



Pair a Day

Developed by Ivana Tomanovic



Expanding Understanding

The integration of two opposing states can alleviate psychological suffering.

The non-dual states of empty consciousness are an indication and mechanism of transformation.

For use with self and others.
Not certified to teach.



Two Protocols

Inspired by End of Words,
Positive, and Aspectics

Pair a Day

Inner conflicts related to money, areas that affect our ability to earn money and feel good while doing it.

Pair a Day for Love

Inner conflicts related to relationships.



Both Can be Used to:

Neutralize opposites that provoke frustration or present an obstacle in any area of life.

- Integrate chosen polarities
- Resolve relationship problems
- Metabolize reactions to challenges



Polarities

Experience the world through opposites inside and outside of us.

Integration of psychological opposites neutralizes the charged energy.

The problem tends to disappear.

Facilitates the metabolization of life experiences.



Integration

Long history in psychology and spirituality.

When polarities integrate, they neutralize each other. That is, events that you found previously charged, lose their charge.

Neutralization of opposites considered essential for psychological and spiritual wellbeing.



Why is Integration Important?

Neutralized opposites frees blocked emotional energy that kept the opposites separate (in our experience).

Resolves inner conflicts.

Increases capacity to sense one opposite in the other.

Increases awareness of choice points, the source of freedom.



