

DEVELOPED BY
ZIVORAD M. SLAVINSKI

BASIC PEAT



BASIC PEAT

PRIME ENERGY
ACTIVATION &
TRANSCENDENCE

Activate

Accept

Integrate / Neutralize

Thoughts, Images, Emotions, Sensations





P E A T =

P R I M E E N E R G Y
A C T I V A T I O N &
T R A N S C E N D E N C E

Activates the primary
energies associated with
human experience.



Accepting these experiences
leads us to integrating and
ending the trance of those
experiences, transcending.



SELF - ACCEPTANCE

- Self-acceptance doesn't mean approving of or liking. Self-acceptance is experiencing oneself without the inhibition of self-criticism, evaluation or judgement.
- Self-acceptance is allowing, experiencing what is like the sky experiences clouds and storms.
- What we resist persists.
- Acceptance leads to weakening of the experience and expanding perspective.

SNAPSHOT AND ACCEPTANCE EXERCISES

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ACCEPTANCE
PREPARATORY
EXERCISES

Remember

Look
around

Look around the room and accept first three objects whether you like them or not. Notice the urge to choose if it arises. Accept without choosing.

Remember

With eyes closed, remember a pleasant experience. Feel it as if it's happening now. Accept it.

Remember

With eyes closed, remember an unpleasant experience, not a trauma. Feel it as if it's happening now. Accept it.

SNAPSHOT EXERCISES

Remember

Remember a pleasant experience. Feel it as if it's happening right now.



Remember

Remember an unpleasant experience, not a trauma. Feel it as if it's happening right now. Identify all four elements (TIES) versus thinking of it globally.



Select

Select a happy memory. Feel it as if it's happening right now. Choose the most dramatic or best moment of that experience. Freeze frame that moment and keep it fixed, not a moment before or after. Identify the TIES of that moment.



Select

Select an unpleasant memory, not a trauma. Feel it as if it's happening right now. Choose the most dramatic or worst moment of that experience. Freeze frame that moment and keep it fixed, not a moment before or after. Identify the TIES of that moment.

DISGUST AND
ACCEPTANCE

Smells

Pharmacy. Hospital. Nursing home. Dirty public bathroom. Excrement. Rotten Food.

Sights

Hurt animal on the street. Sputum. Vomit. Bloody, purulent wound. Ulcers.

Sounds

Crying. Screaming in pain. Yelling in anger. People eating loudly.

BASIC PEAT SPECIFIC

- Snapshot practice.
- Identify specific stressor from the past or in the future.
- SUDs.
- FESS.
- Create a snapshot (TIES).
- Alternate between eyepoints with focus on snapshot.
- Verify & Stabilize.





FOLLOW THE TRAIL

Use the scripts and instructions as given.

It would be a mistake to conflate with other methods and techniques.

The results will not be the same if you do so.



SPIRITUAL TECHNOLOGY PRINCIPLES

- Holistic Approach
- Alternative Technique
- Holographic Principle
- Immovability of an experience whenever it is possible.
- Solve et Coagula (dilute and concentrate)
- Duplication



THE MOST IMPORTANT PRINCIPLES

*On a low level of consciousness
there are no solutions, and on
high level of consciousness there
are no problems.*

~ Roberto Assagioli, MD

*Resolving reactivity reveals higher
states of consciousness.*

~ Melanie McGhee

SELF-
ACCEPTANCE IS A
MEANS
AND MEASURE OF
WELLBEING.



