



## Welcome to Acceptance and Integration Training® (AAIT™)

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### ***Resolve Reactivity. Uncloak the True Self.***

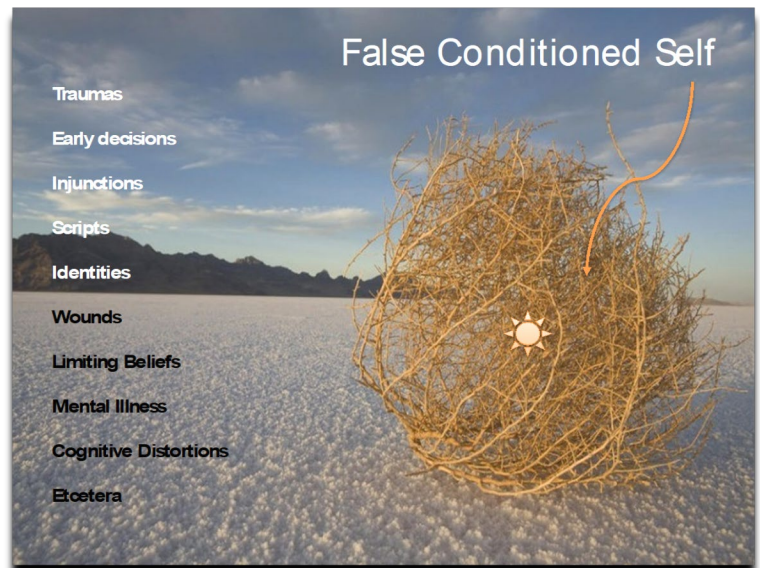
Aside from problem resolution, the single most reported result of practicing Acceptance and Integration Training® (AAIT™) is decreased reactivity and increased peace as we get closer to who we truly are. Other common results include increases in compassion for self AND others, present focused attention and a more spacious awareness of choice points, leading to more skillful choices. Beyond that, most people also experience a gradually expanding sense of spiritual wellbeing.

### **AAIT™ THEORY**

Acceptance + Integration = Freedom

Accepting and integrating our full experience gives us freedom FROM the tension of tethered pain, limiting beliefs and old wounds and freedom TO move towards our goals ... the freedom to BE our true self rather than being bound to the false conditioned self.

The conditioned self is like a tumbleweed wound around our true self. It comprises traumas, identities, schemas, addictions, limiting beliefs, early decisions, etcetera. AAIT™ practitioners help people resolve their problems and realize their goals while shifting identification from the false conditioned self to the true self.



### **ACCEPTANCE**

Acceptance is not about approving of or liking. It's about recognizing and allowing without resistance. Dick Olney, the founder of Self-Acceptance Training described self-acceptance as

*“experiencing oneself in any given moment without the inhibition of self-judgment, self-evaluation, or self-criticism.”* Psychologist, Zivorad M. Slavinski, the founder of Spiritual Technology teaches *“Acceptance is spiritual judo.”*

## **INTEGRATION**

Integration, as an operative mechanism in AAIT, is defined as the acceptance and simultaneous experience of two opposing states. Further, such integration typically results in resolution of the presenting problem. With a single integration, we resolve a specific problem resulting in decreased reactivity in similar situations. The originating charged psychological energy is neutralized, the problem is resolved or the goal is more easily attained. With repeated integrations, there is a gradual shifting of identification from the false conditioned self to something closer to who we really are, accompanied by a growing sense of wholeness and wellbeing.

## **AAIT™ PRINCIPLES**

These principles and phases form a crucible, a container and structure for change. Understanding these will help us collaborate in your care.

- 1. The true self is not encumbered by the limitations of a narrative. The true self is a being.**

The true self is hidden beneath layers of reactive impulses associated with the false conditioned self. These layers are like veils woven from our wounds --- the traumas and fears, the sorrows and pain of unmet needs and defeated goals --- all concealing the true self. This unintegrated psychological content clouds our experience of who we are, who others are and what life is.

- 2. Taking responsibility for and tending to our inner state is the source of our freedom.**

Every moment of everyday, we make choices often outside of our own awareness. These tiny choices fashion our life experience, weaving the tapestry of our destiny. When we take responsibility for and tend to the inner state, we can learn to access a spacious inner freedom, freedom from unconscious compulsive and reactive impulses. From this place, we are more likely to make choices that are aligned with our highest goals and who we are.

- 3. The non-dual states of empty consciousness are an indication and mechanism of transformation. Cultivating an awareness of these states contributes to increases in present focused attention, empathy, self-compassion and more skillful choices.**

We live in world of duality; Day / Night. Hot / Cold. Rainy / Sunny. We experience the same dual dynamic psychologically; Worry / Calm, Sadness / Ease. Once

integrated, the pull between these opposites gives way to a non-dual state. The non-dual states are typically free of psychological content; thoughts, images, emotions and sensations. A non-dual state feels spacious and peaceful.

**4. Self-acceptance is a means and measure of wellbeing.**

Self-acceptance is not about self-indulgence, nor is it about liking or approving of yourself or your experiences. We can use our lack of acceptance to help point to areas in life where we are shackling ourselves to some pain that is getting triggered in the lack of acceptance. This resistance to what *is* points us to the veil of the conditioned self. Slavinski says *“Acceptance is experiencing without involvement.”*

**5. Resolving reactivity reveals higher states of consciousness.**

Integrating the polarized tension associated with a problem typically calms the storm, decreasing reactivity. When there is little to no tension associated with a problem, there is a natural heightened awareness of choice points, free from automatic reactivity. Decisions made from such a place of inner calm tend to be choices that do not create additional problems. These choices are generally more closely aligned with the higher goals of the true self rather than the reactive urges of the conditioned self.

*We do not add anything new, we just liberate ourselves from the old until we start living in the whole consciousness of Oneness. ~ Zivorad Slavinski*

**6. The integration of two opposing states can alleviate psychological suffering.**

We live in a bi-polar world. Day is inseparable from night. Night is inseparable from day. Men are inseparable from women. Women are inseparable from men. We cannot have one without the other. In the same way, we all experience this dynamic of dualism psychologically. We feel this as charged upset emotional and mental energy wound about some experience that's bothering us. With AAIT™, we use the threads of our narrative to untether the charged tension of these opposites rather than interpreting narrative and exploring it for deeper insight. Insight and awareness expand naturally without laborious or intrusive psychological excavation.

With integration, we naturally expand our capacity to be present to ourselves, others and life without getting easily entangled in some resistance. Slavinski writes, *“What was unconscious and compulsive, becomes conscious and a matter of choice. You are set free.”*

## AAIT™ PHASES

Settling into a predictable rhythm of our sessions can support you in getting the most out of our time together as well as inform your embodiment practice at home. The phases give us a way of insuring you are addressing the problems and goals that brought you to seek support.

The SERVE model of AAIT™ has five phases. We will generally move through all of these phases in a session:

- **Seek Understanding** – we will direct awareness to any impact from your previous session, address any issues related to your home embodiment practice and begin discovering what you would like to focus on in the current session.
- **Engage Collaboration** – in this phase we narrow our focus and come to agreement about what we are going to address, the session goal.
- **Resolve Reactivity** – at this point, we will engage an integration method to neutralize the charged tension associated with the problem.
- **Verify & Stabilize** – to ensure that the problem is entirely or almost entirely resolved, we question the results and then stabilize those results.
- **Embody True Self**– your willingness to take a few minutes a day to tend to your inner state will speed up your work. As we go, you will learn protocols that could become a reliable means of taking responsibility for and tending to your state. Integrating these into your daily life as a practice will support you for the rest of your life.