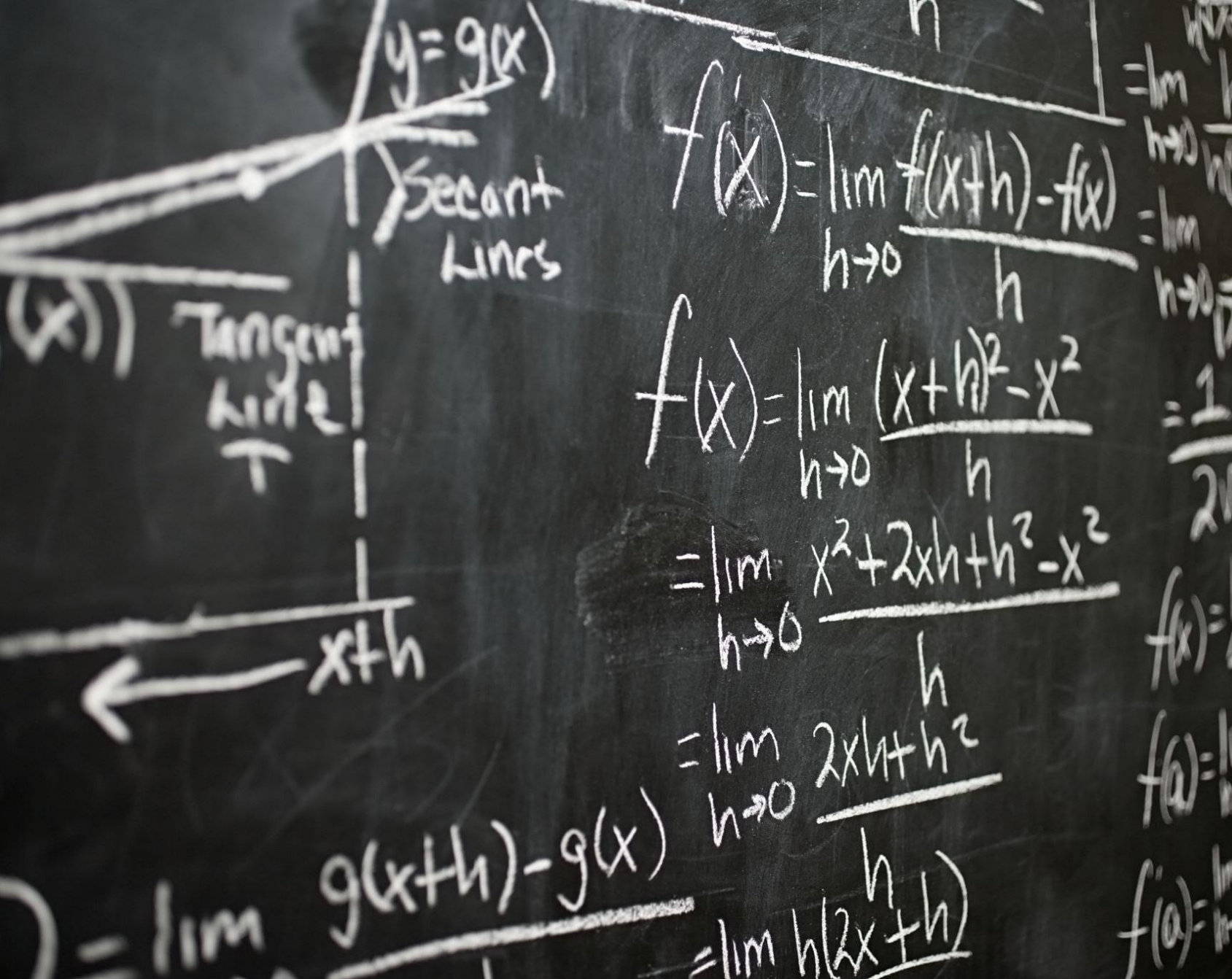
Impact of Integration

Neutralization of charged energy resulting in metabolization of life experiences and challenges.

Generally perceive one polarity as positive, one as negative when they become one, both polarities become neutral.

This absence of charge liberates us from the pain of the originating revealing our natural inner spaciousness.

Without charge, we are FREE to make choices free from compulsivity.



Focus Formula

Problem, Situation, Belief, Goal

Identify problem, belief, situation, goal.

How do you FEEL about that (problem, situation, belief, goal)?

Target THAT feeling and an opposite or how they would rather feel.

Preparatory Exercises

Finding Positive Aspects in Negative Polarities

Explain to clients that we do this preparation to help us with one of the questions that urges us to find positive aspects in polarities.

For most people finding positive aspects in negative polarities is difficult, especially if they are heavily charged emotionally.

Tell your client to take a little more time here, as it's important to do these exercises properly, as guided.



Preparatory Exercises

Finding Positive Aspects in Negative Polarities

OBJECTS

Look around the room and find one object you **LIKE**. You don't need to tell me what it is, just let me know when you find it. Now find one positive, good thing about it. It can be anything: that it's practical, beautiful, that it looks good in the room, anything. Just accept the first positive aspect of that object that comes to your mind.

Now find one **NEUTRAL** object in the room – you don't particularly like it, but you don't dislike it either. You are **INDIFFERENT** to it. Again, find one good thing about it.

Now find one object in the room that you **DISLIKE** and do the same as in the previous two cases.



Preparatory Exercises

Finding Positive Aspects in Negative Polarities

PEOPLE

Remember one person you **LIKE** – a member of your family, a friend, a kind shop assistant, an actor... and find one good thing about them.

Remember a person you're **INDIFFERENT** to – whom you don't particularly like or dislike. Again, find one good thing about that person.

Now remember a person you **DISLIKE** and repeat the process.



Preparatory Exercises

Finding Positive Aspects in Negative Polarities

SITUATIONS

Remember a situation from the past you experienced as POSITIVE. It can be something that happened yesterday or 5 years ago; it doesn't matter.

Find one good thing about it.

A NEUTRAL situation – it was neither pleasant nor unpleasant. Find one good thing about it.

A SLIGHTLY NEGATIVE situation. Again, repeat the process.

A MORE NEGATIVE, BUT NOT TRAUMATIC, situation. Find something that was good in it.





Pair a Day

4 Stages

Investigating the **polarities** until they (the last pair, if there were more pairs) get integrated.

Investigating the **bliss or nondual state** (the state of the integration of polarities) until there is nothing left to say about it (or about the last, Ultimate Blissful state if there was more than one).

Going back through the **chain of content** to check if there is any negative energy left on any of the components and if the initial problem has been solved.


Answering the **stabilizing questions**.



Pair a Day

The 8 Questions, an Explanation

1. What emotions or feelings come up when you feel ____ (name the polarity)? During stabilization ask, How do you feel about ____ (unified state)?
2. What do you know about ____ (name the polarity)?
3. What is bad in ____ (name the polarity)?
4. What is good in ____ (name the polarity)?
5. Feel ____ how does your body respond as you feel ____?
6. What is present in ____ (name the polarity)?
7. What is missing in ____ (name the polarity)?
8. Is there anything else important that needs to be said about ____?

