



## Little Magical Method Sample Script

Developed by Zivorad M. Slavinski

Minor adaptations by Melanie McGhee

---

*Would you like me to tell you about what we are going to do or just jump in?*

If they prefer an introduction:

*I'm going to ask you to focus on the pain (unwanted thought, emotion, sensation), and specifically, it's location. Once we have identified its location, I'll ask you to describe it to me in a pretty specific way --- its size and shape, color and weight, for example. If it doesn't have a color for instance, I'll ask you to give it a color. I'll ask you the same questions again a few times. Elements may weaken and disappear. Once some element disappears, I won't ask you about it again. Sound ok?*

*Bring your attention to that unwanted (thought, sensation, emotion). On a scale of 0 – 10 with ten being the strongest, what rating would you give this?*

*Where exactly do you feel it in or around your body? What is its location?*

*How deep is it in your body?*

*Is it inside, outside or both?*

*What shape is it?*

*How big is it?*

*How heavy is it?*

*What color is it?*

*What is its temperature, body temperature, warmer or cooler?*

*On a scale from 0 to 10, how strong is it?*

Repeat these questions 4 – 6 times, adding the word *now* with each question. If after 4 – 5 repetitions of the sequence of questions there is no lessening of dimensions and strength, direct awareness to the movement of energy in the body.

Once empty, direct awareness to body and fill with light. Especially where pain used to live.

*Become aware of the direction the energy is moving. It could be circular, horizontal, vertical, contracting, expanding --- what kind of movement is there? You can show me with your hands if you like.*

*Become aware of and feel the movement of energy, take a little breath.*

*Now consciously direct the movement of energy in an opposite direction. Easy breath.*

*Again, let it move in its natural direction. That's it.*

*Now consciously move it in the opposite direction. Take a breath.*

*Again, let it move in its natural direction. That's it.*

*Now consciously move it in the opposite direction. Take a breath.*

*Now with an easy breath, experience the energy moving in the same direction at the same time as best you can. With another easy breath, imagine both of these opposite energetic movements happening at the same time, as best you can. It will be good enough.*

—

*What rating would you give this now?*

If still charged, explore opposition, POV and future concern. We generally don't ask about the future with chronic physical pain unless there is no change in pain.

*Do you feel a need to forgive or for forgiveness?*

If so expand with forgiveness. If not, fill with light.