feel it and verbalize it.

-

Procedure

1. When you think about (situation) what happens?

2. As (content) what identity are you in? What kind of person?

3. As (identity) what is your goal?

4. As (goal) what happens?

Repeat steps 2-4 until no more identities and identifications appear.

Check the result: When you think about (situation) what happens?

-Additional question No. 1: Is there anything else regarding (situation)?

-Additional question No. 2: What would you like regarding (situation)?

Appendix II: Definitions

Activation: reaction or state caused by activation of suppressed goals, decisions, identities and their accompanying charge. It happens when unconscious goals are threatened.

Active charge: suppressed and unconscious thoughts and emotions which are currently active.

Active identity: identity from which the client perceives in the present moment, activated by directing attention to an object.

Assuming identities: ability of consciousness to assume the point of view needed to achieve a goal.

Automatism: see Reactivity.

Aware Oneness: goal of evolution. In the beginning of the evolution, the Being has Oneness but it cannot perceive it because it does not have awareness. At the end of the downward evolutionary phase, the Being gains awareness but it still cannot perceive Oneness, because it now perceives the ego. At the end of the upward evolutionary phase, when identities are integrated and the ego disassembled, the Being enters Aware Oneness, and for the first time, it has both Oneness and awareness.

Awareness: property of consciousness. The result of evolution. Awareness is individual, as opposed to consciousness which is a part of Oneness.

Barrier: when we direct attention to a goal, unconscious goals (confronted by the goal we directed attention to) become active. Unconscious goals generate a negative reaction which we perceive as a barrier that separates us from the goal we directed our attention to.

Bipolar perception: false perception caused by charge. When we perceive that two states of the same entity are separate, that they exist or can exist separately.

Charge: suppressed and unconscious thoughts and emotions (mental images, thoughts, emotions and body sensations).

Compulsiveness: see Reactivity.

Consciousness: nature of the human being. Integral part of Oneness.

Defeat: collapse of an intention, goal or decision.

Directing attention: we direct the client's intention in order to provoke a reaction, i.e. charge relevant to the problem we are working on.

Downward evolutionary phase: first stage of evolution directed towards gaining awareness.

Ego: total sum of all suppressed thoughts and emotions that make us perceive ourselves as separate units. Total sum of identities and charge we generated perceiving from identities. The storage for our problems. The instrument for achieving awareness.

Fragmentation: multitude of internal conflicts. Multitude of conflicted identities or groups of identities. Multitude of confronted intentions.

Functionality: ability to achieve goals.

Horizontal multiplication **of identities**: when a stuck identity from one aspect of life gets activated in another aspect of life and creates new stuckness.

Identification: an abstract identity. What we identify with on the level of the Being: consciousness, "I", nothing, emptiness, presence, etc.

Identity: point of view plus a goal we want to accomplish from that point of view. An identity does not consist of two separate parts. The point of view is the other side of the goal - where we perceive the goal from. The goal we can think of as an object and the point of view as the subject. One cannot exist without the other.

Inspection: to notice, recognize, or detect a phenomenon in the unconscious, as opposed to drawing conclusions about the phenomenon based on information about it.

Integration: process of bringing goals, decisions and accompanying charge into consciousness. By integration they (goals, decisions, charge) lose their compulsive tendency to materialize. Reconciliation of internal conflicts. Rehabilitation of the wholeness of the Being.

Integrity: wholeness of the Being as opposed to fragmentation. Non-existence of internal conflict. Ability to perceive a possible negative outcome of a situation without resistance.

Internal conflict: two confronted intentions. Two identities with confronted goals. Two groups of identities with confronted goals. Intention and counter intention are not necessarily one positive and the other negative, although they could be. They are two confronted intentions.

Iteration: mind content, identity, goal (one iteration in Integra Protocol).

Oneness: source, destination and the true nature of overall existence. In its essence, everything that exists is an integral part of the same entity.

Oppositional side of the conflict: side of the conflict that the person suppresses, opposed to the current conscious goal of the person. Goals of the oppositional side are threatened and create negative reactions, states, or problems.

Oscillations: alternate identification of consciousness with the opposite sides of an internal conflict.

Passive charge: suppressed and unconscious thoughts and emotions which are currently passive.

Point of view: the point from which we perceive.

Polarities: two sides of the same entity. Two states of the same: strength and weakness, success and failure, active and passive. When human consciousness divides into two opposites.

Positional side of the conflict: the side of the conflict that is currently dominant, with which the person is currently identified, whose goals the person wants to achieve.

