



LITTLE MAGICAL METHOD
Developed by Zivorad M. Slavinski

We can apply the Little Magical Method (LMM) to experience and address the tension associated with many problematic thoughts, emotions and physical sensations. It can be particularly useful to address anxiety, stress, dread, and pain.

The mechanism of change in this method begins with the collapse of a wave into a particle, which can be manipulated through acceptance and integration. Investigate the unwanted state through a systematic exploration of qualities associated with matter, energy, space and time (MEST).

Put your intention on the unwanted thought, emotion or physical sensation and ask yourself the following questions:

1. Where exactly do I feel it? What is its location?
2. How deep is it in mybody?
3. Is it inside, outside or both?
4. What shape is it?
5. How big is it?
6. How heavy is it?
7. What color is it?
8. What is its temperature?
9. How old is it?
10. On a scale from 0 to 10, how strong is it?

You could add a question about its level of consciousness, *How intelligent is it? What is its level of consciousness?*

Repeat the same sequence of questions several times. With each pass, focus on experiencing the unwanted state as fully as possible. With every pass, confronting and accepting the experience eliminates a portion of energy from that unwanted sensation. It gets smaller and smaller, becomes weaker and at the end it vanishes.

When we allow ourselves to experience the body sensations and associated content, the charge should vanish quickly and in 4-5 rounds of the same questions it disappears completely. As questions empty of content, there is no need to repeat

those questions.

Sometimes, we may feel confused with these questions. At times like this, ask questions like, *if it DID have a color, what color would it be? Give it a color.*

If after 4 – 5 repetitions of the question sequence there is no lessening of dimensions and strength, direct your awareness to the movement of the body sensation.

In that body sensation, there must be some movement, otherwise it would not exist. Every cessation of movement brings about the vanishing of the body sensation. Therefore, observe carefully that body sensation. What kind of movement of energy is there in it? Remember, energy can move vertically, circular, horizontally, an oblique movement, alternatively contracting and expanding etc.

As you become aware of and feel that movement of energy, direct the movement of energy in the opposite direction. Then, simultaneously feel both of those opposite energetic movements, as best you can, while taking a breath.



Put your intention on the unwanted thought, emotion or physical sensation and ask yourself the following questions:

Location	Depth	Inside/Outside	Shape	Size	Weight	Color	Body temp? Warmer / Cooler	Age	Strength
Tune into the directionality of the movement of energy, intentionally direct it to move in the opposite direction. Experience the energy moving at the same time in both directions.									

Fill the space where the energy used to live with light.