FORMULA
FOR THE
ELIMINATION
OF
SELF
SABOTAGE

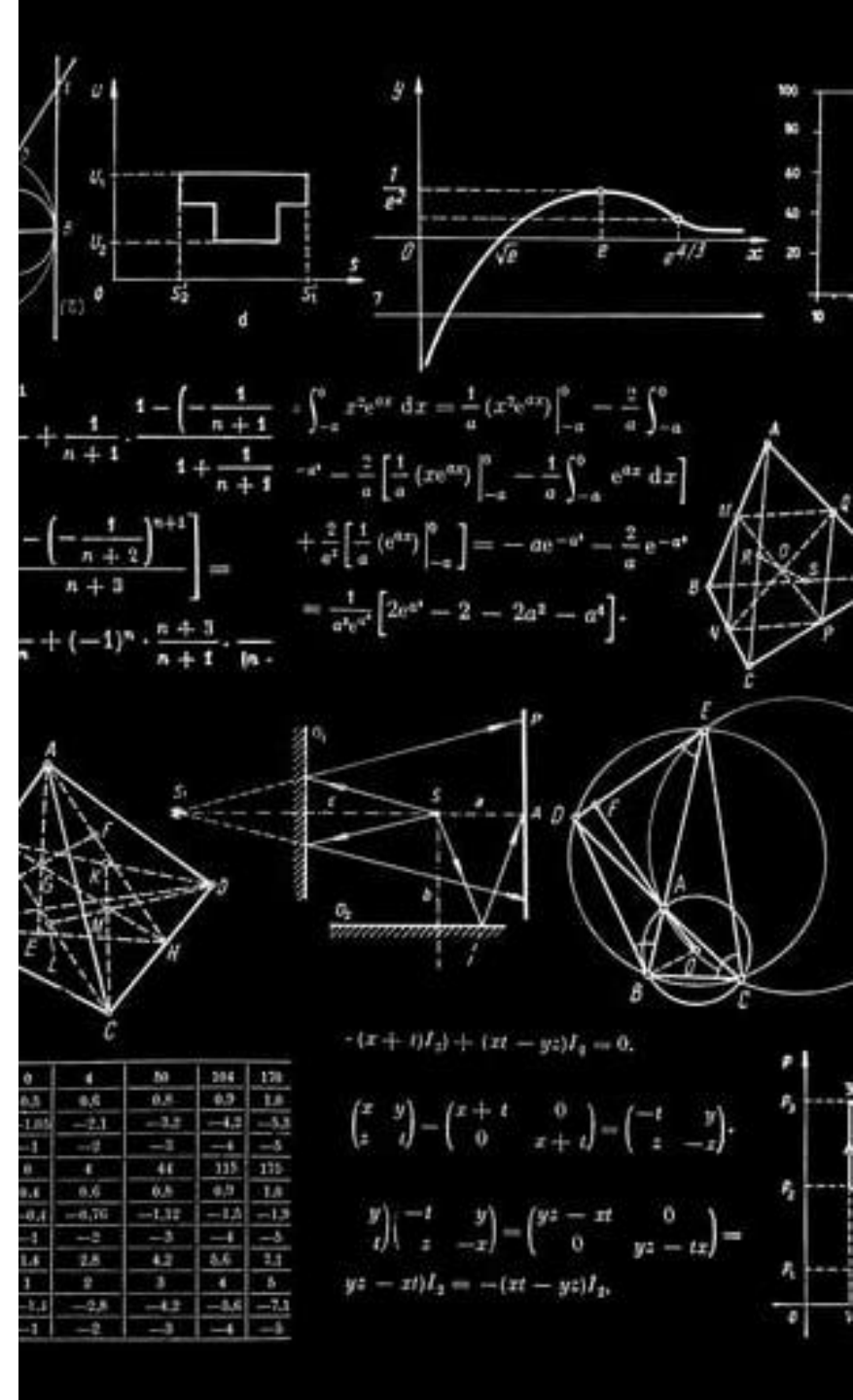
(F E S S)

*Two fingers to chest point
Even though I feel ... I love
and accept myself. Body,
personality and the fact
that I feel ...*