A stone arch bridge with decorative windows spans a pond in a lush garden. The bridge features a series of arched openings with intricate metalwork. The surrounding area is filled with dense green foliage, including palm trees and various tropical plants. The water in the pond reflects the bridge and the surrounding greenery.

Watch for the Four Stages

Demonstration



Pair a Day Test Question

Test question, can you feel them separately? Can you feel one without the other?

IF they can feel them separately:

- Check for meta-polarities, continue with a second series of questions on same polarities
- or
- If short on time, use UP or EoW on the possibility of polarities merging.



Second Round of Questions

Ask “What other emotions? What else do you believe as you feel ____? etc.

Golightly through the questions.

Completely ok to say nothing.

As they empty – is there anything else there --- anything else you haven’t told me yet --- or not?

Be a little more flexible with the questions anything there or not? Anything else present or NOT?

Don't ask them to describe it.



Meta-polarities

Meta – Greek meaning
behind, beyond, after.

Several meta-polarities may
emerge in a single process,
work until final pair is
integrated.

Sometimes only one polarity
has changed—as a new pair
of polarities (meta-polarities).



Meta-polarities

Whenever a new pair of polarities surfaces, begin again with a new series of 8 questions.

Sometimes only one polarity has changed, this is still a meta-polarities.

Meta-polarities should become deeper, broader in each round.

If that's not the case, the participant is resisting some element or a pair of polarities, ask them about it.



Why do meta-polarities emerge?

They are the basis of conflict.

Initial opposites are superficial, masking deeper, more substantial opposites and polarized tension buried in subconscious.

As charge released, empty space is created for meta-polarities to surface.

There is a deeper (also, usually broader and more basic) pair of polarities that is the root of the original pair.

They are subconscious—out of our awareness.

A photograph of a traditional stone arch bridge with decorative railings, set against a backdrop of dense tropical foliage. The bridge spans a calm body of water, and the word "Pause" is overlaid in white text across the center of the image.

Pause



Investigating Bliss and Nondual States

Stabilization Questions Purpose

Solidify/fortify the effects of the process.

Give the client an opportunity to view the work objectively.

Access conscious awareness of new knowledge and insights.

Activate change with embodiment of new knowledge.

Reveal any remaining content and deepen experience of conscious expanded awareness.



Investigating Bliss and Nondual States Stabilization

Name the state – what does it feel like for __ and __ to be integrated in this way?

Move quickly through the 8 questions --- anything bad or not, good or not, present or not?

Has the state changed or not in the last few moments?

Continue investigating the state until there is nothing left to say about it, empty of content.

There is a suchness – emptiness, is-ness.



Client Orientation

Instruct client:

“Really feel the problem/negative emotions; it is important that you are emotionally engaged. Look for the answers inside of you – pay attention to what is coming up from inside of you – avoid disengaging, judgements, analyses etc.”

If your client becomes distanced/detached/intellectual /rational, explain to them how you know that they are emotionally detached (give them an example of their detached answer) and remind them that they need to be emotionally engaged and look inside for the answers.

