

Curate YOUR State

with Acceptance and Integration Training®

Facilitators Guide

Melanie McGhee, L.C.S.W.

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Facilitators
Guide



Acceptance and
Integration Training®

— ACCEPTANCE + INTEGRATION = FREEDOM —



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CURATE YOUR STATE™
Facilitators Guidebook

Melanie McGhee, L.C.S.W.

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CURATE YOUR STATE™ ~ Facilitator's Guide

Table of Contents

Licensure and Services Agreement	5
CYS Facilitator's Training Outline	19
Collaborative Learning Assignments and Practice Success Strategies	29
Facilitation Principles	38
Motivation Enhancement	41
Spiritual Technology Principles	45
AAIT Principles	46
CYS Embodiment Week One Outline.....	47
CYS Embodiment Week Two Outline	49
CYS Embodiment Three Retreat Day Outline	51
CYS Embodiment Four Outline	53
CYS Embodiment Five Outline	55
CYS Embodiment Six Outline	57
CYY Playing a Higher Game Week One Outline	59
CYY Playing a Higher Game Week Two Outline	61
CYY Playing a Higher Game Week Three Outline	63
CYY Playing a Higher Game Week Four Outline	65
CYY Playing a Higher Game Week Five Outline	67
CYY Playing a Higher Game Week Six Outline.....	69
Gnostic Intensive	71
Individual Gnostic Intensive	81
Gnostic Stabilization	83
Bibliography	89
Notes	90



Acceptance and Integration Training ®
Licensure and Services Agreement

This License Agreement (this “Agreement”) is entered into between the undersigned (“Licensee” or “You”), and Illumined Life, LLC (“Illumined Life, LLC” or “Licensor” or “We”), a Tennessee limited liability company located at 718 Hickory Lane, Maryville, TN 37801, effective as of the date it is agreed to (the "Effective Date").

Before You may participate in any Acceptance and Integration Training® (“AAIT™”) training, or facilitate any AAIT™ event or course, You are required by Illumined Life, LLC, to agree and accept the following terms.

The terms of this Agreement will govern any future training, certification services, or license that Illumined Life, LLC, provides to You or Your company unless You and Illumined Life, LLC, expressly agree to other terms in writing.

1. Training & License Fees:

Licensee agrees to pay Illumined Life, LLC, a **Training Fee** for the particular training selected during checkout. (OR agrees to pay a training fee to learning facilitator)

If Illumined Life, LLC, approves Your certification application, You additionally agree to pay Illumined Life, LLC, an **Initial License Fee** prior to conducting Your first AAIT™ event.

If Illumined Life, LLC, renews Your license at the end of any Term, as outlined below in paragraph 7, You agree to pay Illumined Life an **Annual License Fee** set by Illumined Life, LLC, at the time of renewal, for any subsequent License Term.

The Initial License Fee and the Annual License Fee are collectively referred to as “License Fees.”

2. Limited License:

a) Limited License to Licensee:

When You accept these terms and conditions by checking that You agree to the terms of this Agreement, pay the Training Fee and any applicable License Fees, complete the training and/or certification requirements in this Agreement, and, if applicable, Your certification application is approved, Illumined Life, LLC, will grant You a limited, non-exclusive, revocable, non-transferable license (the “License”) to use the Acceptance and Integration Training®, AAIT™, and Curate Your State™, CYS™, names, logos, trademarks, service marks, and materials made available to You and authorized at Your level of training and/or certification (collectively, the “Intellectual Property”).

The Intellectual Property may be used to work with clients and plan, promote, and execute an in-person or virtual / online AAIT™ event(s), as authorized at Your level of training and/or certification. You may display or allow streaming access to videos included in the Intellectual Property to Your participants, but **You may not permit any participants to download any videos**. You may not display or allow streaming access to videos showing a complete process as part of Your marketing or promotion efforts; You may only use a snippet (up to five minutes) of these videos to show the transformation in Your marketing or promotional materials. In no event shall You, or any person or entity that organizes, participates in, or performs services regarding Your AAIT™ event(s), use the Intellectual Property for any other purpose, including, but not limited to, the sale of books, articles, publications, audio recordings, videos, or other media, without the prior written consent of Illumined Life, LLC.

You may not transfer, sublicense or assign the License and/or Your rights to use the Intellectual Property. Illumined Life, LLC, may require You to stop using the Intellectual Property in connection with Your clients and/or Your AAIT™ event(s) and may discontinue any listing on any AAIT™ web page at any time, in its sole discretion. If You do not use the Acceptance and Integration Training®, AAIT™, and Curate Your State™, CYS™, trademarks or service marks according to any quality control guidelines set forth by Illumined Life, LLC, Your License may be discontinued. Illumined Life, LLC, may modify, amend, supplement, and/or replace the terms and conditions of this License in writing at any time.

Unless You are certified by Illumined Life, LLC as a Trainer, this License does not include permission for You to train other practitioners to facilitate AAIT™ trainings.

If You complete a particular training but Your application for certification is not approved by Illumined Life, LLC, Your license will be limited to the use authorized at Your level of training only, but You will not be permitted to plan, promote, or execute Your own in-person or virtual / online AAIT™ event(s).

b) Compliance with Rules:

Your use of the Intellectual Property must comply with any rules as provided or modified from time to time by Illumined Life, LLC, in its sole discretion, which are incorporated in this License.

c) Customizing the Intellectual Property; Derivative Intellectual Property:

You may not edit the content in the client instructions and handouts provided to You by Illumined Life, LLC. You may customize the materials Illumined Life, LLC, makes available to You as authorized at Your level of training and/or certification for planning, promoting, and executing Your AAIT™ events, by adding materials specific to Your audience or focus, and adding Your own company name and logo. You may also create Your own AAIT™ client introduction with Your commentary on the theory, principles and phases.

You agree to submit all customized or new materials for planning, promoting, and executing Your AAIT™ events to Illumined Life, LLC, **in advance** for its review and approval, in Licensor's sole discretion, **before** beginning to use any such customized or new materials.

You must continue to use the Acceptance and Integration Training®, AAIT™, Curate Your State™, and CYS™ trademarks or service marks, as applicable, in connection with Your AAIT™ events. All AAIT™ courses must include the fundamental theory of AAIT™ (Acceptance + Integration = Freedom) and a reference to at least one of the AAIT™ principles.

Licensee hereby grants Illumined Life, LLC, a perpetual, irrevocable, worldwide, royalty-free, unlimited license to exercise all rights in any materials You create that incorporate any portion of the Intellectual Property or are based on or derivative works of the Intellectual Property, including but not limited to promotional materials, photographs, and videos ("Derivative Intellectual Property"). Licensee may not retain, use, sell, or transfer any Derivative Intellectual Property itself or to any third party except as permitted by this Agreement. All goodwill generated by the use of the Intellectual Property or Derivative Intellectual Property under this Agreement shall inure solely to the benefit of Illumined Life, LLC.

3. Licensee Content:

Illumined Life, LLC, may request Your consent to use Your likeness (including your name or pseudonym, at your option), comments, posts, photos, images, videos, or other contributions created by You (collectively, “Your Material”), for any purposes, including commercial purposes such as advertising. If You grant such consent, You agree that Illumined Life, LLC, and anyone authorized by Illumined Life, LLC, is granted an unlimited, royalty-free, perpetual, irrevocable, non-exclusive, unrestricted, worldwide license to use, copy, modify, transmit, sell, exploit, create derivative works from, distribute, and/or publicly display Your Material, in whole or in part, in any manner or medium, now known or developed in the future, for any purpose, and grant Us the right to make it part of Our current or future website and course or training materials. This right includes granting Us proprietary rights or intellectual property rights under any relevant jurisdiction without any further permission from you or compensation by Us to You. You acknowledge that, if You grant this consent, We have the right but not the obligation to use Your Material and that We may cease the use of Your Material on Our website or in any of Our course or training materials at any time for any reason.

Illumined Life, LLC, may request Your consent to use any and all photographs, videos, recordings, or other records You or Your representatives or contractors may create or capture at or of AAIT™ events (collectively “Your AAIT Event Material”). If You grant such consent, You agree that Illumined Life, LLC, is granted an unlimited, non-exclusive, perpetual right and license to use Your AAIT Event Material on Our website, blog, or other marketing efforts, in any media now known or unknown.

4. Refunds; Chargebacks:

All Training Fees and License Fees are nonrefundable except as outlined in the Refund Policy for Training Fees Only below. If paying by debit card or credit card, You give us permission to automatically charge your credit or debit card as payment for the Training Fees and License Fees, without any additional authorization, for which You will receive an electronic receipt.

In the event that payment is not received by the date due, You will have a fifteen (15) day grace period to make the payment, otherwise Illumined Life, LLC, reserves the right to discontinue Your access to the Intellectual Property and discontinue the License immediately and permanently.

If You fail to make payment in a timely manner in accordance with this Agreement or voluntarily decide to discontinue this Agreement at any time or for any reason, You will remain fully responsible for the full cost of the Training Fees.

Refund Policy for Training Fees Only: If You complete any training and do not find it to be of personal or professional value, You may request a refund from Illumined Life, LLC. In order to request a refund of Your Training Fees, You must have completed all of the modules and worksheets for the applicable Facilitator's Training. Illumined Life, LLC, may require that You submit documentation, including without limitation Your notes for each of the modules, all the completed worksheets from the program, and the coaching You received by email, and may grant or deny any refund request, in its sole discretion.

Unless otherwise provided by law, or as outlined above in the Refund Policy for Training Fees Only, You acknowledge that Illumined Life, LLC, does not offer refunds for any portion of Your payment for any Training Fees or License Fees and no refunds will be provided to You at any time.

Since Illumined Life, LLC, has a clear and explicit Refund Policy for Training Fees Only to which You have agreed, Illumined Life, LLC, does not tolerate or accept any type of chargeback threat or actual chargeback from Your credit card company. In the event that a chargeback is placed on a payment or Illumined Life, LLC, receives a chargeback threat during or after Your payment(s), Illumined Life, LLC, reserves the right to report the incident to all three credit reporting agencies or to any other entity for inclusion in any chargeback database or for listing as a delinquent account which could have a negative impact on Your credit report score. The information reported will include Your name, email address, order date, charge amount, and billing address. Chargeback abusers wishing to be removed from the database shall make the payment for the amount of the chargeback.

5. Illumined Life, LLC, Services:

Illumined Life, LLC, agrees to provide the following Services to Licensee upon payment of the Training Fees and/or License Fees, as applicable:

- **Trainings:** Illumined Life, LLC, will provide the particular training selected during checkout, and any items specified for the particular training below:
 - **AAIT™ Foundations:** one (1) printed training book, access to videos, and handouts.

- **AAIT™ Curate Your State™ Training:** one (1) printed training book, access to videos, and handouts.
 - **AAIT™ Fellowship Training Group:** one (1) printed training book and digital file of materials which You may print and distribute to Your clients; Illumined Life, LLC, may from time to time revise or update these materials and provide You with digital files of updated materials, access to videos, and client handouts.
 - **AAIT™ Curate Your State™ Facilitator’s Training:** one (1) printed training book and digital file of materials which You may print and distribute during Your AAIT™ event(s); Illumined Life, LLC, may from time to time revise or update these materials and provide digital files of updated materials to You.
 - **AAIT™ Fellowship Training Group Facilitator’s Training:** one (1) printed training book and digital file of materials which You may print and distribute during Your AAIT™ event(s); Illumined Life, LLC, may from time to time revise or update these materials and provide digital files of updated materials to You.
- **Certified Facilitators and/or Trainers:** If Illumined Life, LLC, approves Your certification application, Illumined Life, LLC, will provide:
 - Promotional graphics.
 - Listing on the Illumined Life, LLC, website (<https://www.acceptanceandintegrationtraining.com> and www.aait.solutions). You may provide Illumined Life, LLC, with a link to Your own event website where attendees may sign up for Your event(s), which Illumined Life, LLC, will include on its AAIT™ events web page.
 - 50% discount on all refresher courses.
 - 10% discount on all public course and retreat offerings.
 - Your first year of certification is included in Your tuition. Practitioners from the 2017, 2018, and 2019 AAIT™ FTG cohorts are grand-mothered in at a rate of \$108 per year.