***IF they respond But I
DON'T love and accept
myself:***

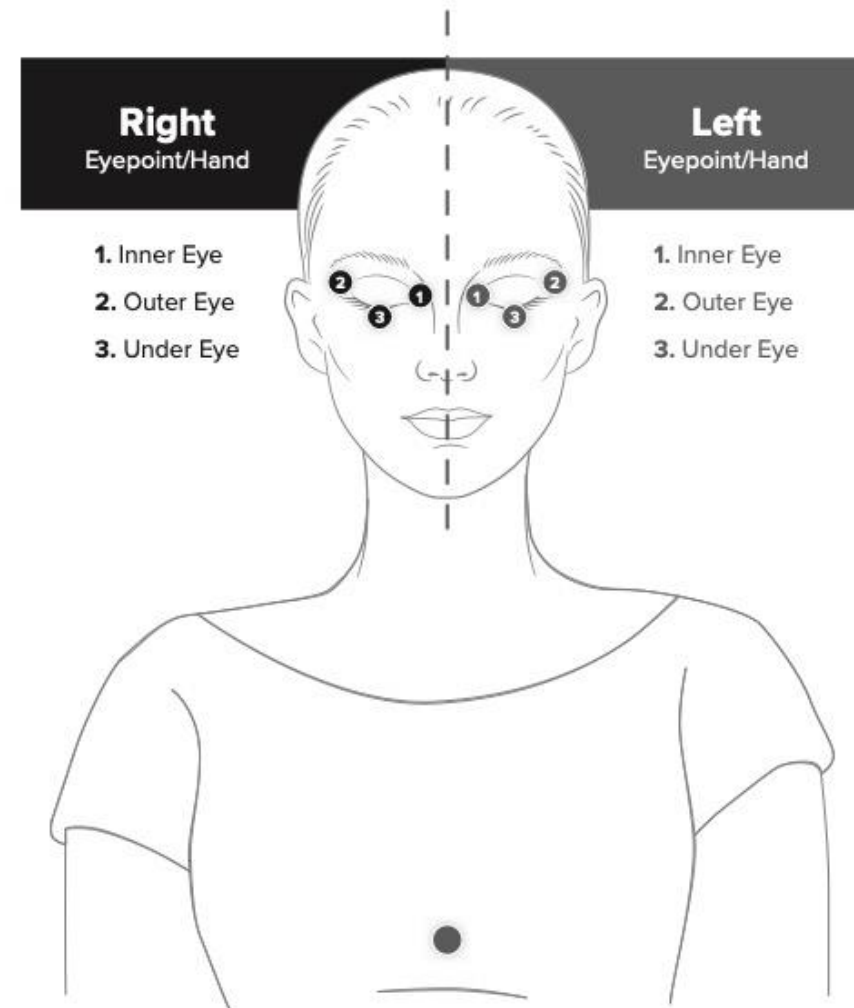
*Even though I feel ... and I
don't love and accept
myself, some part of me
loves and accepts me.*





