

Integrating Identities

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Why Integrate Identities?

Gives easier to access qualities associated with useful identities.

Gives freedom from compulsive reactions from identities.

Untethers us from the delusion that we are solely the identity – disrupts our automatic identifications.

Over time, the journey to shifting identification to the true self is made easier.



What is an Identity?

A sub-personality, a part.

We mistake the identity for who we are.

Contributes to perception of self as separate.

A separate and temporary “I,” a part developed to accomplish certain goals.



What is an Identity?

Problems arise when we get stuck in identity.

Multiple identities create bundles of TIES, a dense mass of charge.

Ego is the sum of identities and associated charge.



How are Identities Created?

When goals fail, we experience defeat and make decisions to avoid similar defeats in the future.

These are decisions of defeat and become our reality.

Boyfriend gets hurt, moves from open person to closed person to avoid getting hurt.



Goals and Decisions

Psychological Dynamics in Play

We make decisions based on our reactions or a goal.

Decisions always include a goal. Always.

Goals in conflict with some other goal are conflicting goals and conflicting identities.

This conflict causes all kinds of problems.

Examples?



Difference between Identities & Content

Essentially, identities are content.

The distinction is we perceive ourselves to BE the content we are perceiving. We are identified with them.

We don't feel ourselves to be different from the content we are experiencing.

Do you feel sad or are you sadness?

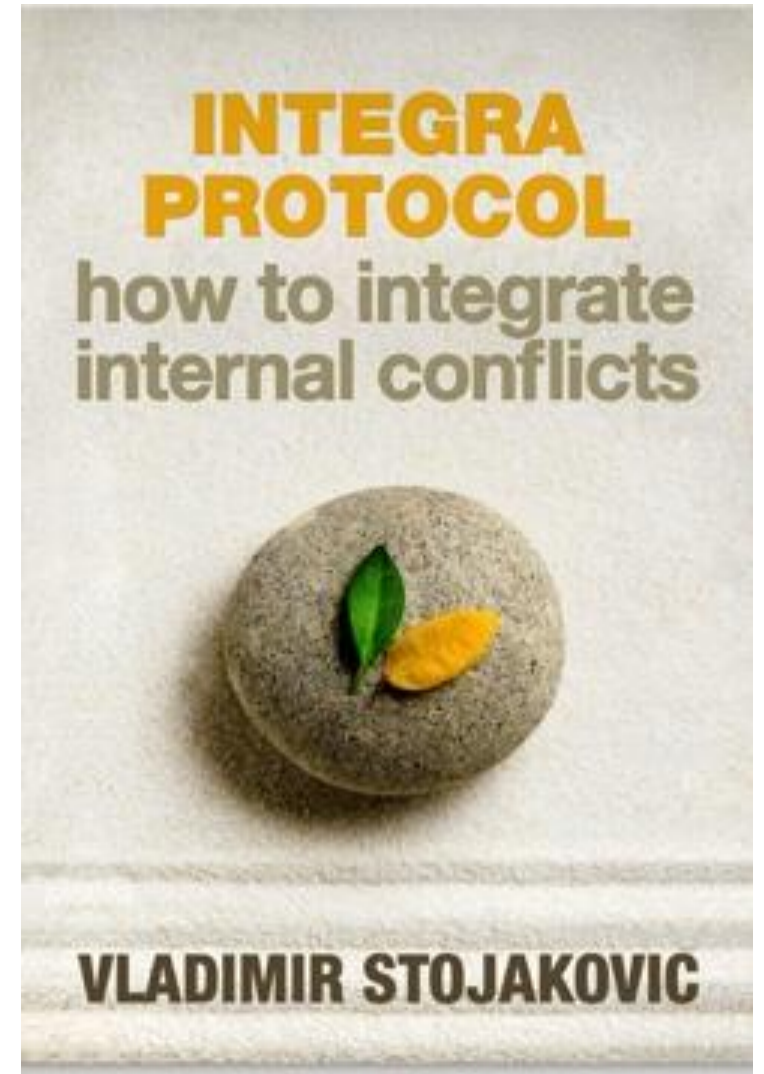
Integra Protocol

Developed by Vladimir Stojakovic

Book available in Skills Lab!

Eliminates layered clustered identities
restoring freedom of choice, the ability to
assume identities as needed.

Releases the compulsivity associated with the
identity.





Vladimir Stojakovic

In time, as the number of stuck identities decreases, the human being gradually gains wholeness and begins to perceive Presence as its true nature, moving towards the ultimate goal - Aware Oneness.

For when there are no conflicted identities there can be no ego either, which consists of those identities.



Integra Introductory Exercises

Ask client to answer the questions AND confirm they have followed the instructions.

Continue only when you have received your confirmation or answer to the question



Integra Introductory Exercises

Objective of first exercise:

To gain awareness about the 4 elements of mental and emotional charge (TIES).

During the exercise notice the 4 elements.

If any of the 4 elements do not appear, just continue until the end of the exercise.

Note: Do the first exercise twice, first with a positive and then with a negative experience.

Integra Introductory Exercises

- Remember one positive experience.
- In your thoughts and emotions go into that experience.
- See what you saw then, feel what you felt then.
- As you are in that experience, notice the emotion that appears. Ask yourself, *am I this emotion or do I feel this emotion?*
- Shift your attn. from the emotion to yourself, feel yourself.
- Now shift the attention from yourself to the emotion, feel the emotion.
- Now shift attention from the emotion to yourself.
- Feel the identity. What identity is that? What kind of person?
- Feel that identity, assume it's point of view. Look through its eyes. From the POV of that person, that identity, what is your goal? What do you want to accomplish?

Repeat with a negative experience.



While Working

Answers should be to the point, one item to one question, one sentence answers. The exception is when content is looping. In that case continue to empty.

Verbalize content without judgement.

It will often be irrational, created when we were children or in traumatic states.

Verbalizing helps release the content.



Basic Integra

Raises Awareness of Emptiness

Conflicted, stuck and complex clients

Emotionally activated clients who can only follow simple instructions at that time.

When you have limited time.

Integrates one stuck identity at a time.

Integrates the smallest amount of charge for all three methods.



Basic Integra

Raises Awareness of Emptiness

Feeling (X)

1. Bad
2. Good
3. Identity
4. Goals
5. Decisions
6. Bad could happen if Identity disappeared.
7. Good could happen if Identity disappeared.



Standard Integra

Raises Awareness of Wholeness
Existing Behind Problems

Most people can experience
success.

Deals with both sides of an
inner conflict.

Integrates the charge
associated with at least two
opposing identities.



Standard Integra

Raises Awareness of
Wholeness

Feeling (X) –	Preferred Feeling (Y) –
1. Bad:	3. Good:
2. Good:	4. Bad:
6. Identity (A)	5. Identity (B)
7. Identify (A) Goals:	9. Identity (B) Goals:
8. Identity (A) Decisions:	10. Identity (B) Decisions:
Feel Identify (A) and Identity (B) at the same time. Can you feel them separately?	



Advanced Integra

Raises Awareness of Presence

Useful for experienced clients who are adept with advanced layered processes like DP.

You can progressively lead people into this beginning with Basic IP.

Integrates multiple identities and the most amount of charge.

It reaches into old and difficult to reach layers of unconscious content.



Advanced Integra

Raises Awareness of Presence

**Formula: I feel ____ about
_____.**

1. Identify Identity

2. Verbalize Goal

3. Verbalize Content

4. Repeat steps 1 – 3 until no more identities appear and no more goals. There is just presence.

5. Direct awareness to presence without identities or identifications.