



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.