6. Certification Requirements:

Illumined Life, LLC, offers several levels of certification:

- AAIT™ Certified Practitioners: those who complete the AAIT™ Fellowship Training Group (FTG).
- Curate Your State™ Facilitators: those who complete the AAIT™ FTG and the Curate Your State™ (“CYS”) Facilitator’s Training (two sections – CYS

Embodiment and CYS Playing a Higher Game, which may be completed in separate stages).

- CYS Trainers: those who complete AAIT™ FTG, CYS Facilitator's Training, and CYS Trainer's Training.
- AAIT™ Fellowship Training Group Trainers: those who complete the AAIT™ FTG, CYS Facilitator's Training, and AAIT™ FTG Facilitator's Training.

In order to receive any of these certifications:

- You must complete the entire Training(s) for Your chosen certification level.
- You must complete the appropriate Learning Tasks checklist to Licensor's satisfaction, in its sole discretion.
- For AAIT™ Certified Practitioners only: At least 55% of Your business must comprise AAIT™.

In order to be eligible for renewal of the License, You agree and acknowledge that Illumined Life, LLC, may require that You fulfill additional training or other requirements, in its sole discretion. Any additional renewal requirements will be communicated to You in advance of the renewal date.

7. License Term, Renewal, and Discontinuation:

The Initial Term of the License will begin upon the latter of either completion of Your training or approval of Your application for certification by Illumined Life, LLC, and will end upon the earlier of (i) Licensor's discontinuation of Your License at any time if You should breach any of the terms of this License or discontinuation by Illumined Life, LLC, for any other reason, in Licensor's sole discretion; (ii) Licensee's discontinuation of this Agreement; or (iii) one (1) year after You pay the Initial License Fee.

Licensee may discontinue this Agreement at any time and for any reason, but in no event will Licensee be entitled to a refund of any portion of the License Fees. License Fees will not be prorated if Licensee or Illumined Life, LLC, discontinues this Agreement prior to the end of any Term.

At the end of the Initial Term, Illumined Life, LLC, will determine whether to renew Licensee's License, in Illumined Life's sole discretion, for a subsequent twelve (12) month term ("Renewal Term"). Illumined Life, LLC, will notify Licensee of its decision on renewal no later than 30 days prior to the end of the current term. Each Renewal Term will end upon the earlier of (i) Licensor's discontinuation of Your License at any time if You should breach any of the terms of this License or discontinuation by

Illumined Life, LLC, for any other reason, in Licensor's sole discretion; or (ii) Licensee's discontinuation of this Agreement.

Upon discontinuation of the License, Licensee shall cease using the Intellectual Property as soon as is feasible, and Licensee agrees to return and/or delete from all computers and other electronic devices any and all Intellectual Property (including any copies or reproductions) in Your possession or control. Upon discontinuation of the License, Illumined Life, LLC, will remove Licensee's listing, if any, on any AAIT™ web page and discontinue access to all AAIT™ course materials, graphics, and other resources, including any shared third-party document storage system such as Dropbox and any private Facebook group or other private online community or message board.

Discontinuation or expiration of this Agreement shall not extinguish any of Licensor's or Licensee's obligations under this Agreement (including, but not limited to, the obligation to pay the Training Fees and License Fees) which by their terms continue after the date of discontinuation or expiration.

At the end of the final Term of this Agreement, You agree to provide all of Your AAIT™-related domain names, social media handles, or account names and passwords to Illumined Life, LLC, at its request. If You or Illumined Life, LLC, decide to discontinue Your License, You agree to remove all reference to the Intellectual Property, Acceptance and Integration Training®, AAIT™, and Curate Your State™ names and curricula, and remove all Illumined Life, LLC, logo(s) from Your social media profiles, and website. In the event any social media platform does not permit this removal, You agree to transfer ownership of any AAIT™-related social network user names to Illumined Life, LLC, or another Illumined Life licensee, as requested by Illumined Life, LLC. If You refuse to transfer ownership to Illumined Life, LLC, after discontinuation, You acknowledge that Illumined Life, LLC, may file a notice of intellectual property infringement with the social media platform that may result in the deletion of the social media profile and all associated content. Illumined Life, LLC, cannot be held liable for expenses incurred during the purchase, transfer, or re-sale of AAIT™-related social network user names.

8. Unauthorized Use:

Licensee's use of Intellectual Property other than that expressly authorized in this Agreement or by a separate written assignment, is not permitted ("Unauthorized Use"). Licensee agrees to pay liquidated damages of five (5) times the total License Fees in

the event of Licensee's Unauthorized Use, in addition to any legal or equitable remedies Illumined Life, LLC, may be entitled to pursue. This is not a penalty but an agreed liquidated damages charge for the Unauthorized Use.

9. Limitation on Authority:

Licensee is not authorized, and shall not represent that it has any power or authority, to bind Illumined Life, LLC, contractually or otherwise, or to assume or to create any obligation or responsibility, express or implied, on behalf of Illumined Life, LLC, or in its name, or any other Certified AAIT™ Practitioner, Facilitator, or Trainer.

10. Limitation of Liability; Insurance; Release; Indemnification:

- a) You will be responsible for all resources, equipment, staff, lodging, food, or other materials necessary or required to work with clients or for Your AAIT™ event(s). Illumined Life, LLC, will not be responsible or liable for providing You with any resources, personnel, or materials other than those listed in Paragraph 5 of this Agreement.
- b) You agree that Illumined Life, LLC, will not be liable to You or any third party for any damages (including, but not limited to, lost data, lost profits, incidental or consequential damages), that arise from Licensor's performance of the Services (including, but not limited to, failure to perform in a timely manner) or arising out of or related to the License.
- c) **You agree to assume full responsibility for any and all injuries or damages You or others may sustain in connection with any AAIT™ event, and to indemnify, defend, and hold harmless Illumined Life, LLC, and its owners, officers, directors, sponsors, partners, employees, volunteers, affiliates, licensors, licensees, and suppliers from and against any liability arising from such injuries and/or damages, including responsibility for Illumined Life, LLC's attorney's fees, expenses, and costs related to any claim arising under or related to this Agreement.** This indemnification will survive the termination or expiration of this Agreement.

11. Disclaimers – Not Psychotherapy, No Doctor-Patient Relationship, or Confidentiality:

The Facilitator's Training and Intellectual Property are offered for information purposes only and no portion is intended to substitute for professional advice, including but not limited to medical, psychiatric, psychological, psychotherapeutic, or behavioral diagnosis, advice, and/or treatment, and You may not rely on these materials to provide such advice or treatment.

If You require medical, psychiatric, psychological, and/or psychotherapeutic care, You should retain the services of a licensed medical professional acting in his or her capacity as such. Although she is a Licensed Clinical Social Worker, Melanie McGhee, in her capacity as a coach to other professionals, is not providing medical care or advice, nor any other professional services including, but not limited to, psychiatric / mental health care, financial services, or any kind of behavioral therapy or counseling to You through the Illumined Life, LLC, Services. Any private counseling services You may receive from Melanie McGhee are separate from and not governed by this Agreement. Your payment of the Training Fee and License Fees do not establish a doctor-patient relationship of any kind between You, Illumined Life, LLC, or Melanie McGhee.

You further acknowledge that Illumined Life, LLC, is not training You to function as a licensed psychotherapist, counselor or medical professional.

You agree that Illumined Life, LLC, is not legally bound by any duty of confidentiality to You. Nevertheless, Illumined Life, LLC, agrees to keep all information that You request confidential except in very rare circumstances where disclosure is required by law, for example when a court might issue a subpoena for the file or information, or if You threaten to harm Yourself or others.

You agree to keep all information You learn about other training participants or their businesses strictly confidential except in very rare circumstances where disclosure is required by law.

Since We cannot, and do not, guarantee confidentiality, please choose carefully the materials that You share in group sessions, upload to, submit to, or embed on any website operated by Illumined Life, LLC, and any third-party forums operated by Illumined Life, LLC. Any material You share or post during training sessions, on Illumined Life, LLC, website or in any third-party forums operated by Illumined Life, LLC, may become public. You agree that Illumined Life, LLC, shall not be liable for the disclosure of any of Your information by another participant.

Illumined Life, LLC, and its owner and employees are not legal, tax, or financial professionals, and cannot give You legal, tax, or financial advice.

Illumined Life, LLC, cannot and does not guarantee any particular financial or business outcomes for Licensee.

12. Personal Responsibility, Assumption of Risk, Release, Behavior

- a) You acknowledge that, by engaging with Illumined Life, LLC, for any in-person training event, You voluntarily assume an element of inherent risk, and knowingly and freely assume all risk and responsibility for injuries to any persons or damages to any property, and release, covenant not to sue, and hold Illumined Life, LLC, its subsidiaries, affiliated companies, owners, members, managers, directors, officers, past and present employees, agents, coaches, volunteers, representatives, successors and assigns, and Melanie McGhee (“Releasees”) harmless for any and all liability to You, Your personal representatives, assigns, heirs and next of kin, for any and all claims, causes of action, obligations, lawsuits, charges, complaints, controversies, damages, costs, or expenses of whatsoever kind, nature, or description, whether direct or indirect, in law or in equity, in contract or in tort, or otherwise, whether known or unknown, arising out of or connected with Your participation in any training event, whether or not caused by the active or passive negligence of the Releasees.
- b) In the event that the release and hold harmless provision is held unenforceable for any reason, You agree to limit any damages claimed to the total paid to Illumined Life, LLC, for the Training Fee and License Fees.
- c) Consent to Medical Care: You consent to medical care and transportation in order to obtain treatment in the event of injury to You as Illumined Life, LLC, volunteers or medical professionals may deem appropriate and understand that this Agreement extends to any liability arising out of or in any way connected with the medical treatment and transportation provided in the event of an emergency and/or injury.
- d) Following Rules, Instructions: You agree to observe and obey all posted rules and warnings, to follow any instructions or directions given by

Illumined Life, LLC, through its employees, representatives, or agents and to abide by any decision of any Illumined Life, LLC, staff or volunteers, or Illumined Life, LLC, vendors or contractors, relative to Your ability to safely participate in or attend any training event.

- e) Appropriate Behavior; Dismissal Without Refund: You understand and agree that You are expected to exhibit appropriate behavior at all times while at any live, in-person training event and to obey all local, state, and federal civil and criminal laws while participating in or attending any such event. This includes, generally, respect for other people, equipment, facilities, or property. Illumined Life, LLC, may dismiss You, without refund, should Your behavior endanger the safety of or negatively affect any training event or any person, facility, or property.
- f) Damage or Theft of Property: You understand and agree that the Releasees are not responsible for any personal item or property that is lost, damaged, or stolen at or during any training event.

13. Assignability:

The License granted hereunder is and shall be personal to the Licensee, and shall not be assignable by any act of the Licensee or by operation of law. Any attempt by Licensee to grant sublicenses or to assign or part with possession or control of the License granted hereunder or any of the Licensee's rights hereunder shall constitute a material breach of this Agreement. Illumined Life, LLC, shall have the right to assign this Agreement, in which event Illumined Life, LLC, shall be relieved of any and all obligations hereunder.