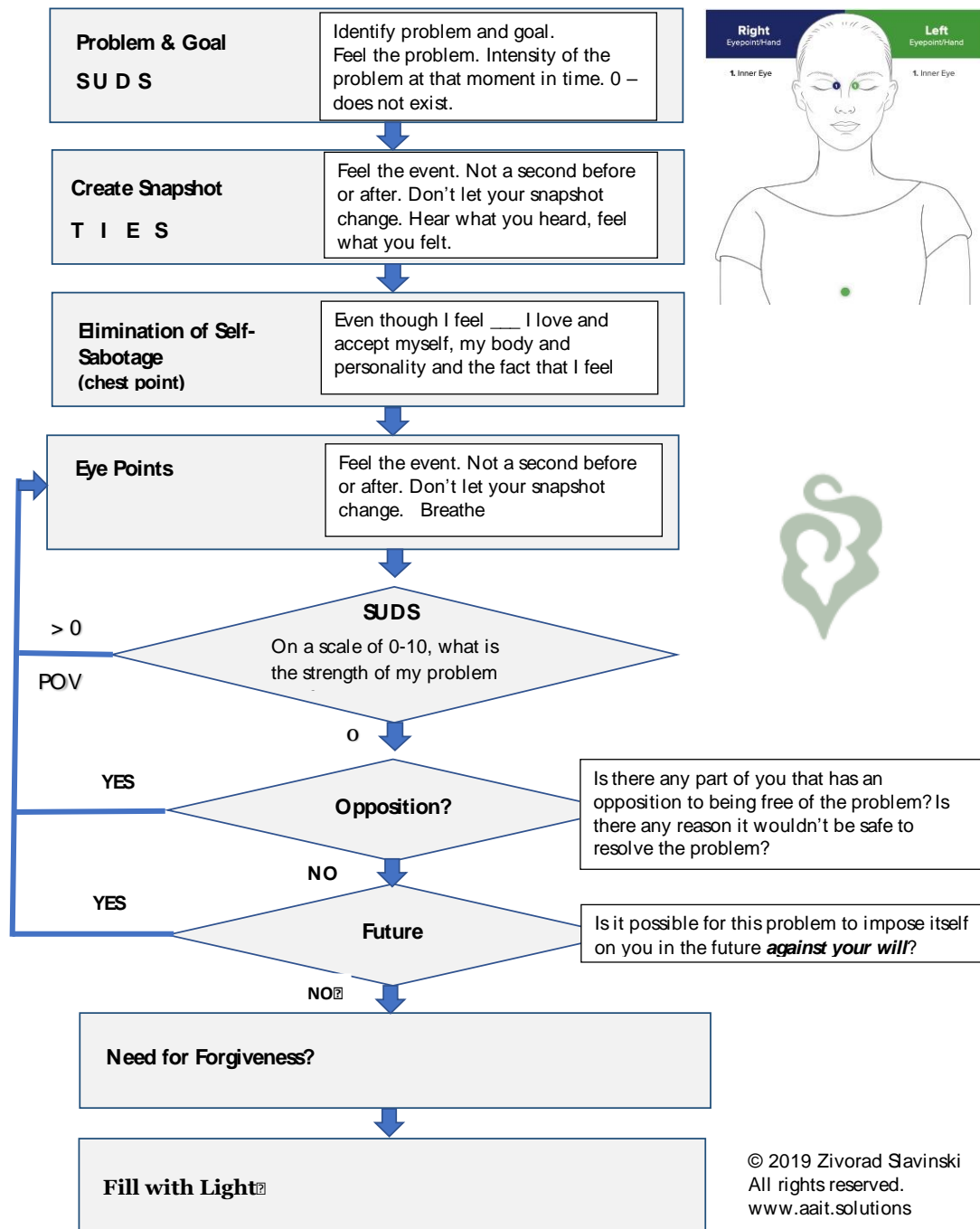
BASIC PEAT DEMO

BASIC PEAT ACUPOINTS



BASIC PEAT STEP BY STEP

Basic PEAT



