



Deep PEAT 4
Shadow Integration Sample Script
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Identify the problem and SUDs rating.

What rating would you give this on a scale of 0 – 10, with 10 as the worst?

Would you like to know what we are going to do or would you like us just to dive in and I'll guide you? If they prefer an explanation:

Often when we feel judgmental or critical of others, we are projecting onto them some aspect of being that we deny or judge in ourselves, stuff we put into the shadows. What we will do is once you have identified what it is about the other person you don't like, you feel critical or judgmental about, you will find a snapshot of them doing that thing.

Then you will find a moment in time when you did the same thing or wish you could have. You will make a snapshot of that moment. After going back and forth several times, the snapshots will empty and both sides will feel the same. Then we will check to see how you feel about that person doing that thing you are judging. Sound ok? Any questions?

Bring to mind that person you feel judgy about. Generally there's some 'should' involved. Let yourself think or feel that they SHOULD ... Bring a specific situation in mind when they are doing that thing you object to. Be specific about what you object to in that person.

When have you behaved in the same way they did or wished you could? Bring some situation, some moment to mind.

Place two fingers (index and middle) underneath the left eyebrow, close to the bridge of the nose. Bring to mind the situation with the person you are judging or shoulding. Feel what you felt then, see what you saw, think what you thought as if it's happening right now. Freeze frame it in the moment when your judgment was at its most intense.

Good. That's it. Take a breath. Settle into that moment.

Notice the thought you are having in that moment. What are you thinking in that moment as if it's happening now?

Become aware of the image of that moment, are you inside your perspective, first person. Or is it as if you are on the outside looking in? As best you can, experience this moment from inside your own experience, your own perspective.

What are you feeling emotionally in that moment as if it's happening right now?

Notice what you are experiencing in your body in that moment. What are you feeling? Can you feel the sensations of that physical space, where that experience occurred?

Very good. Take a breath.

Change hands. Two fingers underneath the right eyebrow, close to the bridge of the nose. Bring to mind the situation when you did that same thing or wished you could. Feel what you felt then, see what you saw, think what you thought as if it's happening right now. Freeze frame it in the moment when energy of that moment is at its height, the intensity of that situation was at its strongest.

Good. That's it. Take a breath. Settle into that moment.

Notice the thought you are having in that moment. What are you thinking in that moment as if it's happening now?

Become aware of the image picture of that moment, are you inside your perspective, first person. Or is it as if you are on the outside looking in? What do you see? As best you can, experience this moment from inside your own experience, your own perspective.

What are you feeling emotionally in that moment as if it's happening right now?

Notice what you are experiencing in your body in that moment. What are you feeling? Can you feel the sensations of that physical space, where that experience occurred?

Very good. Take a breath.

Change hands. Two fingers under the left eyebrow, close to the bridge of the nose, back to that original snapshot. Is it stronger, weaker or about the same as it was a moment ago?

Take breath, just feeling this moment as it is. Change hands. Over here, the original experience on the right side, is it stronger, weaker or about the same as it was a moment ago?

*Easy breath. Change hands. What's left of the original **thought** here on the left side?*

*If there is content, tell your client,
Feel that moment, not a moment before or after. Change hands.*

If there's no content: Check on one of the other elements (image, emotions, sensations). There is no need to return to check the emptied elements.

*What's left of the original **image**? Is there anything there, or is it empty? Sometimes it can feel like an impression of an image like a photo that has been left in the sun too long. Experience this moment, whatever remains as fully as you can. Easy breath, change hands.*

*What's left of the original **emotion**? Is there anything there, or is it empty?*

Is there anything left of the original body sensation on this side or do you just feel present?

Feel that moment, not a moment before or after. Just let yourself experience whatever remains. Easy breath. Change hands.

That's it.

*Over here, on the right side, what's left of the original **thought**?*

*If there is content, tell your client,
Feel that moment, not a moment before or after. Change hands.*

If there's no content: Check on one of the other elements (image, emotions, sensations). There is no need to return to the emptied elements.

*What's left of the original **image**? Is there anything there, or is it empty? Sometimes it can feel like an impression of an image like a photo that has been left in the sun too long. Experience this moment, whatever remains as fully as you can. Easy breath, change hands.*

*What's left of the original **emotion**? Is there anything there, or is it empty?*

*Is there anything left of the original body **sensation** on this side or do you just feel present?*

Feel that moment, not a moment before or after. Just let yourself experience whatever remains. Easy breath. Change hands.

That's it. Very good

Continue until both sides are empty of ALL elements and feel the same.

Once empty,
Rest your hands down. Direct your awareness to your body. What do you notice?

Pineal breathing:

Imagine a basketball sized globe of light about a foot or so above your head. In whatever way is meaningful for you, sense it radiating a strong and pleasant light. On your next inhalation imagine light draining from the globe, flowing into and through the top of your head into your pineal gland, a small pine cone shaped gland in the center of the head. On your next exhalation, imagine that light flowing back to globe above your head.

Continue breathing in this way for a bit (7 or so breaths). I'll let you know when it's enough and give you another instruction. Light drains from the globe above your head and flows into the pineal gland on the inhalation. Light flows back into the globe on the exhalation. Feel this in whatever way is meaningful for you.

On your next exhalation, imagine a limitless, infinite field of light expanding from the pineal gland, fill the whole universe with light. In front and behind, above and below, to the right and the left. As you inhale, imagine that the whole light field rapidly contracts into the middle of your head, in the pineal gland. As you exhale, sense light spreading from pineal

gland into the endless field of light on all sides of you. As you inhale, light contracts into the pineal gland. Sense this in whatever way is meaningful for you.

Breathe in this way for a bit. I'll tell you when it's enough (30 seconds or longer, up to 2-3 minutes).

Allow your breath to find its own easy rhythm. Relax your attention. You can open your eyes when you are ready.

How do you feel now about that person you were judging or shoulding?

Is it possible for the urge to judge them for to impose itself on you in the future against your will?

If so, find another snapshot. Be specific about what it is they don't like in the other person.

Do you feel a NEED to or for forgiveness. It will feel like a need, like you're thirsty. Not a should.

If so:

When we feel a NEED for forgiveness, it is generally right there. Turn your awareness towards forgiveness and allow it to flow like water or light, just finding its own way. Maybe even saying inside yourself, I forgive myself. Allow that forgiveness to expand even further, forgiving any beings who may have played any role in this I forgive you ... likely including your parents, I forgive you, probably their parents, I forgive you. Maybe even that other person's parents Allow forgiveness to echo through time, forgiving people and spaces, norms and cultures. I forgive you. Maybe even expanding to include Life, God of your understanding for creating a world where people like you and I experience problems like this. I forgive you.

Pause.

Whenever that feels complete, taking your time, you can open your eyes.

What do you know now that you didn't before? What are you taking away from this experience?