14. General Provisions:

The parties acknowledge that Illumined Life, LLC, will be irreparably harmed by a violation of this Agreement and that the value of such harm would be impossible to calculate with any degree of certainty. Accordingly, Illumined Life, LLC, shall be entitled, together with all other remedies at law, to enforce this Agreement by specific performance and/or injunctive relief without the necessity of posting a bond. The terms of this License Agreement and the rights, obligations, and performance of the Parties hereunder shall be governed by the laws of the State of Tennessee, without regard to conflict of laws principles. In the event a dispute arises out of or in connection with this Agreement, the Parties will first attempt to resolve the dispute through friendly consultation in good faith. If the dispute is not resolved by friendly consultation, the

parties agree it may only be resolved by mediation, arbitration, or litigation in the state or federal courts in or nearest to Maryville, Tennessee. You agree to submit to the jurisdiction and venue of the state and federal courts in or nearest to Maryville, Tennessee, and waive any defense of lack of personal jurisdiction or forum non conveniens. This Agreement may only be modified by agreement of both parties in writing. If any provision of this Agreement is held invalid or unenforceable, the remainder of this Agreement will remain in full force and the invalid or unenforceable provision will be replaced by a valid or enforceable provision. The prevailing party in any dispute between the parties arising out of or connected to this agreement, whether resolved by negotiation, mediation, arbitration, or litigation, shall be entitled to recover its attorneys' fees and costs from the other party. You agree that the terms of this Agreement are the entire agreements between You and Illumined Life, LLC, and supersede all communications of any kind between You and Illumined Life, LLC, with respect to the License and any guidelines, rules, or policies incorporated in this License.

By signing below, You are asserting that You have read, understood, and agreed to this entire Agreement.

Print Name

Date

Signature

parties agree it may only be resolved by mediation, arbitration, or litigation in the state or federal courts in or nearest to Maryville, Tennessee. You agree to submit to the jurisdiction and venue of the state and federal courts in or nearest to Maryville, Tennessee, and waive any defense of lack of personal jurisdiction or forum non conveniens. This Agreement may only be modified by agreement of both parties in writing. If any provision of this Agreement is held invalid or unenforceable, the remainder of this Agreement will remain in full force and the invalid or unenforceable provision will be replaced by a valid or enforceable provision. The prevailing party in any dispute between the parties arising out of or connected to this agreement, whether resolved by negotiation, mediation, arbitration, or litigation, shall be entitled to recover its attorneys' fees and costs from the other party. You agree that the terms of this Agreement are the entire agreements between You and Illumined Life, LLC, and supersede all communications of any kind between You and Illumined Life, LLC, with respect to the License and any guidelines, rules, or policies incorporated in this License.

By signing below, You are asserting that You have read, understood, and agreed to this entire Agreement.

Print Name

Date

Signature



CURATE YOUR STATE™

Facilitators Training Outline

DAY 1 – Embodiment

All teaching demos are to be in context, tailored to your group.

Welcome and Orientation

- Meditation on the middle
- A Visit to the House of Records – Pineal Breathing
- Sharing
- Lovingkindness gaze
- Review elements of CYS Facilitator’s Training
 - a. Certification and Licensure
 - b. Learning Tasks
 - c. Facilitation Principles
 - d. Motivation Enhancement
 - e. Spiritual Technology Principles
 - f. AAIT Principles
 - g. CYSE teaching Demos – End of Words, Basic PEAT, Little Magical Method, Pineal Breathing
 - h. Creating identities for conscious goal achievement
 - i. CYSF Demos – UP, DP4, DP4 Variations
 - j. Gnostic Intensive

End of Words

- Group EoW about CYS facilitation
- Principles related to End of Words
 - a. AAIT – *Self-acceptance is a means and measure of well-being.*
 - b. Spiritual Technology (ST) – *Alternative technique. This is a bi-polar universe. Thus, it is necessary to involve both sides of experience. People generally experience only one side and tend to cling to positive states and that is impossible. (Zivorad M. Slavinski, Trainers Manual)*
- Demo teaching - End of Words - Points to cover:
 - a. Zivorad M. Slavinski as creator of methods they will be learning.

- b. EoW recognizes that life is bi-polar. Rocking between good and bad makes a clear path for acceptance.
 - c. Remember the command to FEEL the content between the swings of good and bad.
 - d. Keep the breath moving.
 - e. Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?
- Demo teaching pineal breathing. Points to cover:
 - a. Where is the pineal gland?
 - b. Concentration on a body part increases blood flow to that part
 - c. Rene Descartes and others perceive pineal gland as point of connection between body, soul and the earth's magnetic field.
 - d. Pineal breathing is about using this link to support the movement of our ideas into manifestation.
 - e. Use it after making an important decision, formulating and visualizing a goal, or creating identities and installing personality traits.

Prep Assignment for Day 2

Prepare to demo teach creating identities (particularly creating the identity of someone who is committed to embodiment practice), BP, LMM and Holistic Processing. Make this specific to the population you intend to serve with a CYS course. The principles below need not, but could be, touched on in your teaching demo. The context of these principles is for the benefit of your understanding.

Points to consider for teaching related to creating identities for conscious goal achievement:

- What is an identity?
- Make the relationship between a goal, an identity who achieves that goal, what that kind of persona believes, and using those beliefs as affirmations.
- How EoW can be used with affirmations.
 - a. AAIT related principle – *The true self is not encumbered by the limitations of a narrative. The true self is a being.*
 - b. ST related principle – Solve et Coagula (dilute and concentrate) – breaking down and coming together of elements in a more evolved form.

DAY 2

Welcome, shared practice

- Meditation on the middle
- Group DP4 – CYS goal realized / here and now
- Pineal Breathing
- Lovingkindness gaze

Review of CYSE Outline

- Week by week overview of course
- Discussion of motivation enhancement and facilitation

Creating Conscious Identities Teaching Demos

- Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

Basic PEAT

- When to introduce creative applications
 - Brainstorm creative applications
 - Sneaky PEAT
- Principles related to Basic PEAT
 - AAIT – *Resolving reactivity reveals higher states of consciousness. And Taking responsibility for and tending to our inner state is the source of our freedom.*
 - ST - *Duplication and dramatization of the experiential elements (thoughts, images, emotions and sensations).* Another frame for this principle is found in the psychotherapeutic use of paradoxical intention. Viktor Frankl first coined this term.
- Teaching Demo
 - Points to include:
 - Mention Zivorad M. Slavinski as creator
 - Context
 - Snapshot exercises

- Acceptance exercises
- Reminder, you don't have to like it to accept it
- Formula for elimination of self-sabotage
- 6 eye-points, why
- SUDs
- Stabilization
- Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

Little Magical Method

- Exploration of creative applications.
- Related Principles:
 - AAIT – *The non-dual states of empty awareness are an indication of transformation.*
 - ST - *Solve et Coagula (dilute and concentrate) – breaking down and coming together of elements in a more evolved form.*
- LMM Teaching Demo:
 - Points to include:
 - Staying present to content as it changes
 - Developed by Zivorad M. Slavinski
 - Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

Holistic Processing

Points to include in teaching demo:

- If a problem doesn't resolve, the remaining charge likely lies hidden in some other point of view.
- Avoidance of other viewpoints can prolong a problem and is an indication that we are still bound.
- Becoming adept at entering another's POV increases compassion.
- Creative applications
- Related principles:

- *AAIT – Taking responsibility for and tending to our inner state is the source of our freedom.*
- *ST – We take a holistic approach to experiences: In the human mind, there is always wholeness, not independent polarities. Complete integration includes integrating all relevant points of view.*

Prep Assignment for Day 3

Prepare to demo teach creating identities (particularly creating the identity of someone who is committed to embodiment practice), UP and DP4. Make this specific to the population you intend to serve with a CYS course.

DAY 3 – CYS Playing a Higher Game

Welcome, shared practice

- Meditation on the middle
- Group DP4 – CYS goal realized / here and now
- Pineal Breathing
- Lovingkindness gaze

Review of CYS – Playing a Higher Game

- Week by week course review
- Discussion of motivation enhancement
- Contextual application

Universal Process

- Related principles:
 - AAIT – *The integration of two opposing states can alleviate psychological suffering.*
 - ST - *Alternative technique: This is a bi-polar universe, thus it is necessary to involve both sides of experience. People generally experience only one side and tend to cling to positive emotional states and it is impossible.*
- UP Teaching Demo.
 - Points to include:
 - Created by Zivorad M. Slavinski
 - Finding the experience, yours OR someone else's, to bring alive the energy of that experience. Paying attention to Thoughts, images, emotions and sensations.
 - Indication of integration:
 - Merge
 - Disappear
 - Cannot feel separately
 - Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

Deep PEAT 4

- Related principles:
 - AAIT – *The integration of two opposing states can alleviate psychological suffering. And The non-dual states of empty awareness are an indication and mechanism of transformation.*
 - ST - *Holographic principle: The biggest is in the smallest. And, Immovability of an experience whenever it is possible: Using one snapshot, not the whole of the film of the experience.*

- Creative applications and when to apply:
 - Shadow integration (judgmental, critical, annoyed)
 - Golden shadow (admiration and integration of traits)
 - Additional creative applications

- Demo Teaching DP4
 - Points to include:
 - Created by Zivorad M. Slavinski
 - Frozen snapshot
 - Here and Now vs other polarities
 - 4 elements
 - Eye-points used
 - Indications of integration
 - Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

- Demo Teaching DP4 Shadow Integration
 - Teaching Review:
 - What did you like about how you taught?
 - What would you change?
 - Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

- Demo Teaching Golden Shadow Integration
 - Teaching Review:
 - What did you like about how you taught?
 - What would you change?

- Group feedback – what did you like? What suggestions do you have for improved impact and clarity? What else did you like?

DAY 4 – The Gnostic Intensive

Welcome, shared practice

- Meditation on the middle
- Group EoW – Facilitating Gnostic Intensive
- Pineal Breathing
- Lovingkindness gaze

Gnostic Intensive

- Preparation. Give yourself AMPLE time to prepare. You will be reading, studying, writing and practicing.
- Write and practice all talks.
- Become very familiar with the stories you want to tell.
- Credit Zivorad M. Slavinski as the creator of the Gnostic Intensive.
- Practice the individual gnostic intensive with a partner several times.
- Related principles:
 - AAIT – *The true self is not encumbered by the limitations associated with a narrative. The true self is a being.*
 - ST – From Roberto Assagioli; *On a low level of consciousness there are no solutions, and on a high level of consciousness there are no problems.*

The Individual Gnostic Intensive

- What is the value?
- Recognizing Gnosis
- Stabilizing Gnosis
- Managing expectations
 - Why the state doesn't last
- Demo
- Practice in dyads

The Group Gnostic Intensive

- Prepare. Prepare. Prepare.
- Minimum 8 people
- Manage expectations
- Sole goal – as many as possible have a direct experience of truth (DET)



AAIT CURATE YOUR STATE ~ Embodiment

Collaborative Learning Assignments and Practice Success Strategies

Collaborative Learning Assignments	Date DUE
<p align="center">WEEK ONE – EMBODIMENT & SPIRITUAL JUDO Self-Acceptance & Embodiment – End of Words <i>All talks can and should be woven with unique content that serves your group.</i> <i>Use motivation enhancement to inform your talks.</i></p>	
Determine unique content focus for YOUR group, weave into your talks and practice sessions.	
Brainstorm EoW creative applications related to group theme	
Daily walking around practice, mull over self-acceptance principle, especially in relationship to embodiment	
Prepare talk on self-acceptance principle, tailored to your group	
Prepare talk on embodiment, related to your group	
Prepare talk on creating conscious identity of person who prioritizes embodiment	
Practice & record talk on self-acceptance, embodiment, conscious identity creation --- beginning with embodiment. Use motivation enhancement to inform your talks.	
Practice teaching EoW	



<p align="center">WEEK TWO – EMBODYING FREEDOM Taking responsibility – Basic PEAT <i>All talks can and should be woven with unique content that serves your group.</i> <i>Use motivation enhancement to inform your talks.</i></p>	
Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Brainstorm BP creative applications related to group theme	
Mull over taking responsibility principle	
Prepare talk on self-responsibility principle	
Practice and record talk on self-responsibility principle	
Practice teaching BP	



WEEK THREE – MINING THE SOUL’S GOLD Resolving Reactivity & Holistic Processing <i>All talks can and should be woven with unique content that serves your group.</i> <i>Use motivation enhancement to inform your talks.</i>	
Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Brainstorm holistic processing creative applications related to group theme	
Prepare talk on resolving reactivity principle tailored to your group	
Prepare talk on holistic processing (POV)	
Practice and record talk on resolving reactivity principle and holistic processing	
Practice teaching holistic processing	



WEEK FOUR – COLLABORATING WITH THE TRUE SELF True Self & Sneaky PEAT <i>All talks can and should be woven with unique content that serves your group.</i> <i>Use motivation enhancement to inform your talks.</i>	
Determine unique content focus for YOUR group	
Brainstorm Sneaky PEAT creative applications related to group theme	
Contemplate true self principle	
Prepare talk on true self and identities	
Prepare talk to explain pineal breathing	
Practice teaching Sneaky PEAT	



WEEK FIVE – DIRECTING AWARENESS, EMBODYING GOALS

Directed Awareness – Little Magical Method

All talks can and should be woven with unique content that serves your group.

