



# DEEP PEAT 4

Developed by Zivorad M. Slavinski





## WHY IS INTEGRATION IMPORTANT?

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

This absence of charge liberates us from the pain of the originating problem and typically – free from the charge in similar situations in the future – the compulsive reactivity of the conditioned self.

We typically perceive one polarity as positive and one as negative. When they become one, both polarities become neutral.

Integration contributes to wholeness.

# WHAT IS INTEGRATION?

- The neutralization of psychological opposites. This frees blocked energy keeping them separate.
- Such neutralization has long been considered essential for psychological and spiritual well-being.
- Opposite psychological energies are accepted without resistance and inseparable.
- Integration of polarities has a long history in psychology and spirituality, from transactional analysis to transpersonal psychology and the Bible to Buddhism.



HOW CAN YOU TELL WHEN  
INTEGRATION HAPPENS?

Both polarities become neutral.

The elements disappear.

The elements merge and cannot be experienced separately.

# END OF WORDS ~ LEARNING SOMETHING NEW



FEEL learning something new. What's bad about that?

FEEL learning something new. What's good about that?

FEEL learning something new. What ELSE is bad about that?

FEEL learning something new. What ELSE is good about that?

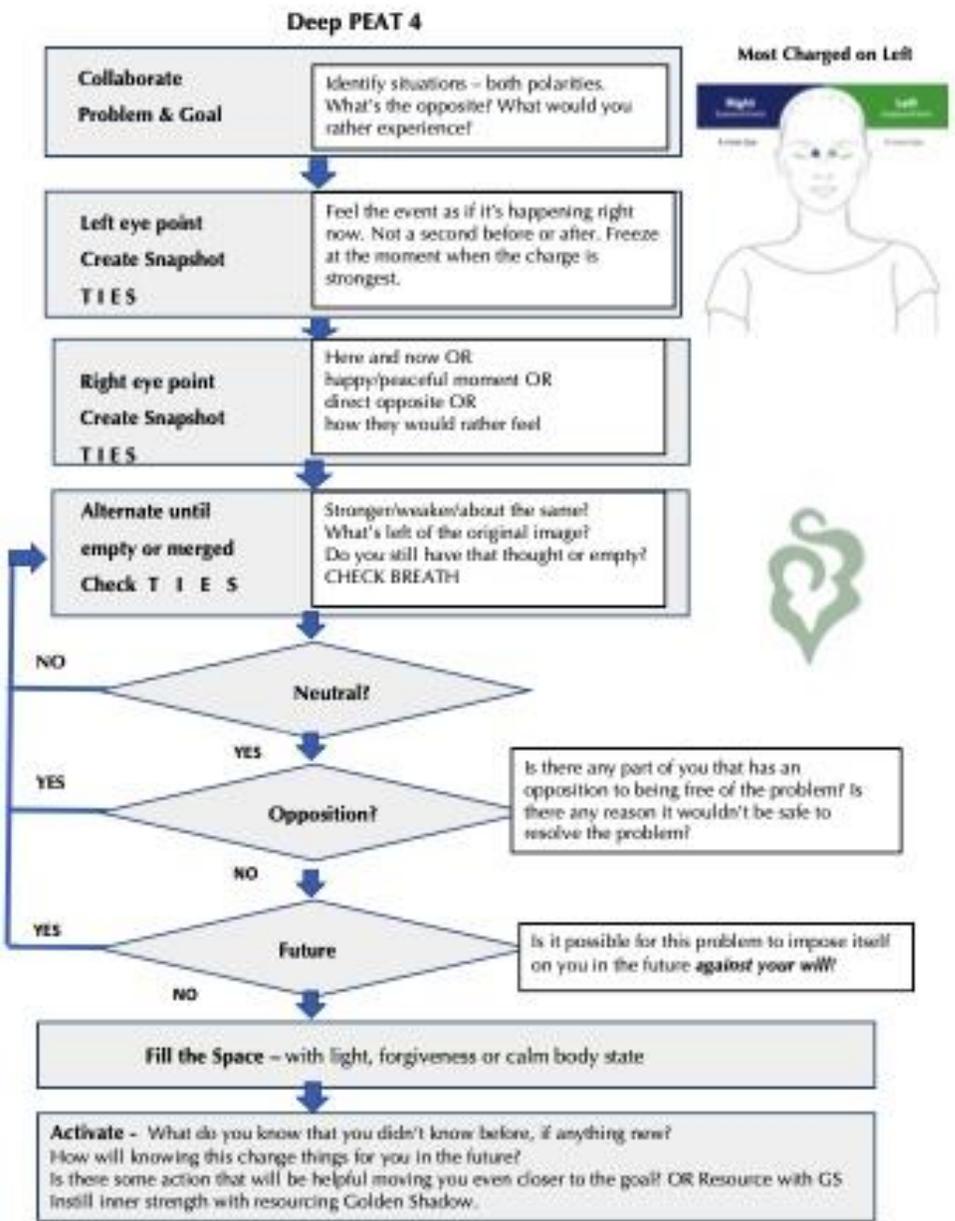
# CREATING WHOLENESS WITH DEEP PEAT 4



DEEP PEAT 4  
PROBLEM RESOLUTION OR CHOSEN  
OPPOSITES

1. Identify the problem and goal
2. Identify the situation.
3. Identify a polarity situation.
  - a. What would you rather feel?
  - b. Here and now
  - b. Opposite
  - c. Happy moment or nature moment.
4. Left eye-point – collect the problem snapshot.  
Right eye-point – collect the polarity snapshot  
Alternate until empty & feel the same.  
Check original content.
5. Verify & Stabilize.