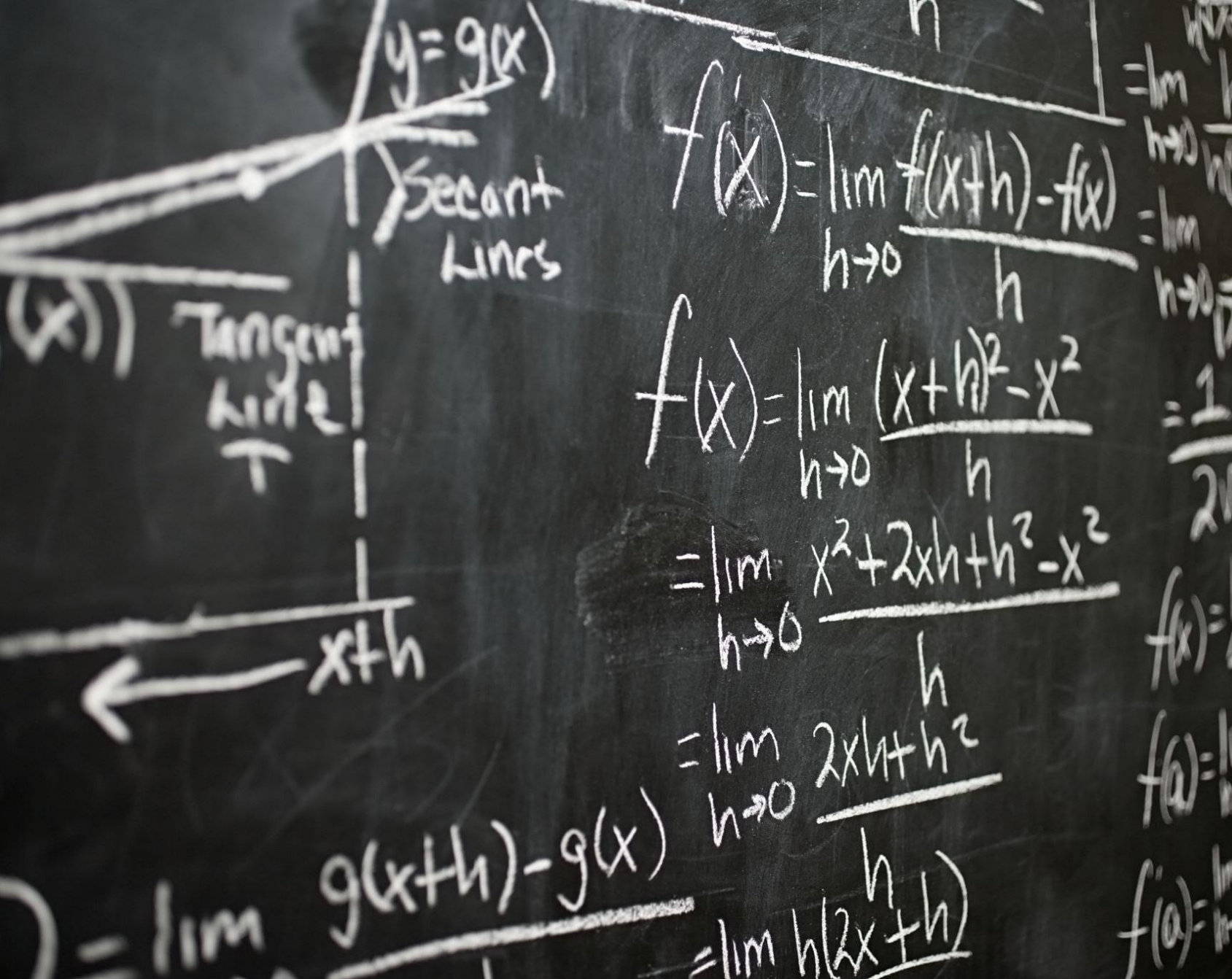


Client Orientation

Instruct client:

“Do not suppress anything. If an answer comes from inside of you, don’t censure it – sometimes silly/stupid answers are most valuable, because our problems are irrational. No need for the answers to be clever or intelligent – they need to be honest.”

“If a new element (TIES) comes from inside of you while we’re working on something else, even if it’s in the middle of me asking questions, interrupt me and report what is coming up.”



Focus Formula

Problem, Situation, Belief, Goal

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How do you FEEL about that (problem, situation, belief, goal)?

Target THAT feeling and an opposite or how they would rather feel.

A photograph of a traditional stone arch bridge with decorative railings, spanning a pond in a lush garden. The bridge features a series of small, arched openings in its railing, each containing a circular design. The bridge is surrounded by dense green foliage, including palm trees and other tropical plants. The water in the pond reflects the bridge and the surrounding greenery. The text "Partner Practice" is overlaid in white on the lower half of the image.

Partner Practice

A photograph of two flamingos standing in front of a dark, leafy background. Their long necks are raised and intertwined in a complex, looping pattern, resembling a knot. The flamingos have vibrant pink and orange feathers. The image is positioned on the left side of the slide, with the text on the right.

Holistic Processing Point of View

Go through the 8 questions
with client and the other
person:

Feel the other person, feel you
– go through the questions.

Can use the same polarities
from the other POV.

Or use polarities that arise
when you look at the problem
from the other POV.