Use motivation enhancement to inform your talks.

Determine unique content focus for YOUR group	
Brainstorm LMM creative applications related to group theme	
Contemplate awareness and directing awareness, who is directing?	
Prepare talk on directed awareness	
Practice teaching LMM	



WEEK SIX – EACH DAY A DISCOVERY

Discovery, Taking Responsibility & Next Steps

All talks can and should be woven with unique content that serves your group.

Use motivation enhancement to inform your talks.

Contemplate discovery	
Prepare talk on discovery	
Brainstorm additional discovery and practice suggestions related to group theme	
Practice and record talk on discovery. Include proactive and reactive attention to discovery	
Identify the PERFECT next steps for your group	



AAIT CURATE YOUR STATE FACILITATOR'S TRAINING

Playing a Higher Game

Collaborative Learning Assignments and Practice Success Strategies

Collaborative Learning Assignments	Date Completed
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WEEK ONE – EMBRACING WHOLENESS Integration Principle & Universal Process <i>All talks can and should be woven with unique content that serves your group.</i> <i>Use motivation enhancement to inform your talks.</i>	
Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Brainstorm UP creative applications or specific polarities related to group theme	
Prepare talk on integration principle	
Practice and record talk on integration principle	
Choose and contemplate poem or reading	
Practice teaching UP	



WEEK TWO – DISCOVERING POLARITIES Discovery & Universal Process <i>All talks can and should be woven with unique content that serves your group.</i> <i>Use motivation enhancement to inform your talks.</i>	
Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Prepare and record talk on discovery and choosing polarities	
Practice and record talk on discovery and choosing polarities for UP	
Choose and contemplate poem or reading	



WEEK THREE – COLLABORATING WITH THE TRUE SELF

DP 4 & Gnostic Intensive*

All talks can and should be woven with unique content that serves your group.

Use motivation enhancement to inform your talks.

Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Prepare talk true self principle	
Practice and record talk on true self principle	
Practice teaching DP4	
Prepare for Gnostic Intensive*	

* See separate LT doc for Gnostic Intensive



WEEK FOUR – THE MAGICAL MIRROR

Deep PEAT 4 – Shadow Integration

All talks can and should be woven with unique content that serves your group.

Use motivation enhancement to inform your talks.

Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Brainstorm creative applications or polarities for DP4 Shadow Integration for your group	
Prepare talk on relationship between resolving reactivity, playing a higher game and shadow integration	
Practice and record talk on the relationship between resolving reactivity, playing a higher game, and shadow integration	
Choose and contemplate poem or readings for Gnostic Intensive	



WEEK FIVE – ACTIVATING THE GOLDEN SHADOW

Deep PEAT 4 – Golden Shadow Integration

All talks can and should be woven with unique content that serves your group.

Use motivation enhancement to inform your talks.

Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Brainstorm creative applications or polarities for DP4 Golden Shadow Integration for your group	
Prepare talk on the Golden Shadow	
Practice and record talk on Golden Shadow	
Choose and contemplate poem or reading	



WEEK SIX – EXPANDING AWARENESS, EXPANDING FREEDOM

Non-dual States

All talks can and should be woven with unique content that serves your group.

Use motivation enhancement to inform your talks.

Determine unique content focus for YOUR group, weave into your talks and practice sessions	
Brainstorm DP4 creative applications polarities for your group theme	
Prepare talk the principle on non-dual states, embodiment practice and freedom.	
Practice and record talk on non-dual states, embodiment practice, and freedom	
Prepare to remind participants of the journey you've shared	
Identify the PERFECT next steps for your group	
Choose and contemplate poem or reading	

Write out your intensive schedule (5 dyads – 20 minutes each)		
Determine the stories, anecdotes, and poems you will use		
Practice the stories, anecdotes, and poems (record)		
Write closing talk, context Gnosis		
Practice closing talk (record)		
Assist another facilitator in a Group Gnostic Intensive		



MAKING IT REAL

Decide the date you will present your first CYS	
Create a list of 30 people you will personally invite (Minimum 8 for group Gnostic Intensive)	
Set up your registration system	
Determine where you will host your group (individual intensives are fine to offer virtually and as you gain confidence).	
Write invitation emails (or snail mail)	
Write follow up emails	
Clarify your assessment for participation	
Follow up with emails and phone calls	
Engage in daily personal embodiment practice aligned with goal	



FACILITATION PRINCIPLES

Honing your skills in group facilitation will serve you throughout your career. Learning to create and maintain a strong crucible demands attention to group norms and principles for success. This is by no means offered as a complete representation of group facilitation. Nonetheless, the principles can guide you when you get into the weeds.

Have a Clear Intention

Take the time to clarify your intention. Connect with yourself; what are you intending to create? Why does it matter to you?

Remember who you are serving

From the outer appearances and shared problems and goals to the remembrance that you are serving the *true self* of your community, in whatever way is meaningful to you, offer prayers and blessings for a good outcome, for the benefit of all.

Honor and respectfully manage time

Many successful facilitators consider this to be one of the most challenging skills to learn. After all, we need to simultaneously ensure all voices are heard, those who tend to talk more leave space for others, AND get through all the content.

Cultivate cohesion

Weave authentic connections between participants. One way to do this is to look for moments of universality and point to them. Clarifying and tending to the group expectations will support in the development of healthy group norms. Unhealthy norms can and do negatively influence group success. It's valuable to take the time to discuss standards of presence with your group.

Infuse facilitation with motivation enhancement awareness

Communicate with compassion and acceptance while normalizing the challenges your group will inevitably face. Review the section on motivation enhancement for more guidance.

Be present to what's alive and real in the room

Though these are not therapy groups, do not neglect cracks in the crucible. There can be many contributors to such cracks: unhealthy norms, ignoring conflict, cross-talking, neglecting to adequately screen or prepare your group, people not showing up, being late or leaving early without acknowledgement, etcetera.

Make room for participant challenges and objections

It's not typical that people have objections, but giving them an opportunity to object will engage them more fully and give you an opportunity to clarify the content you are offering.

Instill hope

Whether your participants are focusing on a shared problem, a shared experience, or a shared goal, they are following an urge towards improvement somehow. If you will recall, the hierarchy of needs points to our shared urge towards evolution. Without over-promising, look for opportunities to instill hope. You will find it in the phase of directed awareness. As a group facilitator, your dance with directing awareness will become even more refined as you seek and discover opportunities to authentically instill hope.

Recognize you have FULL responsibility for the success of your group

Groups succeed and fail for a variety of reasons and we can learn from both experiences. Proper planning and preparation will help you assume the identity of a successful CYS facilitator. Establishing a screening process for your participants will also give you confidence that you have gathered a well-matched group.

“Be careful about this! If a person takes on himself responsibility greater than he is able to, he burdens his/her karma. But a person also burdens his/her karma if he refuses the responsibility he/she is able to take on.”

~ Zivorad M. Slavinski (Trainers Training Manual)



MOTIVATION ENHANCEMENT

Notes on Motivation Enhancement Interviewing by David Patterson, Ph.D.

The spirit of motivational interviewing is right in line with AAIT. Motivation enhancement lies in the confluence of collaboration, compassion, and acceptance, and is evocative of a participant's motivation for change. The intention of offering you this brief summary of motivation enhancement is to support you in developing talks and supporting your group.

Paying attention to participant language, you can gently point to ambivalence, while eliciting change language and the identity of motivated people.

There are some common factors contributing to change including:

- Empathy
- Interpersonal interactions
- People who believe they can change are more likely to do so
- People whose providers believe they can change are more likely to do so

Four principles guide our work with enhancing motivation*: RULE

1. **R:** Resist the Righting Reflex
Avoid arguing for change - help the participant voice their argument
2. **U:** Understand Your Participant's Motivations
Evoke and explore his/her concerns, values, motivations
3. **L:** Listen to Your Participants
More listening, less informing - answers often reside within the participant
4. **E:** Empower Your Participant
Explore how they can make a difference in their own health

*Miller and Rollnick, 2013

Stages of Change

Social scientists Prochaska and DiClemente developed the trans-theoretical model of the change process involving 6 stages*:

1. Pre-contemplation. Consider this as you prepare to invite people and develop your opening talk. Tasks include:
 - a. Raising awareness of the problem
 - b. Increasing awareness that the behavior or topic is worthy of attention.

2. Contemplation. Tasks include:
 - a. Raise doubts and elicit concerns about the behavior or topic
 - b. Explore events and experiences that brought them to group
 - c. Elicit participant perception of the shared problem or theme
 - d. Offer facts about the problem
 - e. Recognize contemplation of change is not a commitment to change
 - f. Normalize ambivalence
 - g. Elicit and weigh pros and cons of change (we do this with EoW)
 - h. Elicit statements of intent and commitment
3. Preparation. Tasks include:
 - a. Having tools handy
 - b. Garnering support
4. Action. As it applies to CYS, this is embodiment practice
5. Maintenance.
6. The sixth stage is termination. That is not so relevant to our work.

*DiClemente in Miller and Rollnick, 2013

Underlying Principles of Motivational Interviewing*

- Express empathy
 - Avoid communicating in ways that imply a superior / inferior relationship
 - Respect freedom of choice and self-direction
 - Persuasion is gentle, subtle, always with the assumption that change is up to the client
 - Empathy should not be confused with the tendency to identify with one's clients, or whether one has been through similar experiences
- Avoid argumentation
 - If handled poorly, raising of discrepancies can create defensiveness
 - Avoid direct argumentation, which tends to evoke resistance
 - No attempt is made to have the client accept or "admit" a diagnostic label
 - Participants rather than facilitator voice arguments for change
 - In meeting statements of concern with empathic reflection, participants will be more likely to continue exploring these and other concerns
 - Reflect both sides of the client's ambivalence, but place greater stress on the perceived problems
- Roll with resistance
 - New ways of thinking about the problem are invited, but not imposed

- Ambivalence is normal and worth exploring openly
- Simple reflection: Sometimes this elicits the opposite and balances the picture
- Support self-efficacy
 - Self-efficacy - the belief that one can perform a specific behavior or accomplish a particular task
 - People who believe they can change are more likely to change
 - The facilitator's optimism may also powerfully influence client motivation and outcome
- Develop discrepancy
 - Motivation for change occurs when people perceive a discrepancy between where they are and where they want to be
 - Motivational Interviewing seeks to enhance and focus the client's attention on such discrepancies

*Miller, Chap. 5, Handbook of Alcoholism Treatment Approaches, 1995

Eliciting Change Talk*

- Recognizing disadvantages of the status quo
- Recognizing advantages of change
- Expressing optimism about change
- Expressing intention to change
- Using SUDs or importance ruler
 - “How important would you say it is for you to stop or start _____? On a scale from 0 to 10, where 0 is not at all important and 10 is extremely important, where would you say you are?”
 - “And how confident would you say you are, that if you decided to _____, you could do it? On the same scale from 0 to 10, where 0 is not at all confident and 10 is extremely confident, where would you say you are?”

Asking Evocative Questions

- What worries you about your current situation?
- What difficulties or hassles have you had in relation to this problem?
- How would you like things to be different?
- What would you like your life to be like in five years?
- What makes you think that if you did decide to make a change, you could do it?
- I can see that you're feeling stuck. What's going to have to change?