# DEEP PEAT 4



# DEEP PEAT 4 ~ SHADOW INTEGRATION



- What is the shadow?
- How to spot it.
- How to find snapshots.



## DEEP PEAT 4 ~ SHADOW INTEGRATION

Identify a person and specific quality, trait, behavior you feel critical about or judgmental.

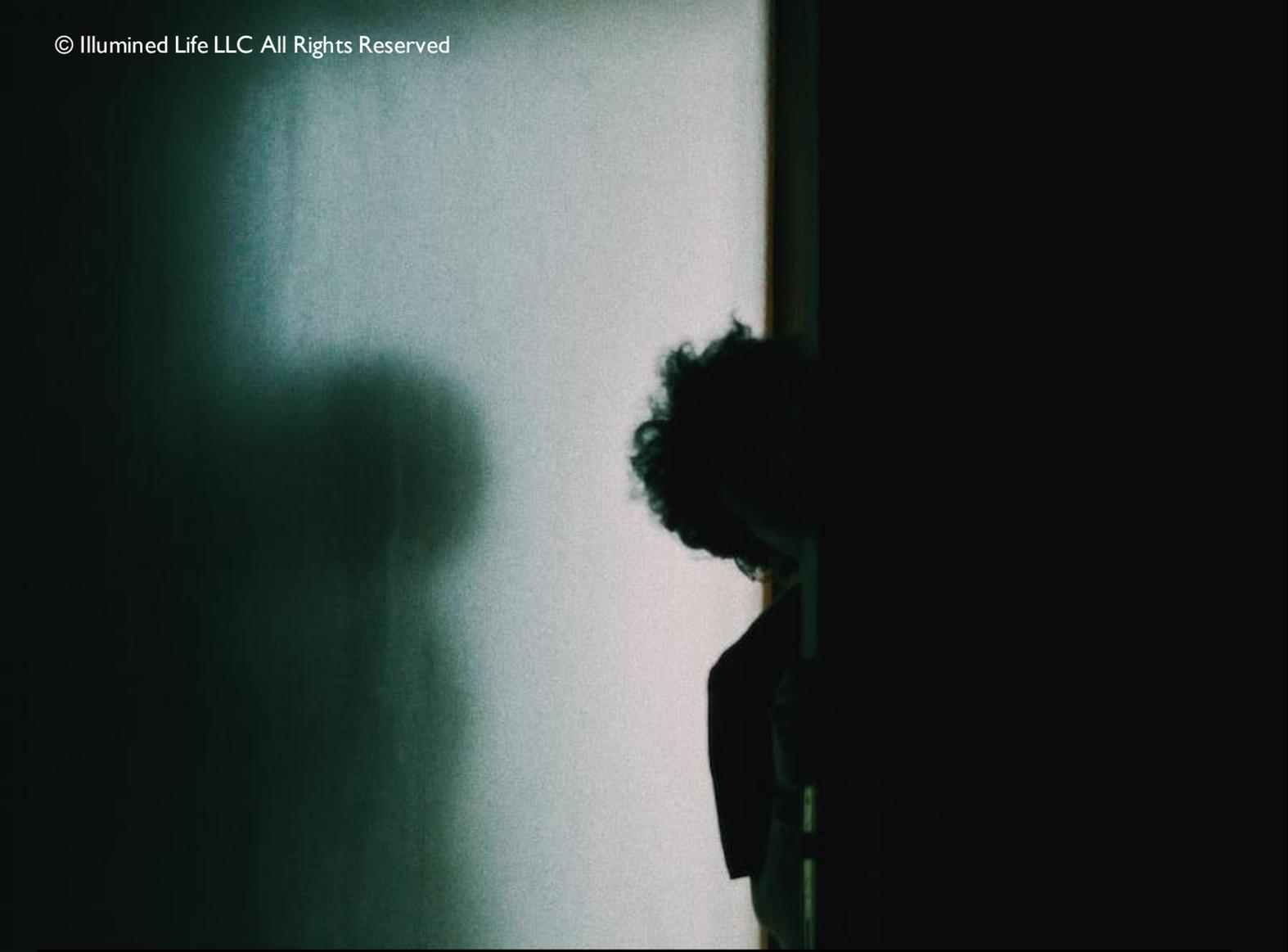
Situation of person expressing the thing that bothers you.

Situation of you behaving in the same way, or wishing you could.

Left eye-point – collect the snapshot of the person you judge. Breath.

Right eye-point – collect the snapshot of you engaging in same behavior or wishing you could.

Stabilize with pineal breathing.



## ASPECT RETRIEVAL WITH DP4

1. Find the perspective – opens the door to giving voice to early decisions and goals.
2. Make a connection – as if meeting an angry, scared, or sad child for the first time.
3. Discover and validate needs, wants, goals.
4. Discover, validate and invite an alternative perspective on decisions, conclusions, beliefs WITHOUT minimizing or dismissing.
5. Assess the connection.
6. Integrate with DP4 Left eyepoint - snapshot of aspect in the space of the trauma. Right eyepoint – here and now.
7. Stabilize with pineal breathing

# INDIANA JONES

Inspiration for Transformation





## Deep PEAT 4 ~ Golden Shadow Integration

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1. Identify a person and specific quality, trait, behavior your client admires or would like to embody for the achievement of some goal.
2. Identify a situation of person expressing that quality, or a moment when your client felt it very strongly.
3. Left eye-point – collect the snapshot of the quality embodied. Breathe.
4. Right eye-point – collect the snapshot of the here and now.
5. Alternate until integrated.
6. Stabilize with pineal breathing.

# GOLDEN SHADOW