Presence: nature of the human being. When the Being perceives itself even though there are no identities or identifications.

Problems: reactions and states we perceive as unwanted.

Process: defined sequence of steps leading to a particular result.

Processing: application of processes on psychological states and reactions.

Processor: one guiding another person or oneself through processes.

Progressive integration: integration is noticing and making conscious unconscious mind content. Progressive integration is making conscious a sequence of unconscious layers within one process, connected to the same unwanted reaction or state. It usually begins from the definition of the unwanted state and continues until emptiness is achieved, i.e. the disappearance of the mind content from which the unwanted reaction or state originated.

Reaction: activation of charge. State or behavior opposite to some conscious intention (which belongs to the positional side of the internal conflict). A reaction gets activated when our unconscious goals are threatened (which belong to the oppositional side of the internal conflict). The purpose of a reaction is to prevent the defeat of the unconscious goals.

Reactivity: compulsive tendency of suppressed goals or decisions to materialize.

Repetitiveness: repeating the same instruction within one process in order to make conscious all building blocks, i.e. layers of an unwanted reaction or state.

Secondary gain: unconscious psychological benefits we gain from our problems.

Self-sabotage: unconscious obstruction, disruption or undermining of our own goals.

Shift: a switch from one identity into another, a switch from an identity whose goal is defeated into an identity which resolves the problematic situation, a switch from one side of the internal conflict into the other side. One oscillation.

Standard flow of the process: a sequence of iterations (mind content, identity, goal) until we reach the state of no identity or identification.

Stuckness: inability to assume the point of view needed to accomplish a goal. The result of an internal conflict.

Upward evolutionary phase: the second phase of evolution, directed towards gaining Aware Oneness.

Vertical multiplication of identities: multiplication of identities on both sides of one internal conflict.

Literature

David Bohm, "Wholeness and the Implicate Order"

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Mike Goldstein, "Idenics, An Alternative To Therapy"

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Zivorad M. Slavinski, "Aspectics, Gnosis of the Fourth Dimension"

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Zivorad M. Slavinski, "Gnostic Intensive with the Alternative Technique"

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Zivorad M. Slavinski, "The Return to Oneness"

Zivorad M. Slavinski, "Transcendence"

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SPIRITUAL TECHNOLOGY: A Journey Into Oneself

Oneness, enlightenment... is it available to everyone?

This honest and inspiring memoir is by an ordinary person, Vladimir Stojakovic, who achieved dramatic spiritual growth in a short time, by using Spiritual Technology.

Spiritual Technology is a revolutionary collection of methods developed by Zivorad M. Slavinski, who managed to turn rapid spiritual development, which is often a tedious and fruitless activity, into an effortless and even pleasurable adventure. And the results he achieved are available to everyone.

"Spiritual Technology: A Journey into Oneself", based on the personal experience of Stojakovic, is an authentic and captivating narrative that reads like a novel.

In clear language, it describes many remarkable experiences and various phenomena, clarifies spiritual concepts and higher states of evolution, reviews the most significant methods in Spiritual Technology, and much more.

Most importantly, "Spiritual Technology: A Journey into Oneself" it shows that the times of the "spiritually privileged" are behind us, and that anyone can achieve enlightenment.

Z.M. Slavinski about the book

"I'm glad to inform members of our group that after a long time of waiting Vladimir's book "SPIRITUAL TECHNOLOGY: A Journey Into Oneself" is published and ready for the distribution. At the same time there are two versions, both English and Serbian edition.

I have started this presentation with a bit of hesitation. Vladimir described his whole Spiritual adventure in the light of my systems of Spiritual Technology, mentioning my name very often so that I felt like reading some paid advertisement for my systems. But perhaps it must be like that - he put in practice everything I have been doing, thus his book is the recapitulation of my life's work.

Another bit of hesitation comes from awkward situation when you read the book of the friend. Sometimes you must tell one, "Your book is good, but you know..." With Vladimir's book I did not have to do that.

The book is very good one, better say excellent - honest, well written, highly interesting and good source of precious information. His life story is touchy, his examples are well chosen, his metaphors fresh and original.

One can find in it some elements one can't find at any other place - for example, his encounters with materialized mass of his ego which he was able to see and feel. Perhaps some other practitioners will be able to report the same lately, but such ones will have to do the same enormous number of processing as Vladimir did.

To make a long story short, Vladimir's book "SPIRITUAL TECHNOLOGY: A Journey Into Oneself" reads at the same time as exciting novel and the fascinating manual, the golden mine of information.

Good luck, Vladimir,

Zivorad

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