



## UNIFICATION CONNECTION PROCEDURE

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### Steps

1. Collaborate to **clarify problem** and goal.
2. Instruct the client:  
*Remember the first time you ... (person, area, object).*  
*Remember the last time you ... (person, area, object).*

### Example

*Remember the first situation when someone looked down on you.*

*Remember the last situation when someone looked down on you.*

OR

*Remember the first situation when someone made you do something against your will.*

*Remember the last situation when someone made you do something against your will.*

3. Guide the client in making a snapshot of the FIRST time/situation (LEFT eye-point) and the LAST time/situation. Continue as you would with DP4 until the snapshots empty or merge (more rare).
4. Tell your client *“Be careful not to create anything. Take a look at the timeline of your history with (problem). Do any other experiences of \_\_\_\_\_ remain in the period between the first and last experience stand out or attract your attention. Or is it empty?”*

If yes, make a snapshot of the earliest such experience remaining and most recent such experience. If there is only one remaining experience, make a snapshot of that experience and the here and now as the other pole.

The process is complete when there are no remaining experiences.

5. **Stabilization:**
  - a. Check the original problem.
  - b. Address future concerns and other POVs if necessary.
  - c. Fill the timeline of the past and future with light. *Imagine a river of light flowing into the timeline of your past – washing into and through your past. Filling your past with light where \_\_\_\_\_ experiences used to be.*
  - d. Ask about new knowledge. *What do you know now that you didn't before if anything new.*

## Inspiration for Personal Embodiment Practice

Remember the first time...

- ...you suppressed something you thought or felt
- ...you were criticized
- ...someone or some group looked down on you
- ...someone made you do something against your will
- ...you felt that something remained unrevealed
- ...someone renounced something you expressed as true
- ...someone made you do something against your will
- ...you protested against something
- ...you made a decision that affected your life
- ...something you expressed was ignored
- ...something significant to you was discovered
- ...you made a compromise with truth and justice
- ...you withdrew from someone or something against your will
- ...you felt shame.

You can see that the opportunity for practice is fairly endless. UCP is particularly useful with repetitive experiences, patterns and habits.