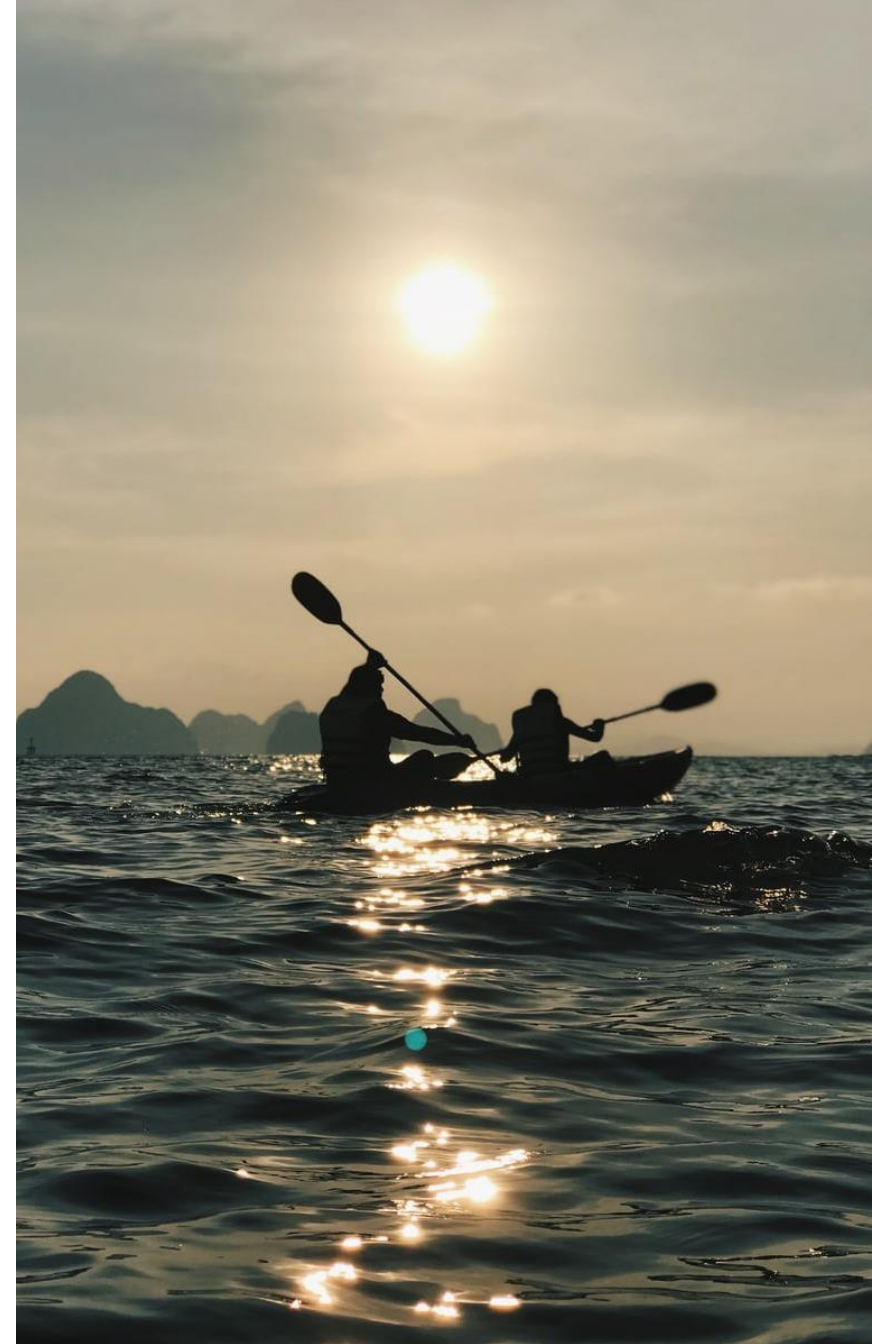
SEEK UNDERSTANDING



ENGAGE COLLABORATION

Clarify session focus.