Recognizing Change Talk

- Preparatory change talk
 - Desire – stated preferences for change
 - “I want to lose some weight.”
 - “I wish I could get rid of this pain.”
 - “I hope I can find time to exercise.”
 - Ability – statements about capability
 - “I can probably take a walk at lunch time.”
 - “I could imagine making this change.”
 - “I could smoke less.”
 - Reasons - specific arguments for change
 - “I would probably sleep better if...”
 - “It would probably help me control my blood sugar...”
 - “I would imagine that if I lost this weight.”
 - Need - imperative language
 - “I need to exercise more.”
 - “I must find a way to take my medication regularly.”
 - “I have to get this under control.”
- Commitment change talk – listen for intentionality
 - Commitment - Listen for the intentionality
 - “I will...”
 - “I promise...”
 - “I guarantee...”
 - Lower level commitment evident in phrases like...
 - “I’ll consider it.”
 - “I will try to.”
 - “I plan to.”
- Taking Steps – action that moves in the direction of change
 - “I walked today at lunch.”
 - “I started reading a book on how to stop smoking.”
 - “I’m using the app to monitor my calorie intake.”
 - “I have started recording when I take my medication each day on a form in my kitchen.”

*(Miller and Rollnick, 2013)



SPIRITUAL TECHNOLOGY PRINCIPLES

Developed by Zivorad M. Slavinski

1. We take a **holistic approach** to experiences: In the human mind, there is always wholeness, not independent polarities. Complete integration includes integrating all relevant points of view.
2. **Alternative technique**: This is a bi-polar universe, thus it is necessary to involve both sides of experience. People generally experience only one side and tend to cling to positive emotional states and it is impossible.
3. **Holographic principle**: The biggest is in the smallest. Every fool knows that the ocean contains a drop of water. It takes a wise person to understand that the drop of water also contains the ocean.
4. **Solve et Coagula** (dilute and concentrate) – breaking down and coming together of elements in a more evolved form.
5. **Immovability of an experience** whenever it is possible: Using one snapshot, not the whole of the film of the experience.
6. **Duplication** i.e. dramatization of the experiential elements (thoughts, images, emotions, and sensations). Viktor Frankl described this as paradoxical intention.
7. The most important principle comes from Roberto Assagioli: **On a low level of consciousness there are no solution, and on a high level of consciousness there are no problems.**



AAIT PRINCIPLES

1. The true self is not encumbered by the limitations of a narrative. The true self is a being.
 2. Self-acceptance is a means and measure of wellbeing.
 3. Taking responsibility for and tending to our inner state is the source of our freedom.
 4. Resolving reactivity reveals higher states of consciousness.
 5. Integration of two opposing states can alleviate psychological suffering.
 6. The non-dual states of empty awareness are an indication and mechanism of transformation.
-



CYS Embodiment & Spiritual Judo - WEEK ONE

Self-Acceptance & Embodiment

Practice Focus ~ End of Words

Welcome: 30 minutes – be very mindful of time.

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Review Participant Agreement, (*PG p. 7*).
- Intention sharing – use this as an opportunity to weave cohesion.
- Overview of what you will be doing for the next six weeks – gaining the support and structure to begin a life-long practice of curating a more satisfying state of being, one more aligned with who they truly are. Context in group's shared mindset theme.
- Brief introduction to AAIT and relationship to group theme (*Participant's Guide PG p. 11*).
- Set expectation for group commitment to practice daily for ½ hour.

Motivation Enhancement Education: 30 minutes

- Continue weaving the crucible with discussion of 6-week journey clarifying group theme.
- Creating conscious identities for goal achievement – discuss the kind of person who achieves the shared goal, resolves the shared problem, integrates and transcends the shared experience. What **MUST** they believe about themselves, others, life? Create affirmations as you go (*PG p. 14*).
- Talk on embodiment (*PG p. 16*).
- Discuss the kind of person who follows through with a life-long daily embodiment practice. What must they **BELIEVE** about themselves, others, and life? Create affirmations as you go.

Movement pause: 5 minutes

End of Words: 45 minutes (*PG. 101 – instructions*)

- Talk on acceptance principle as lead-in to EoW demo.
- Group demo - Identity of the kind of person who “Engages in a daily embodiment practice.”
- Group discussion and Q&A.

- Teach EoW
- Solo practice using EoW practice sheet – choosing one of the affirmations created by the group.

Embodiment Home Practice: 10 minutes

- Remind them what they did this session.
- “Don't wait until you're in the middle of a fire to practice a fire drill.” ~ Dick Olney
- Invite them to look with you at *PG p.19-26* in the participant guide (PG), talk through their practice plan. 30 minutes / day. Same time. Same place. May enjoy two 15-minute sessions.
- Practice Focus:
 - **Walking around practice** – Mull over the self-acceptance principle.
 - **Sitting practice** –
 - EoW with one of the affirmations related to someone committed to life-long embodiment home practice.
 - EoW with one of the affirmations related to the group's theme.
 - EoW with chosen content
 - **Use Participant Guide** – read and practice through Week ONE.

Closing:

- Readings in PG – remind them to read up to *PG p. 32* for next week.
- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings.
- Remind them to answer the questions on *p. 25 in the PG*.
- Pineal Breathing (*afterward, direct them to PG p. 95 for home practice instructions*)

Notes:



WEEK TWO

Embodying Freedom, Taking Responsibility

Practice Focus ~ Basic PEAT

Welcome: 20 Minutes

- Meditation (2 – 3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement Education: 30 minutes

- Discussion of “taking responsibility” principle, including how this principle applies to the group theme. Discuss what this kind of freedom could mean for them, if they took it to heart.
- Group EoW with “taking responsibility” principle.
- What kind of person takes responsibility for their state in this way? What **MUST** they believe about themselves, others, life? Create affirmations as you go (*PG p. 31*). Business mentor, Michelle Pippin encourages people to use “Of course ...” affirmations. Affirmations that begin with “Of course ...” align us with the energy of absolute assuredness. *“Of course, the sun will rise tomorrow.”*

Movement Pause: 5 Minutes

Motivation Enhancement Education: 5 minutes

- Reactive / Proactive: Tending to our state requires both.
- Engaging both post-mortem and pre-mortem discovery.
- Metabolizing stress with sitting and walking around practice.

Basic PEAT: 50 minutes (*PG. 105-108*)

- Basic Introduction – 5 minutes
- Snapshot exercise – 5 minutes
- Individual demo – a stressor from the past, a worry about the future – 10 minutes
- Group demo – a stressor (regret, disappointment, resentment) from the past or a worry about the future. As a group, ask them not to use something with a high SUDS rate (over six). – 15 minutes

- Discuss stabilization (future, opposition, light – holistic processing is next week)
- Solo practice with a stressor (regret, disappointment, resentment) or a worry about the future. – 10 minutes
- Group discussion Q&A – 5 minutes

Embodiment Home Practice: 10 minutes

- Remind them what they did this session.
- Daily Practice: 30 minutes / day. Same time. Same place. May enjoy two 15-minute sessions. EoW can become walking around practice.
- Practice Focus:
 - **Walking around practice** –
 - Align with goals using EoW with one of the affirmations related to someone committed to life-long embodiment home practice.
 - Align with goals using EoW with one of the affirmations related to the group's theme.
 - Mull over taking responsibility principle.
 - **Sitting practice** – Metabolize stressors and align with the present with BP: regrets, disappointments, resentments or worries. Taking a proactive / reactive approach.
 - **Use Participant Guide** – read and practice through Week TWO.

Closing:

- Readings in PG – remind them to read p. 41-46 for next week and answer questions on p. 40.
- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings.
- Pineal Breathing

Notes:



WEEK THREE

Mining the Soul's Gold, Resolving Reactivity

Practice Focus ~ Holistic Processing

Welcome: 20 Minutes

- Meditation (2 – 3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time. You can shorten these check-ins as time goes on. Be careful as they tend to get longer.
- Give overview of what to expect this session.

Motivation Enhancement Education: 35 minutes

- Discussion of “resolving reactivity” principle, including how this principle applies to the group theme. Discuss what their experience has been so far with this principle.
- What kind of person is committed to resolving their reactivity? What **MUST** they believe about themselves, others, life? Create affirmations as you go.
- Discussion of how this principle applies to group theme.
- Group EoW with affirmation from above if there is time.
- Discussion of the role discovery plays in curating our state, particularly as it relates to the group theme and other points of view.

Movement Pause: 5 Minutes

Motivation Enhancement Education: 20 minutes

- Holistic processing – explain the necessity and discuss when and why it’s hard sometimes (*PG p. 98*).
- Demonstrate BP with individual followed by demo of holistic processing. Use issue related to group theme.

Discovery & Solo Practice: 25 minutes

- Discovery of dominant stressors (regrets, resentments, worries). Stressors are oriented in the past or future, typically.
- Discovery of content related to group theme. Use sentence completions.
- Solo practice with a stressor (regret, disappointment, resentment) or a worry about the future, related to the group theme.

- Group discussion Q&A

Embodiment Home Practice: 10 minutes

- Remind them what they did this session.
- Pre-mortem / Post-mortem – taking a proactive / reactive approach
- Daily Practice: 30 minutes / day. Same time. Same place. May enjoy two 15-minute sessions. Continue with EoW as walking around practice.
- Practice Focus:
 - **Walking around practice** –
 - Align with goals using EoW with one of the affirmations related to someone committed to life-long embodiment home practice and one of the affirmations related to the group’s theme.
 - Contemplate resolving reactivity principle.
 - **Sitting practice** – metabolize stressors and align with the present with BP: regret, disappointment, resentment or worry.
 - **Complete processes by addressing all relevant POVs.** Take note of when you resist entering another’s POV. Discover what is between you and empathetically entering their POV.
 - **Use Participant Guide** – read and practice through Week THREE.

Closing:

- Readings in PG – remind them to read p. 55-58 for next week and answer questions on p. 53.
- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings.
- Pineal Breathing

Notes:



WEEK FOUR

Collaborating with the True Self

Practice Focus ~ Basic PEAT (Sneaky PEAT)

Welcome: 20 minutes – be very mindful of time.

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement: 30 minutes

- Discussion of “true self” principle and how conditioning inhibits our experience and filters our awareness. Relate this to identities. Discuss why we don’t live in this awareness always.
- Discuss their experience of this principle and how it applies to the group theme.
- What kind of person tends to be aligned with their true self? What **MUST** they believe about themselves, others, life? Create affirmations as you go.
- Discussion of attaining goals by turning on characteristics.
- Identify characteristics and qualities associated with group theme.

Movement pause: 5 minutes

Motivation Enhancement: 20 minutes

- Describe Sneaky PEAT relate to creating identity in context of group theme. Identities are not self but give us the means to express true self.
- Wins, insights, challenges to date.
- Questions about processes and troubleshooting.

Solo Practice: 30 minutes

- Keep it simple – addressing past stressors / future stressors with BP or EoW.
- Sneaky PEAT

Group Discussion: 10 minutes

- Q&A Troubleshooting
- Group theme

Embodiment Home Practice: 5 minutes

- Remind them what they did this session.
- Daily Practice: 30 minutes / day. Same time. Same place. May enjoy two 15-minute sessions.
- Practice Focus:
 - **Walking around practice** –
 - Align with goals. EoW with one affirmation related to someone committed to life-long embodiment home practice and one affirmation related to the group's theme
 - Contemplate true self principle
 - **Sitting practice** – Metabolize stressors and align with the present with BP: regret, disappointment, resentment or worry.
 - **Complete processes by addressing all relevant POVs.** Take note of when you resist entering another's POV. Discover what is between you and empathetically entering their POV.
 - **Use Participant Guide** – read and practice through Week FOUR.

Closing:

- Readings in PG – remind them to read p. 67-72 for next week and answer questions on p. 65.
- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings.
- Pineal Breathing

Notes:



WEEK FIVE

Directing Awareness, Embodying Goals

Practice Focus ~ Little Magical Method

Welcome: 20 minutes – be very mindful of time.

