



## UNIVERSAL PROCESS

*Developed by Zivorad M. Slavinski*

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*The integration of two opposing states can eliminate psychological suffering.*

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

### **Universal Process (UP)**

Essentially, in this process we alternate between experiencing two opposites, polarities, while taking a breath at each turn. After two or three rounds, you feel/experience them at the same time while taking a breath. The magic of this method is that we do not just need to rely on our own experience, we can lean into the experiences of others. In this way we can access the universality of human experiences.

1. **Identify the problem and the goal.** This will be a polarity associated with a problem and an opposite. Or it could be a chosen pair of opposites.
2. **Find an experience of the first polarity.** Feel or experience it, briefly describe it to yourself and take a breath. It might be a thought, image, emotion, sensation or some combination. As stated above, you can use your own experience of the polarity or some situation in which you saw someone else have that experience or the way you imagine that state or polarity would feel. In other words, you can lean into what you imagine a state would feel like.
3. **Find an experience of the second polarity.** Feel / experience the second polarity, briefly describe it to yourself and take a breath.
4. **Repeat steps two and three 2 – 4 times.**
5. **Feel / experience both polarities at the same time and take a full breath.** Notice what is happening between them. Ask yourself, *“Can I feel them separately, or are they one for me?”* **This is an essential step for the success of the procedure.** After two or three rounds (sometimes more) of rocking between two opposing states, the polarities will generally merge, integrate.
6. **Repeat steps two – five until you reach integration** – usually two to four rounds.
7. **Test the results.** Ask yourself these two test questions: *Can I feel them separately? Do I think I will be able to manifest both with equal ease?* The

second question might feel confusing and irrelevant after integration. **Check the original problem.** How does it feel?

**Polarities integrate in three different ways:**

1. They vanish. What is left in their place is emptiness.
2. You feel there is no difference between them.
3. Polarities visually merge and you cannot feel them separately.

**Example using Receiving / Giving**

*Feel or experience **receiving** describe it to yourself.*

*Feel / experience **giving** and describe it to yourself.*

*Feel / experience **receiving** and describe it to yourself.*

*Feel / experience **giving** and describe it to yourself.*

*Feel / experience **giving and receiving at the same time**, deeply inhale and exhale notice what's happening between them. If they have merged, the process is complete. If they have not, repeat the process.*



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**Universal Polarities Process (UP) Practice**

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**Opposites:** Find, feel, breathe and describe – each time

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\_\_\_\_\_ Feel at the same time, Full Breath \_\_\_\_\_

What's happening between them?

Are they one for me or can I feel them separately?

**Stabilize:** Forgiveness, Light, Thankfulness