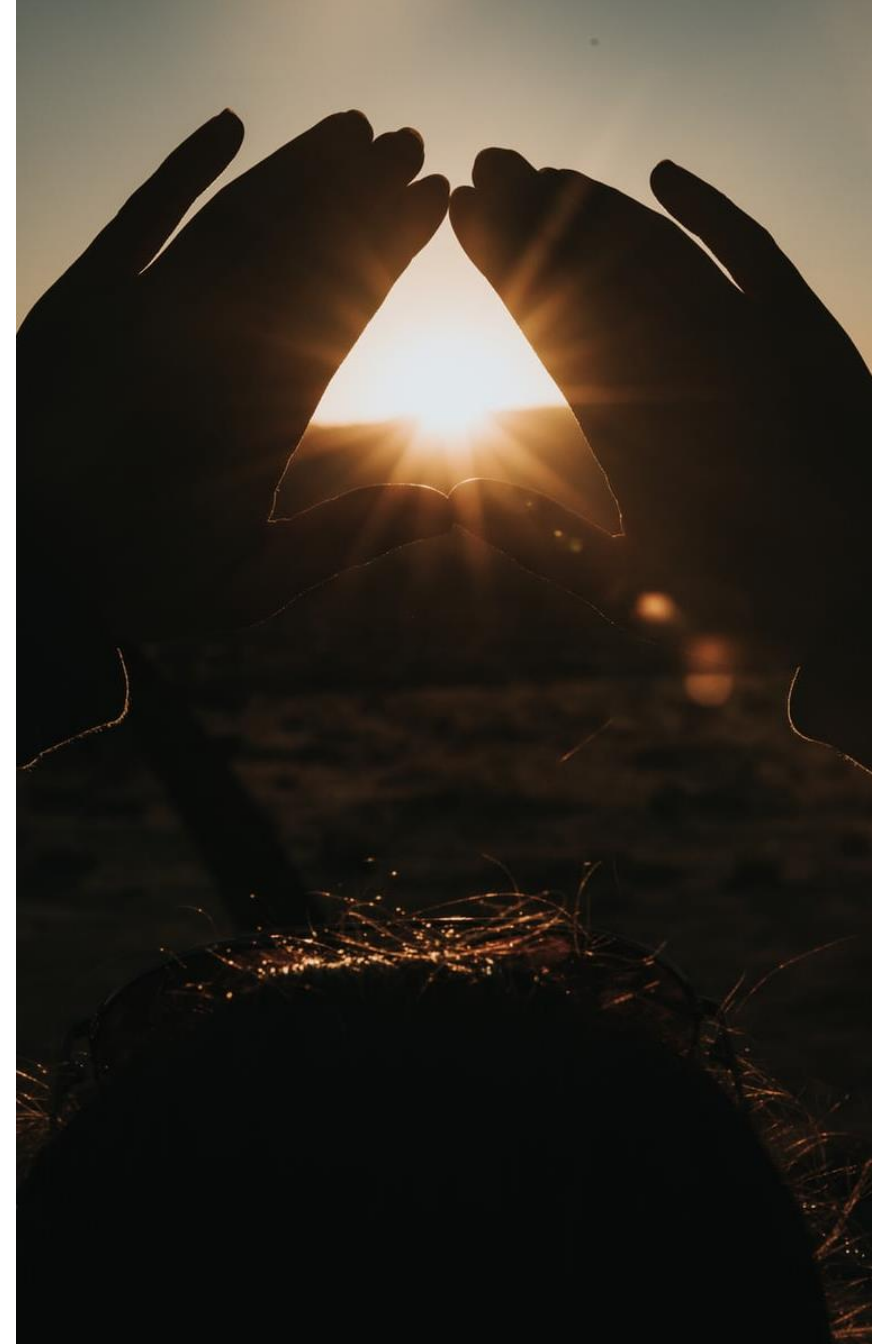
Identify problem and goal.



RESOLVE REACTIVITY

Neutralize the charge associated
with:

- Problems
- Beliefs
- Experiences
- Goals



VERIFY

1. Direct awareness to the body. If there is tension, there is still a problem.
2. Does the problem still feel like a problem?
3. Is there any opposition to the resolution of this problem? (not always necessary to ask)
4. Clear the future of the problem. *How likely is it that this problem will impose itself on you in the future **against your will?***
5. Resolve tension associated with other POVs.



STABILIZE

- Direct awareness to the body.
- Expand steady state, fill with light.
- Is there a need to or for forgiveness?
- Articulate new knowledge.
- After resourcing, stabilize with pineal breathing.



EMBODY TRUE SELF

- Align with desired qualities and traits.
- Engage in home embodiment practice.
- Embody new knowledge.