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement: 30 minutes

- Discussion of resolving reactivity. What is changing for them in this area, if anything? How are they coming to understand the value of resolving reactivity? Especially as it relates to goals.
- How does their attention on self-acceptance guide them, especially as it relates to the group theme?
- Talk on Directed Awareness
- Demo of LMM related to group theme (*PG p. 101*).

Movement pause: 5 minutes

Motivation Enhancement: 25 minutes

- Brainstorm creative application of LMM, especially as it applies to group theme.

Solo Practice: 20 minutes OR you could use time to scribe on fueling a goal with AAIT.

- Practice LMM related to group theme.
- Practice creative applications of other methods related to group theme.

Group Discussion: 10 minutes

- Q/A Troubleshooting
- Group theme

Embodiment Home Practice: 5 minutes

- Remind them what they did this session.

- Daily Practice: 30 minutes / day. Same time. Same place. May enjoy two 15-minute sessions.
- Practice Focus:
 - **Walking around practice** –
 - Align with goals. EoW with one of the affirmations related to someone committed to life-long embodiment home practice and one of the affirmations related to the group’s theme
 - Contemplate awareness, who is directing awareness?
 - **Sitting practice** – Metabolize stressors and align with the present with BP: regrets, resentments, worries, goals
 - **Complete processes by addressing all relevant POVs.** Take note of when you do want to enter another’s POV. Discover what is between you and empathetically entering their POV.
 - **Practice creative applications of BP, LMM and EoW.**
 - **Use Participant Guide** – read and practice through Week FIVE.

Closing:

- Readings in PG – remind them to read p. 81-85 for next week.
- Remember to answer the questions on p. 79.
- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings.
- Pineal Breathing

Notes:



WEEK SIX

Each Day a Discovery

Practice Focus ~ Creative Applications & Next Steps

Welcome: 20 minutes – be very mindful of time.

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement: 30 minutes

- Discussion of discovery. What is changing for them in this area, if anything? How are they coming to understand the value of discovery and taking responsibility?
- How has taking responsibility guided them, especially as it relates to the group theme?
- What insights or additional challenges do they experience with taking responsibility going forward, especially as it relates to group theme?
- Group EoW with content from discussion.

Movement pause: 5 minutes

Motivation Enhancement: 20 minutes

- Discuss experiences with creative applications.
- Discuss and share additional creative applications.
- Overview of discovery tools.

Solo Practice: 20 minutes

- From discovery, choose practice focus.
- Include creative application of Basic PEAT, Sneaky PEAT, End of Words or Little Magical Method as desired.

Group Discussion: 20 minutes

- Remind them of the journey they've been on.
- Gather feedback and evaluations.
- Next steps:

- Daily Practice
- CYS – Playing a Higher Game
- Ongoing group with what they currently know
- Individual sessions
- Retreats or other opportunities offered by you or the AAIT community
- **Use Participant Guide** – read and practice through Week SIX

Closing:

- Leave them with a poem or blessing that supports the theme of the group's intention, perhaps one you've shared each week.
- Pineal Breathing

Notes:



CYS Playing a Higher Game - WEEK ONE

Embracing Wholeness

Practice Focus ~ Universal Process

“People are generally better persuaded by the reasons which they themselves discovered than by those which have come in to the mind of others.”

~ 17th Century French Writer, Blaise Pascal.

Welcome: 30 minutes

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Intention sharing – use this as an opportunity to weave cohesion related to group theme.
- Overview of what you will be doing for the next six weeks – creating support and structure to deepen their practice. Contextualize with group’s shared mindset theme.
- Discuss what it means to play a higher game, if and as that applies to your group.
- Renew group commitment to engage in daily ½ hour practice. Use this as an opportunity to discuss the value of shared intention and focus, practicing knowing that others are doing the same, creating and visiting a virtual shared practice space, cathedral, temple, dojo, etc. There is power in knowing others are on the same journey, moving towards the same goal.

Motivation Enhancement, Education and Conversation: 30 minutes

- Continue weaving the crucible, drawing on wins, insights and challenges with practice. Identify common themes.
- Review AAIT principles.
- Creating conscious identities for goal achievement – discuss the kind of person who achieves the shared goal, resolves the shared problem, integrates and transcends the shared experience. What **MUST** they believe about themselves, others, life? Create affirmations as you go.
- Talk on wholeness and integration principle, inspired by and relevant to your group.

Movement pause: 5 minutes

Universal Process: 60 minutes

- Discuss noticing polarities, particularly related to group theme.
- Demo UP.
- Teach UP using an affirmation from the group's earlier discussion or use content that is more relevant for *your* group. That said, do not neglect awareness of creating identities for conscious goal achievement.
- Group discussion and Q&A.
- Solo UP practice. Be available for support and guidance.
- Group discussion and Q&A.

Embodiment Home Practice Reminders: 10 – 20 minutes

"Don't wait until you're in the middle of a fire to practice a fire drill." ~ Dick Olney

- Remind them what they did this session.
- Practice Focus:
 - Contemplate the idea of playing a higher game, especially related to group theme.
 - Contemplate integration of two opposing states principle.
 - 30 minutes / day. Same time. Same place. May prefer two 15-minute sessions.
 - Continue metabolizing energy related to stressors, regrets, resentments, worries and goals.
 - UP with at least one of the affirmations related to someone committed to life-long embodiment home practice.
 - UP related to the group's theme
 - Weekly reflection

Closing:

- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings.
- Pineal Breathing

Notes:



WEEK TWO

Discovering Polarities

Practice Focus ~ Universal Process with Chosen Polarities

Welcome: 20 Minutes

- Meditation (2 – 3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement Education and Conversation: 30 minutes

- Discussion and talk on Discovery relevant to your group.
- Create a group list of polarities related to the group theme.
- Choose one set for group UP.

Movement Pause: 5 Minutes

Motivation Enhancement Education: 20 minutes

- Weekly Discovery for widening the view through self-inquiry:
 - Balance Wheel for overview
 - Sentence completions for increasing clarity
- Kindling Curiosity – discuss inspiration sources for integration such as:
 - CNVC Needs List
 - Problems and unsatisfying states
 - Challenging experiences and situations causing stress
 - Limiting beliefs
 - Catastrophic expectations
 - Tasks and goals
 - Relationships
 - Needs
 - Qualities and traits
 - Spiritual reading
 - Books and entertainment
 - Inspiration sources are everywhere, all the time.

Solo Practice: 30 Minutes

- Weekly reflection
- UP with chosen polarities
- Group discussion Q&A

Embodiment Home Practice Reminders:

- Remind them what they did this session.
- Practice Focus:
 - 30 minutes / day. Same time. Same place. May prefer two 15-minute sessions.
 - Continue metabolizing energy related to stressors, regrets, resentments, worries and goals.
 - UP with chosen polarities
 - Weekly reflection
 - Contemplation focus – looking for polarities

Closing:

- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings or share something different each week.
- Pineal Breathing

Notes:



WEEK THREE

Collaborating with the True Self – Full Day Retreat

Practice Focus ~ Deep PEAT 4

Week Three is the retreat week. You can be creative in how you offer this. It can be a full day with the morning devoted to DP4 and the afternoon devoted to the Gnostic Intensive. Or, if it serves your group better, you can expand this to a full weekend retreat. Or you can offer the Gnostic Intensive individually until you are prepared to facilitate a group Gnostic Intensive.

Below is the outline for the morning focused on Deep PEAT 4 and the afternoon on the Gnostic Intensive. Alternatively, you could spend the entire day on Deep PEAT 4.

Welcome: 20 Minutes

- Meditation (2 – 3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time. You can shorten these check-ins as time goes on. Be careful as they tend to get longer.
- Give overview of what to expect.

Motivation Enhancement Education: 35 minutes

- BRIEF discussion and talk on non-dual states principle, will explore in more depth Week 4.
- Explore experiences of and objections to the principle.
- Discussion of how this principle applies to group theme.
- DP4 is one of the process that clearly illustrates the dissolving of such energy, revealing a glimpse of a non-dual state, empty of content.
- Demo DP4

Movement Pause: 5 Minutes

Solo practice: 30 minutes

- Demo DP4 again if group needs
- Be available for support and clarification
- Group discussion and Q&A

Embodiment Home Practice Reminder: 10 minutes

- Remind them what they did this session.
- Practice Focus:
 - 30 minutes / day. May enjoy two 15-minute sessions.
 - Continue metabolizing energy related to stressors, regrets, resentments, worries and goals.
 - DP4 with chosen polarities related to group theme.
 - Weekly reflection.
 - Contemplate true self principle.

LUNCH

GNOSTIC INTENSIVE * See Facilitator Notes

Notes:



WEEK FOUR

The Magical Mirror

Practice Focus ~ Deep PEAT 4 Shadow Integration

Welcome: 20 minutes

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences.
- Give overview of what to expect this session.

Motivation Enhancement: 30 minutes

- Talk on the relationship between resolving reactivity, shadow integration and playing a higher game as it relates to your group.
- Demo of DP4 shadow integration

Movement pause: 5 minutes

Motivation Enhancement: 25 minutes

- Discussion on recognizing the shadow. Discuss how the world and our reaction to it can become a magical mirror.
- Demo DP4 shadow integration

Solo Practice: 20 minutes

- Shadow integration

Group Discussion: 10 minutes

- Q&A Troubleshooting

Embodiment Home Practice: 5 minutes

- Remind them what they did this session.
- Practice Focus:
 - 30 minutes / day. May enjoy two 15-minute sessions.
 - Continue metabolizing energy related to stressors, regrets, resentments, worries and goals.
 - Integrate the shadow, particularly as it relates to group theme.

Closing:

- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings or share something different each week.
- Pineal Breathing.

Notes:



WEEK FIVE

Activating the Golden Shadow

Practice Focus ~ Deep PEAT 4, Golden Shadow

Welcome: 20 minutes – be very mindful of time.

- Meditation (2-3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement: 30 minutes

- Identify and discuss qualities, traits and habits that are common to group theme.
- Discuss the activation of qualities, traits and habits with DP4, Indiana Jones Method
- Discuss experiences with creative application of golden shadow integration

Movement pause: 5 minutes

Motivation Enhancement: 20 minutes

- Demo golden shadow integration with DP4
- Group Q&A

Solo Practice: 20 minutes

- Golden shadow integration related to group theme

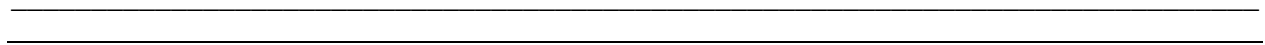
Group Discussion: 20 minutes

Embodiment Home Practice: 5 minutes

- Remind them what they did this session.
- Practice Focus:
 - 30 minutes / day. May enjoy two 15-minute sessions.
 - Continue metabolizing energy related to stressors, regrets, resentments, worries and goals.
 - Integrate the golden shadow, particularly as it relates to group theme.

Closing:

- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings or share something different each week.
- Pineal Breathing

Notes:



WEEK SIX

Expanding Awareness, Expanding Freedom

Practice Focus ~ Deep PEAT 4 & Universal Process

Welcome: 20 Minutes

- Meditation (2 – 3 minutes)
- Lovingkindness gaze (if this serves your group)
- Check in – insights and experiences. Be very mindful of time.
- Give overview of what to expect this session.

Motivation Enhancement Education and Conversation: 45 minutes

- Discussion and talk on non-dual states relevant to YOUR group.
- Discussion of expanding freedom by expanding wholeness through embodiment practice.
- Discussion about discovery through self-reflection and self-investigation.
 - What is changing for them in this area, if anything?
 - How are they coming to understand the value of discovery and taking responsibility?
 - How has taking responsibility guided them, especially as it relates to the group theme?
 - What insights or additional challenges do they experience with taking responsibility going forward, especially as it relates to group theme?
- Identify themes from conversation, choose focus for group practice.
- Group practice with Universal Process. Remind participants of UNIVERSALITY of human experience.

