

Identify the Problem and Goal

Chest Point (CP)

Even though, _____ I love and accept myself, my body, my personality and the fact that _____

OR
Or with a positive statement
I feel _____ and I love and accept myself.

First EP
Feel _____
Take a breath. What's there now?

Nothing
New content
Same content
Same negative content new positive content or vice versa

Second EP
Feel _____
Take a breath. What's there now?

Nothing
New content
Same content
Same negative content new positive content or vice versa

Third EP
Feel _____
Take a breath. What's there now?

Nothing
New content
Same negative content
Same positive content

What would you rather feel?
Is there anything you wouldn't want to feel in this moment?
Or
What is the opposite state?

I feel _____ & _____
I feel _____ & _____

no
Then T
S & E

DEEP PEAT
(dev. By Z.M. Slavinski)
© Melanie McChae 2021



Chest Point (CP)
I feel _____ & _____ and I love and accept myself, my body and personality, and the fact that _____
I feel _____ & _____
OR
_____ and _____ and I love and accept myself and the fact that _____ (acknowledge whatever the polarities are doing i.e. dancing, interacting, in separate rooms)

First EP
Feel _____
Take a breath
Feel _____
Take a breath
Feel _____ & _____ simultaneously.
Take a deep breath. What's happening between _____ and _____?

New content
"Nothing or I don't know"
Interacting, not interacting or Merging
2nd EP or

Second EP
Feel _____
Take a breath
Feel _____
Take a breath
Feel _____ & _____ simultaneously.
Take a deep breath. What's happening between _____ and _____?

New content
"Nothing or I don't know"
Interacting, not interacting or Merging
3rd EP or

Third EP
Feel _____
Take a breath
Feel _____
Take a breath
Feel _____ & _____ simultaneously.
Take a deep breath. What's happening between _____ and _____?

"Nothing" or not completely merged

Deep breath can support a merge

Can you separate them?
yes
no
Check for M
P or T

Merged or disappeared
Nothing
Neutral
Positive
Negative
Both
Inside
outside
There is Me & there is nothing
If it is not new content, next EP. If new, CP

Primes (P)

If this is the first integration with DP, proceed to primes stabilization on back, then to test questions.

Test Questions (T)

Is there still a problem?
Is there opposition to its resolution?
Is it possible for the problem to impose itself on the future against your will?
Are there other points of view involved?

Stabilization & Expansion (S&E)

Light
Forgiveness
Thankfulness
Activation

EXPANSION OF THE PLEROMA STATE

- Become aware of ___ expanding in front of you far, far away, beyond the edge of infinity in front of you.
 - Feel ___ expanding behind you like a wave, beyond the beyond behind you.
 - Become aware of ___ expanding to your right, past eternity's gate to your right.
 - Feel ___ expanding to your left, far, far away to your left, beyond forever to your left.
 - Become aware of ___ expanding, flowing above you, beyond infinity's gate above you.
 - Feel ___ expanding beneath you beyond the edge of forever beneath you.
 - Feel ___ expanding and flowing simultaneously in all six directions, in front and behind, to the right and to the left, above and below, all at the same time, like a star expanding into forever.
-

META-POLARITIES

Sometimes the client spontaneously identifies meta-polarities: *"When I can, I feel I exist. When I can't, I feel I don't exist."* It is obvious the client had indicated the meta-polarities **Existence** and **Non-Existence**. This seldom happens, so it is therefore necessary to use certain questions to direct the client's attention to the meta-polarities. You can use the pair of questions you find most appropriate. Never use all of the questions.

- *Are there other, more precise terms for these polarities?*
- *What do you feel when you are in ___ (state the first polarity)? What do you feel when you are in ___ (state the second polarity)?*
- *What is ___ (state the first polarity) like? It's like ___? What is ___ (state the second polarity) like? It's like ___? Using metaphor.*
- *What does that state ___ (state the first polarity) cause in you? What does the other state ___ (state the second polarity) cause in you?*

I will repeat the **most important point**: always ask just one pair of questions. If the answer you receive is not satisfying, you may try another pair. (Zivorad M. Slavinski, *PEAT New Pathways*)

PRIMES STABILIZATION

There are four groups of questions. Ask them in the following order:

First Group of Questions: Instruction to the Client: *"Tell me, **Not** based on your previous knowledge and thoughts, things you think you know, but based on what you **feel NOW**, is there a difference between ___ and ___ or there is no difference."* (You needn't ask each question, though you can. It's fine to ask 6-8.)

- Advancing and retreating?
- Here and there?
- Conscious and unconscious?
- Creating and destroying
- Freedom and love?
- Endlessly big and endlessly small?
- Day and night?
- Me and not me?
- Existence and nonexistence?
- Physical world and Spiritual world?
- Me and another human being?
- Divine and worldly?
- Freedom and no freedom?

If client sees no difference between 5 – 8 polarities, ask client to open her eyes and look at you. Announce her primes, ask her to close her eyes and proceed to second group of questions. If client sees difference, go back to chest point with same polarities you suspect are primes.

Second Group of Questions: Instruction to the Client: Tell me, **not** based on your previous knowledge and thoughts, and things you think you know, but based on what you **feel NOW in this moment**:

- Are you as a person, definite, indefinite or both at the same time?
- Are you now in the physical body, out of the body or both?
- Are you a man, a woman, or both at the same time?
- Are you now in the physical universe, out of it, or both at the same time?
- That which you call "I", where is it now?
- Have you got boundaries; in other words, is there a space where you stop existing and the rest of the world begins or is that fuzzy?
- Are you limited in any sense now?
- Is there any part of this physical universe that is now unattainable for you?

Third Group of Questions: Instruction to the Client: Take a look at your past and tell me:

- Now that you know your Primes are ___ and ___ (state the client's Primes), do some of your past behaviors become clearer to you?
- Do your Primordial Polarities (___ and ___) explain your relationships with other people in your past?
- Because of your Primordial Polarities, have you been compelled to behave in a certain way in your past?
- Now that you have neutralized, that is integrated your Primes (___ and ___), will you in the future be compelled to behave as you did before?
- Now that you have uncovered and neutralized your Primes (___ and ___), will you be able to decide more freely about your behavior in the future?

Last Two Questions

- *Now look around and tell me, of all these things, what could you have? Repeat this question as if asking it for the first time until the client has the insight. The insight is usually followed by a statement such as: "I could have everything" or "...everything around here" or "I could have you", "I don't need anything" etc.*
- *Of all these things, what could you do without? Continue asking as if asking for the first time until your client has insight.*