BASIC PEAT DEMO

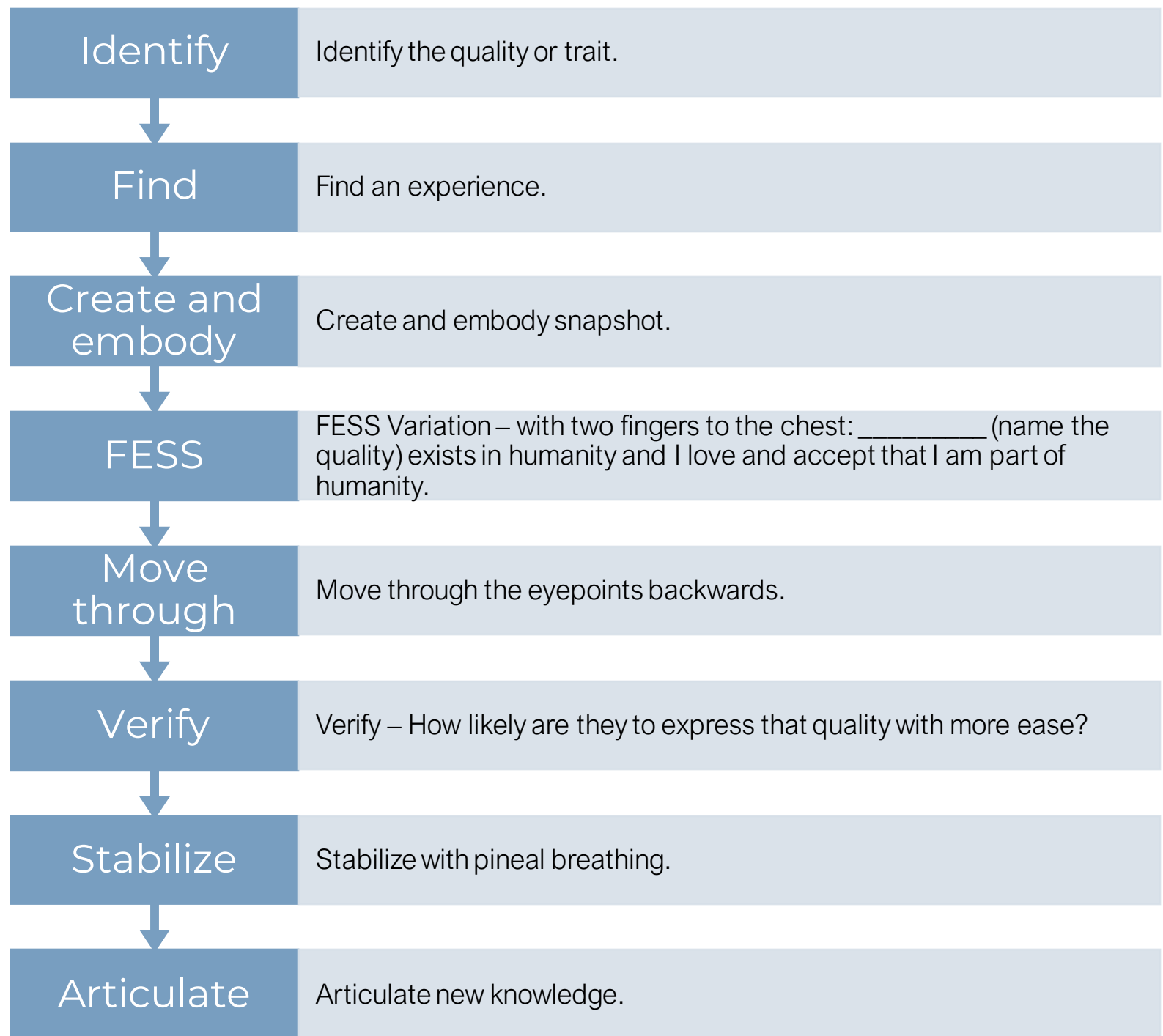


BASIC PEAT PRACTICE & Q/A



SNEAKY PEAT

SNEAKY
PEAT ~
BASIC PEAT
BACKWARDS



PINEAL BREATHING

Activating the pineal gland follows any practices that involve manifestation.

Whereas filling with light or forgiveness follows any practices that involve the removal of a problem.