Movement Pause: 5 Minutes

Motivation Enhancement education and conversation: 30 minutes

- Remind them of the journey you've all shared.
- Discuss choosing DP4 vs. UP
- Remind them to continue with what they learned in CYS ~ Embodiment
 - Answer any questions clarifying EoW, BP, LMM

Solo Practice: 30 Minutes

- DP 4, UP, BP, EoW or LMM

- Group discussion Q&A

Embodiment Home Practice Reminders:

- Weekly reflection
- Practice Focus:
 - 30 minutes / day. Same time. Same place. May enjoy two 15-minute sessions.
 - Continue metabolizing energy related to stressors, regrets, resentments, worries and goals.
 - DP4 & UP for chosen polarities related to group theme or weekly reflection.

Closing:

- Gather feedback and evaluations
- Next steps:
 - Ongoing group with what they currently know
 - Individual sessions
 - Retreats or other opportunities offered by you or the AAIT community
 - Contemplate awareness and value of non-dual states
- Consider closing with a short poem or quote each week related to group theme. You could use the same one each week as it reveals deeper teachings or share something different each week.
- Pineal Breathing

Notes:



GNOSTIC INTENSIVE

*Developed by Zivorad M. Slavinski**

An important characteristic of the Direct Experience of Truth (DET) is the disappearance of differences between the subject and the object.

Spiritual masses create and maintain the illusion of subject and object. These masses, *samskaras*, carry psycho-emotional charged energy. Employing the alternative technique eliminates this energetic charge. Feeling who one is and who one is NOT in the here and now evokes an awareness of thoughts, images, emotions and sensations.

Eventually, this oscillation settles into a gnostic awareness, experiential knowledge rather than conceptual, and reveals a truth beyond the illusion of separation.

Ideally, we could live in and from this awareness all the time. However, eventually, some energetic charge will insert itself between us and whatever object on which we are focused. Our conditioned ego self gets triggered or wounded, some need goes unmet or a goal is defeated. Separation. It happens in a moment, like a photographer's aperture closing.

When an Intensive client swings between awareness of who they are in the HERE AND NOW and who they are not, the charge between the two begins to soften, dissolve and finally melt together. This enables the client to neutralize polarities and transcend them.

Before a Direct Experience happens, the energetic charge that separated the subject from the object is emptied, so that the subject and object can unify in the Direct Experience.

Personal Gnostic Experience

Your first few Gnostic Intensives may feel like you are sliding off a cliff. Still, do not shy away from offering these after you have gained confidence with facilitating the Individual Intensive. You will need a minimum of 8 people for a group Intensive.

Practice the Individual Gnostic Intensive with other CYS facilitators several times. Then begin practicing with clients. The more times you have your own Gnosis experience, it will be easier for you to recognize Gnosis in others. For at least a couple of months, I

met weekly with a friend in Germany to exchange Gnostic Intensive facilitation. The value of this cannot be emphasized enough.

Checking and Monitoring Progress

This applies to both group and Individual Gnostic Intensives. Check how the participants are working as soon as possible. This usually begins with the second dyad, because there is not much time – five, sometimes even only four dyads. Approach the participant, touch their shoulder and tell them to come with you.

When the participant comes to you, tell them, *“I want to check how you do the technique. When your partner gives you the command, what do you do? Explain it to me briefly.”*

Follow the participant's explanation closely and notice where they are making mistakes. In the beginning, almost all participants make mistakes. When he is finished explaining how he works (if the explanation is too long you need to interrupt him kindly), tell him,

“You work quite well, but not perfectly. I want you to apply the technique perfectly, so pay attention to the following ...”

Explain how it is done. The explanation must be very short. The most common mistake is the following. The participant says: *“I close my eyes and wait to see what will appear, and then...”*

In this case, you should say: *“Be careful, the technique doesn't state that you should wait to see what appears to you and then communicate it. No, the technique states that you should find who you are at that moment, and feel YOURSELF as completely as possible; to continue to feel yourself like that for 10 to 15 seconds and report to your partner only that which comes to you as the consequence of that attempt. Do you understand me?”*

Sometimes the participant elaborately describes all that appears in his mind and is often fascinated with those contents. In that case, tell your client, *“I understand that many interesting contents come to you. But they are not very important. The most important thing is to feel the one who sees those contents (or: the one who experiences those contents), because that is you.”*

Take note of how many Intensives the participant has undergone and, in case it is not the first one, on which question the participant is working.

Note any observations you have. For example, “She applies the technique well”, “He is not far from the Experience”, “He has trouble finding the object,” etc.

Validating Gnosis

Gnosis presents with a few common symptoms or characteristics;

- Catharsis with obvious experience of Gnosis
- Extreme peaceful experience of Gnosis
- The technique breaks down for them and they get very confused
- They stare absently into the distance

Realizations the participant experienced are not DETs. Direct Experiences are precisely what the words mean – Direct Experiences. They are neither good nor bad, beautiful or ugly. They only ARE. But since a person is a verbal being, he has the need to express what he experienced, and that is why the Master should ask him what happened, what he is feeling, etc.

The simplest realization is the one the participant has on the first question – “Who am I?” For the vast majority of human beings this realization, which the participant reports after he attains a Direct Experience, is the same: “I am me” or “I am XY (the participant's name)” or “I am the one looking at you” or “I am this man here,” etc. All the realizations can be reduced to only one thing: “I AM ME!”

Sometimes a participant has an intense experience which is not Direct, but he insists that it is: “I am a Being of Light”, “I am a Divine Being” and the like. If that happens, the Master should say: “Your experience is valuable, but it is not a Direct Experience of Truth. It is indirect. Continue working so you can attain a DET.”

Sometimes persons come to an Intensive after other seminars and persistently adhere to the knowledge attained there. A woman approached me on an Intensive and said: “I know who I am. I am a Being of Light.” She was unpleasantly surprised when I asked her to continue.

Naturally, the Master should not tell the participants what the realization after a DET on the question “Who am I?” is. The participant must reach it and other realizations on his own.

In facilitating a group Intensive, studying and contemplating this section of The Gnostic

Manual is particularly useful.

The problem with validation of a participant's experience lies in the fact that the realizations themselves are not a certain indicator that the participant has had a DET. Indeed, the Master should be able to judge directly or immediately whether the participant experienced Gnosis or not. The Master's own experiences on Intensives and his memories of right and wrong judgments constitute the basis of his awareness in determining this, but insight into whether the person on whom he is focused is in the state of Truth or not surpasses the capacity of logical reasoning.

If we define intuition as knowledge without contemplation, then it is an intuitive insight. The Master's capacity for intuitive insights develops together with his spiritual level and ability to focus his attention. This ability has great value in any field of spiritual or hermetic practice, for when attention is focused, it resembles beams of sun concentrated in one spot, which can then achieve an effect they can never achieve if they are scattered. I have described an exercise for developing the ability to focus attention in a separate chapter.

The Master's pure consciousness, focused by means of conscious attention, is spontaneously drawn to the person in the group who has attained a DET or is close to it, just like a butterfly is drawn to light.

The Master might be drawn, without an obvious reason, to one participant and a thought will come to him, "That person has a strange look; should I check on him?"

Or the Master will become aware of having followed a participant's behavior for a while without knowing why. Sometimes the Master will notice "something new" in a person, which apparently wasn't present earlier. In most such cases, the persons who attracted his attention have entered the state of Gnosis or are on its threshold.

When the Master sees that an Intensive participant is in the state of DET without being aware of it, what follows is a very efficient method for dealing with it. The Master should tell the participant: "Now I will ask you something, and you must answer me IMMEDIATELY, without thinking. Do you understand me – instantly!"

When the participant agrees, the Master looks him in the eye for a few moments and then tells him in an ordinary voice: “Tell me... who are you?” Between the first part of the question (“Tell me...”) and the second part (“... who are you?”) there should be a pause of 2 to 3 seconds.

If the participant does not offer the right answer, e.g., “I am me” or a variant of that answer, the Master should just say: “Go back to your place and continue working.” There are some simple tricks that help the participant to become aware of the state he is in. For example, the Master can tell him to close his eyes, and then he can pull slightly on the tip of the participant's nose and ask: “Who is feeling this?”

Or, while explaining his experience, if the participant says “I... and then...”, the Master can ask him, emphasizing his words: “Why did you say I?” These and similar tricks help the participant by removing the veil from his clear consciousness to reveal that he is the one experiencing it all.

*These notes are a summary of private conversations, training, personal experiences along with direct instructional text from *The Gnostic Intensive Manual*, by Zivorad M. Slavinski, reformatted for clarity's sake from my personal facilitation notes.

With both group and individual intensives, explain key elements:

What questions do we begin with for the Gnostic Intensive?

We always begin with the question *Who am I?* From there, we continue with the three primary questions; *What is life? What am I? What is another person?*

What is a Direct Experience of Truth?

Gnostic Intensive clients have a variety of experiences, though the main goal is for them to have a DET. Some Intensive clients have experiences Maslow would call peak experiences.

While some peak experiences are DET's, not all are. In other words, these two kinds of experiences can be identical, but are not necessarily so. *A DET has a narrower and more specific meaning. The basic criterion for judging whether they are identical is the directness of experience; that is, whether the subject and the object became one, so that there isn't a difference between them.*

What is the most important characteristics of a DET?

The disappearance of differences between the subject and the object is perhaps the most important characteristic of a DET.

What prevents us from experiencing the DET and living in that awareness?

The spiritual masses, that is, the emotional charge existing on them prevents the DET. The alternative technique of the Gnostic Intensive eliminates the energetic charge that separates us from our objects (ourselves, life, and other human beings).

It would be ideal if we could experience Truth directly all the time, but whenever we try to, the energetic charge inserts itself between us and the object on which we are focused, causing separation. When an Intensive client moves to and fro between polarities, they lose their charge, soften, dissolve and finally, melt together; effectively neutralizing polarities and transcending them.

Before a Direct Experience happens, the energetic charge that separated the subject from the object is emptied, so that the subject and object can unify in the Direct Experience.

Which four elements constitute a mental mass and what happens when the client confronts them?

Thoughts, Images, Emotions and Sensations disappear when confronted.

Which two points on the face do we use in the Gnostic Intensive?

First eye point, both sides.

Crafting your opening and closing talks

Below are my notes from an opening talk I gave when facilitating a Gnostic Intensive as part of a yoga retreat. You will recognize instruction from the Gnostic Manual. When crafting your opening and closing talks, use language and examples that are in context of the lives of those you are serving. As a general rule, people become more engaged when you begin with a personal story. This talk included one I did not include below. Take the time to contemplate your related stories of peak experiences and DET.

Opening Talk Example

Value of Direct Experience of Truth

After experiencing a DET on the question “Who am I?” a person advances much faster and easier in every emotional, psychological or spiritual activity.

The logic is simple. Often, for the first time we have a stable center of gravity from

which we can act, a stable point of view from which we experience the world, ourselves, others and life. This stable POV was previously missing.

For example, if we engage in a strenuous meditation practice, before Gnosis we don't know WHO is meditating. After Gnosis, we always know. We may consciously forget, but some part of us always knows. This knowledge is unescapably empowering.

Before, various conditioned desires lead us to be better, stronger, have people see us in a particular way. We don't have full conscious awareness of WHO is making our decisions, goals and actions. After a Gnostic experience, we know the WHO behind it all. The veil lifts. We then know that activity always originates in us; we are the decisive factor.

Gnosis leaves us with a feeling of being much more integrated than in other life experiences. We feel an exceptionally profound and strong interconnection with the world and at the peak of our psychological powers.

We can feel ourselves as a responsible, active and creative center of our own activities. Being on retreat allows this experience to settle more deeply.

For a time, we are free of blocks, inhibitions, fears and inferiority.

Nature of the Direct Experience of Truth

In spiritual literature, you can find many descriptions of Enlightenment and its characteristics, but all authorities worth mentioning agree on one essential trait of the DET, without which Enlightenment cannot exist. In a DET, there isn't any difference between the subject and the object.