Troubleshooting

Pair a Day Participant Guide,
pp. 20 - 23

3 FEEL the content and flow

6 New content arising, invite interruption.

9 Watch for emotional content – allow lingering

#10 No need to capture answers to the questions.

Ask for details for clarification as needed. The aim is to get at a little more content released.

Be careful of cutting clients short when they have more things to report, they may otherwise suppress the unexpressed thoughts/elements.



Embodiment

Working solo

Carefully read instructions before working solo.

Do not suppress polarities or other elements that come from inside of you, no matter how embarrassed or ashamed you might feel about them.

Beginning with the initial pair of polarities, write down all the polarities and bliss, pleroma, nondual states you go through during a process.



Embodiment

Working solo

Use the practice guide to support you.

Write down all answers to the questions for at least the first 15 times.

Though this takes longer than a process with a processor, it always pays off, as your writing helps you stay on track and trains your mind.



Embodiment

True Self, Expanded States, & New Knowledge

It's called Pair a Day for a REASON.

Broader and deeper wholeness

Big shift in mind and outer circumstances

Practice means shorter, easier and deeper.

Book time with yourself.

Choose pair night before

Daily is better than Big Chunks.

Use your lists!



Resource Lists

You will receive weekly suggestions for your practice for 3 weeks.

Business and Money

Love and Relationships

A photograph of a stone arch bridge with decorative railings, set in a lush garden. The bridge is made of grey stone and features a series of arched openings in its railing, each containing a circular decorative element. It spans a small pond, and its reflection is visible in the water. The background is filled with dense green foliage, including palm trees and various shrubs. In the foreground, some green plants are visible, slightly out of focus.

Developed by Ivana Tomanovic

Pair a Day for Love



Pair a Day for LOVE Differences from Pair a Day

Some questions are different.

Variation for working with
individuals and groups.

Potentially, neutralizes and
clears deeper emotional
charge.

If you have not done the
introductory exercises with your
client, you will do them first.

A silhouette of two hands forming a heart shape against a warm, orange and yellow sunset background. The sun is visible through the heart shape.

Pair a Day for LOVE PaD4L

Focus is on inner conflicts
related to romantic love and
relationship

Can also be used for:

- neutralization of any pair of opposites that causes frustration/presents an obstacle in any area of life.
- for ordinary, non-polar problems



PaD4LThe 9 Questions

1. What do you **resist in** ... (state the polarity)?
2. What do you **resist in others** (a person or a group) **as you experience** ... (state the polarity)?
3. What can't you **let go of** in ... (state the polarity)?
4. What **emotions or feelings** come up when you feel (state the polarity)?
5. What do you **believe** as you experience ... (state the polarity)?
6. What is **good** in ... (state the polarity)?
7. What are you trying to **achieve** as you experience ... (state the polarity)?
8. How does your body respond as you feel ____?
9. Is there **anything else important** that needs to be said about ... (state the polarity)?

A photograph of a traditional stone arch bridge with decorative windows, set in a lush garden. The bridge is made of grey stone and features a series of arched windows with intricate metalwork. It spans a calm pond that reflects the bridge and the surrounding greenery. The background is filled with dense tropical foliage, including palm trees and various leafy plants. The overall scene is peaceful and scenic.

Demonstration PaD4L

A photograph of a traditional stone arch bridge with decorative railings, spanning a pond in a lush garden. The bridge features a series of small, arched openings in its railing, each containing a circular decorative element. The bridge is surrounded by dense tropical foliage, including palm trees and various leafy plants. The water in the pond reflects the bridge and the surrounding greenery. The text "Partner Practice" is overlaid in white on the lower half of the image.

Partner Practice



PaD4L

Individuals or Groups

1. **What do you resist in ...** (name a person or a group)?
2. **What can't you let go of in ...** (name the person or group)?
3. **What emotions or feelings come up when you feel ...** (name the person or group)?
4. **What do you believe as you feel ...** (name the person or group)?
5. **What is good in ...** (name the person or group)?
6. **What are you trying to achieve in relation to ...** (name the person or group)?
7. **Is there anything else important that needs to be said about ...** (name the person or group)?

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Partner Practice



“The most important thing – being dedicated to the client, plus patience. You don’t need to love them but always do your best.”

~ Zivorad M. Slavinski