



Sneaky PEAT Sample Script

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Would you like me to describe what we are going to do first or just dive in?

If they prefer an explanation:

Human qualities and characteristics are just that, human, available to all of us. We are going to use this Golden Shadow protocol to ignite a little spark of that quality in you. The things we admire in others are often things that we don't fully acknowledge or allow space for in ourselves, like a golden shadow. What we are going to do, is find a moment when someone, maybe even you, was expressing that quality in a way you found delightful. If you feel jealous or ill will towards the person, this won't work. You'll make a snapshot of that person doing the thing you admire. Then you will move backwards through the eye points beginning under the right eye on top of the cheekbone. Sound ok? Any questions? Don't worry if you can't remember, I'll guide you.

What trait, quality, or identity would you like to cultivate? Some quality you would like to express with more ease or a characteristic that would help you achieve your goals?

Find some experience of someone you know and respect expressing this quality or characteristic, a moment you witnessed that fills you with delight or a feeling of goodwill towards them. It can be someone you know or a stranger you saw in a video. It could be a moment from your own life experience. Tell me when you have it in mind.

Place two fingers at your chest point and repeat after me, _____ (name the quality) exists in humanity and I love and accept that I am part of humanity.

Place two fingers underneath the right eye. On the top of the cheekbone. Bring to mind that situation. 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 delight in this moment is at its height.

Notice the thought you are having in that moment. What are you thinking?

Become aware of the image picture. What you do see? It's as though you are looking at a photograph I can't see. Describe the photograph to me.

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

Direct your awareness to your body. What do you notice?

Very good. Take a breath.

Change hands. Under the left eye, on the top of the cheekbone.

Focus on that snapshot, allow yourself to experience that moment as fully as you can. Absorb it. Take a breath.

Change hands. On the side of the right eye.

That's it. Just allow yourself to be in that moment. Even as the elements may be fading.

Take a breath. Good.

Change hands. On the side of the left eye now.

You got it. Just experience this moment. The thought, the image, the emotion, the sensation, even if the elements are fading.

Easy breath.

Change hands. Two fingers under the right eyebrow, close to the bridge of the nose.

Just feeling whatever remains of this moment.

Take a breath.

Change hands. Two fingers under the left eyebrow, close to the bridge of the nose.

Beautiful. Just experiencing whatever remains.

Easy breath.

Rest your hands down, bring your awareness to the pineal gland.

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 acorn shaped gland in the center of the head. On your next exhalation, imagine that light going back to globe above your head.

Continue breathing in this way for a bit. 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. Sense this in whatever way is meaningful for you.

After about 4 – 7 breaths,

Imagine a limitless, infinite field of light. 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, in front and behind, above and below, to the right and left, all at the same time. 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. You can open your eyes when you are ready.

What do you think? How likely is it that you will be able to express this ... with more ease?