Explanation: From birth we have countless **indirect experiences**. In just one day we have thousands of them. They always consist of three elements:

1. **Subject** – person who has the experience
2. **Object** – that which the person experiences
3. **Process** – through which the person experiences the object

For **example**, I am looking at this wall, I am experiencing it. The wall is the OBJECT. I, who is experiencing the wall, am the SUBJECT. The PROCESS of seeing exists between me and the wall. Through seeing it, I experience the wall.

Another example. I am talking to you (point to one person). You are the object. I am the

subject. While from your point of view, I am the object and you are the subject.

In the DET, there is no process between the subject and object. For they become one, even for a very short time. These experiences, leave impressions, footprints in our consciousness.

Remembering and intuition can also become activated in the experience. Again, no matter how subtle a process remembrance or intuition is, it is still a process, whereas in the DET there isn't a process between the subject and the object. The subject experiences its object without a process.

A question often arises – **why aren't we continuously in the state of DET?** The reason is simple – it is because of our spirit. The spirit is a valuable instrument for everyday life. It tells us what is good for us and what is bad, how to solve a problem and the like. But in spiritual practice the spirit is the main obstacle, for it inserts itself between us and our object and instead of a DET we get some of the spiritual masses existing in the spirit or the conditioned self.

This will be easier to understand once we clarify a shared definition of the conditioned self, the spirit. We consider the conditioned self, the total sum of **uncommunicated contents, interrupted communications, traumas, un-pleasant and pleasant past experiences, gained knowledge, facts we heard from our parents, in school or those we read in books, defeated goals, etc.**

Many are familiar with the Sanskrit, *chitta* or **mental mass**. Because of these mental masses, when we want to experience a person, instead of a DET of that person we get several indirect experiences the spirit automatically gives us: memories of similar people, relationships or situations, hopes, fears and similar contents, which prevent me from attaining a DET of that person.

Two related concepts are *samskaras* and *vrittis*. *Samskaras* are deeply imbedded impressions and *vrittis* are our psychological and behavioral tendencies.

Intensive's technique does nothing more than empty spiritual masses. For a time. In this process, we come to a moment where spiritual masses are removed, the mind is empty and the unification of the subject and object can occur. In most cases that state is brief, but its consequences last a lifetime.

For many, Gnosis kindles a longing to grow.

Closing Talk Example

Before talking, give participants an opportunity to write their experiences and share them briefly in the group, if it seems like the group would benefit from this kind of verbal sharing. That said, many groups find it more beneficial to have a more silent closing.

In that case, I share something simple like, *your experiences today likely kindled the natural urge of consciousness towards union. I urge you to keep this flame alive with your daily practice. Do not neglect tending to the flame of your true, sovereign self. As you move through your days and nights, pause; become present to yourself and remember that YOU are worth the time and effort to tend to this wonder that is you.*

Choose a poem or reading that serves your group.

Facilitation Tips

- Prepare. Practice. Prepare. Practice. I cannot emphasize enough the value of preparation. There is a lot to tend to in the moment. Have everything ready to go so that the day of the Intensive you can be fully present as facilitator or Master of the Intensive and not playing producer.
- Clean and set the room in advance. Fresh flowers can be a nice addition.
- Have individual instructions ready for your participants.
- Create a chart for you to easily monitor the progress of the participants.
- Create an *experiences* document. This will give participants a chance to share their experience with you. In the future, after gaining agreement from the participant, these experiences can become testimonials.

Notes:



INDIVIDUAL GNOSTIC INTENSIVE

Developed by Zivorad M. Slavinski

Instructions

1. Tell the client to close her eyes.

WHO am I? is always the FIRST question for a Gnostic Intensive client. Ask the client: “*Do you know who you are?*” If you can tell from the answer that the person knows who he is, you should not work on the question “*Who am I?*”

Instead ask “*Do you know what life is?*” or “*Do you know what another human being is?*” If you determine from the answers that the person has clear awareness regarding these questions, do not proceed with the work. This seldom happens, but due to the opening of the Collective Consciousness of mankind, it does happen more and more often. At this point, we are looking to help the client stabilize in higher, transcendent states.

If the person does not know who he is, or offers answers which are learned, conceptual (indirect experiences), you should start the process, applying the alternative technique and the DP4 method. It is more accurate to say a snapshot may present. Or the elements may flow. As the client works with the commands, some object appears. That object typically evokes an awareness of one or more of the four elements.

As the command includes ***here and now***, the object will sometimes change and sometimes stay the same, unlike in DP4.

2. *With two fingers on the first eye-point on the left side. **Feel who you are, here and now.** Report the four elements you experience: thought, image, emotion and body sensation. Take a breath.*

As the process continues, you can help your client by encouraging them to ***Find something that feels like you here and now. Feel that and tell me something about it.***

3. Place two fingers underneath the right eyebrow, the first eye-point. **Feel who you are not, here and now.** Give me the four elements; thoughts, images, emotions, body sensations. Take a breath.

As the process continues, you can help your client by encouraging them to **Find something that feels like not you here and now. Feel that and tell me something about it.**

4. Repeat steps 2 and 3 until most or all elements disappear.
5. When the contents of the mind are emptied and the client begins to give answers related to himself or his body, you can gently pull the tip of his nose (while her eyes are closed) and ask, *“Who is feeling this?”*

If the client answers the question *“Who is feeling this?”* with *“I am,”* continue as if nothing significant has happened. Sometimes the client answers *“My nose is feeling it”* or *“My body is feeling it.”*

Zivorad teaches that in many religious traditions the tip of the nose is considered the last point of contact of the body and soul at the moment of death, and therefore this act helps to remove the last remains of energetic charge from the Direct Experience.

6. When you see that the client is close to a DET, ask them to open their eyes and tell him, ***“I will ask you something now, and you should answer me momentarily – without thinking. Do you understand?”***

Then look your client directly in the eyes for a few moments and ask in a normal voice, ***“Tell me... who are you?”*** Between the first part of the question (***“Tell me...”***) and the second part (***“... who are you?”***) there should be a **pause** of 2 to 3 seconds.

Realizations are the same as on the group intensive: “I am me”, “I am... (his/her name),” “I am the one sitting here,” “I am the one looking at you,” etcetera.



GNOSTIC STABILIZATION

Whether it is a group or individual experiences of Gnosis, we know these states of awareness don't last. The illusion of separation comes into place as life continues. It's why we engage in embodiment practice, to consciously engage in the game of waking up from the bad dream of who we think we are.

Nonetheless, each experience leaves an impression. The following questions and guided concentration exercises are aimed at supporting your client in stabilizing in these higher states, letting these states *leave a footprint* in their consciousness. Allow your client as much time as time allows for them to settle into these states. After each DET stabilize with expansion. Some DETs benefit from additional stabilization questions.

Who am I?

- Are you satisfied that you are you, and not some-one else?
- Is it possible for you to be someone else and not yourself?
- Imagine that you are in your early childhood. Does your experience '*I am me*' exist in that state as well?
- Imagine that you are now 10 or 15 years old. Is the experience that you are you still there?
- Now imagine that you are old – 80 or 90 years old. Will you still know that you are you, or will you forget that?
- If there were lifetimes before this one, were you still you or were you someone else?
- If there are to be lifetimes after this one, will you still be you or will you be someone else?
- Proceed with the six-direction expansion, do this after every DET. You could also do the Expansion of the Being as Light:

- Feel 'I am me' and imagine that that feeling of yourself is spreading like a wave in front of you infinitely.
 - Feel 'I am me' and imagine that the feeling of your Self is spreading like a wave behind you infinitely.
 - Feel 'I am me' and imagine that that feeling of yourself is spreading like a wave to your left, into infinity.
 - Feel that the feeling 'I am me' is spreading like a wave to your right, far, far away.
 - Feel that the feeling 'I am me' is spreading like a wave upwards, above you, far, far away.
 - Feel that the feeling 'I am me' is spreading below you, into the depth.
 - And now, feel that the feeling 'I am me' is spreading in all directions simultaneously – in front and behind you, to your left and right, above and below you, all at the same time.
 - Allow yourself to settle into that state (Let the client remain in that state for at least 20 - 30 seconds).
- How big are you now? Do you have any limits? Does anything limit you in space?
 - Out of that endless space, where you are a clean Spiritual Being, put your attention onto your body which sits in this room, here on the chair. Is it the I you are every day? Tell me, how big is it?
 - Now ask about similarities and differences concerning the following domains of activity:
 - Is there any difference between you as an Endless Being of Light (or clean Spiritual Being) and you that moves through everyday life?
 - Is there any difference between you as an Endless Being of Light and your emotional partner and your family?
 - Is there any difference between you as an Endless Being of Light and your community?
 - Is there any difference between you as an Endless Being of Light and the whole of humanity?
 - Is there any difference between you as an Endless Being of Light and the whole live universe?
 - Is there any difference between you as an Endless Being of Light and the whole physical universe, from the tiniest atom to the biggest galaxies?
 - Is there any difference between you as an Endless Being of Light and

GOD as you imagine GOD to be?

- Finally, ask, “Tell me, who created all your experiences?”
- Then ask, “Tell me, who will be creating your experiences in the future?”
- Let them stay in that state as long as time allows. Ask them how they are feeling.

Expansion of the Being as Light

If you sense your client would benefit from an experience of Expansion of the Being as Light, proceed with the six-direction expansion in this way **before** asking the questions about differences listed above.

- Then, with his eyes closed let him imagine above his head a source of shining light, as some small sun. Then let him imagine the light penetrating his body, filling it completely. You could use the kasha mudra here if you like, I don't always use it. To make the kasha mudra, gather the middle fingertip and thumb and place on the first eye-point. Hold it there while doing the expansion.
- Tell him to inhale and exhale, spreading light by breathing until it is about 1 yard around the body.
- Then tell him, feel and imagine that light, which is the quintessence of you, spreading in front of you into infinity...
- Feel and imagine that light which is you spreading behind you into infinity...
- To the left into infinity...
- To the right into infinity...
- Above you into infinity...
- Beneath you into infinity...
- Now imagine that light which is you spreading around you into infinity in all directions AT THE SAME TIME! In front and behind, left and right, upwards and downwards into infinity at the same time! Like a star expanding into forever.
- I don't always do this, however it can be useful. In many populations, this engages the mind in a way that is not useful. However, for some, it can widen

their insight. Use your judgment regarding your group.

After 15 – 20 seconds, as “Take a look around to the places where the Creators of that unwanted part of your life used to be and tell me, what is happening with them? What kind of energy, messages, words, thoughts and emotions are coming NOW from ... the Creators?” That creator should be empty of charge, or there should be only very neutral energy, or positive messages and emotions. OR the Creator doesn't exist anymore.

What am I?

- Typical realizations about this question include; *I am me. I am God. I am Light. I am an angel.* The most common response is *I am nothing, nothingness, emptiness.*
- Expansion of the DET (*P.83-84*)
- Additional stabilizing questions:
 - Are you satisfied that you are what you are and not something else?
 - Is it possible for you to be something other than what you are?
- Let them settle into that state of awareness as long as time allows. Ask them how they are feeling.

What is another person?

- Typical realizations to this question include statements such as; *there is no other, I am another person. Or, It's me.*
- Expansion of DET.
- Continue stabilizing with the questions below:
 - When you blame another person, who are you blaming?
 - When you feel compassion for another, towards whom do you feel compassionate?
 - When you hurt another person, who are you hurting?
 - When you fear another person, who are you fearing?
 - When you admire another person, who are you admiring?
 - When... create questions you sense will benefit them in relation to their content about others.

- Let them settle into that state of awareness as long as time allows before asking how they are feeling.

What is life?

- Typical responses to this question include statements such as: *Everything is life. Life is all. There is no life. I am life. Or more simply, Life is.*
- Expansion of DET.
- Additional stabilizing questions:
 - Are you satisfied that Life is (*repeat their realization*)?
 - Can you find anything that is not life?

Allow participant to settle into expanded state as long as time allows before asking them how they are feeling.





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