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# PEAT

## New Pathways

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## Introductory Remarks

Ten years ago, I published the book *Peat and the Neutralization of Primordial Polarities* (I am writing this in 2010). In it, I presented the results of my lengthy research and year-long practice with the PEAT (Primordial Energy Activation and Transcendence) method. Judged by the criteria of the time, the results were excellent. Long-term emotional, psychological and Spiritual problems were removed in one to three sessions. Sometimes it was also possible to eliminate or alleviate physical ailments in an equally short period. Results this successful were unusual when compared to established methods of psychotherapy.

During the past twenty years or so, several works were published which opened a new chapter in the area of healing, especially of emotional and psychological problems. In his epoch-making book *Vibrational Medicine* (1988), Richard Gerber quotes hundreds of scientific studies which support alternative ways of healing and give a theoretical basis to therapies such as homeopathy, acupuncture and meridian therapies. In many ways they bridge the gap between science and esoteric healing.

I developed the initial form of PEAT from one of the so-called energy therapies which was highly regarded at the turn of the century -- Gary Craig's Emotional Freedom Technique (EFT). The procedure consists of tapping one's fingers on 13 acupuncture points while concentrating on a problem. Hence the alternative name of those therapies was "tapping therapies".

After a short period of applying this therapy, I had a profound insight into the main weakness of the energy therapies. New problems which would manifest after the initial one were not new aspects of the same problem, as practitioners of energy therapies believe, but totally new contents on the chain of ever higher contents leading to the very source of the problem and the higher states of consciousness, where there are no problems.

After several days of practice, I developed the Deep PEAT process. In its thoroughness it surpasses all energy therapies as well as psychotherapy; it also produces more valuable and long-lasting results. PEAT's connection to those therapies is only historical, because it is a Spiritual therapy and at the same time, a system for accelerated Spiritual development.

PEAT as a system is akin to a living being – it has continued to develop during the past eleven years, so that it is now fundamentally different from what it was in the beginning, which is a fact I must reiterate. It is now a Spiritual technology enabling people to transcend the dualistic consciousness in which they live and efficiently resolve their hard-core emotional and psychological problems – most of all, their fundamental life problems. This is done in a short period of time and is in most cases can be measured in minutes.

The PEAT system has four levels: Basic PEAT, Deep PEAT, DP2 and DP4. For all levels it is of the utmost importance that during seminars people learn how to solve their own problems and that they also become Processors, who can quickly and efficiently remove the problems of others.

Peat's basic level, **Basic PEAT**, consists of alternative touching of three points known in acupuncture, with simultaneous concentration on a problem, its dramatization (feeling the problem as intensely as possible), and the use of the Alternative Technique. It is far quicker and more effective than any other psychotherapeutic method.

In the **Deep PEAT** process, the Practitioner starts with a problem and uncovers its higher and higher contents on a chain of contents leading to the earliest cause of the problem, from which it originated. We could also say that the chain of contents leads to the deepest cause of the initial problem, for it penetrates to the very core of the human being, which is the awareness of emptiness – Tao, the Great Unmanifest, the Primordial Source, or the Implicate Order of David Bohm. The sessions last from 10 to 30 minutes. When we arrive at the basic or highest cause of a problem, it vanishes, usually permanently.

The most important result of Deep PEAT is that one uncovers, makes conscious, and integrates one's **Primordial Polarities (PP)**, or **Primes**, usually in the first session. We often refer to them as **Personal Codes**. At the moment you make conscious and integrate your Personal Codes, neutralization of the opposites occurs – the ancient dream of medieval alchemists and, in the recent times, Jung's analytical psychology. At that moment you see one Primordial Polarity in the other and vice versa. They become ONE.

Neutralization of Personal Codes solves your fundamental life-problem forever. If you follow Deep Peat's procedure correctly, you cannot avoid this even if you want to. This process liberates the human being from the deadly grasp of the fundamental forces of duality.

Until recently, only a small number of chosen individuals understood the significance of the integration of Personal Codes. The reason for this is simple: Neutralization of Primordial Polarities was a secret for many centuries within systems such as Tarot, medieval alchemy, and occultism. Taoism and Zen emphasize this process explicitly. Furthermore, Kabbala is mainly about neutralization of opposites. In it, practitioners must neutralize opposites and bring their awareness to a central point encompassing both polarities – this point being called the Middle Pillar. Alchemy, too, is mostly about neutralization of opposites, which in this discipline is called “sacred marriage”. We encounter the same principle of neutralization of polarities in Advaita Vedanta, one of the six systems of Indian orthodox philosophy. The word “advaita” means **non-dual** in Sanskrit.

Since I created PEAT, several thousand people have integrated their Personal Codes and freed themselves from the unconscious and fundamental problems that had followed them throughout their lives. The changes in their lives that occurred as a consequence of this experience were profound and substantial.

A theoretical explanation of the nature of Primordial Polarities is still in its early stages of development. When a Spiritual Being from the Great Unmanifest (Brahma, Sunyata, Tao, Quantum Vacuum...) first enters into the manifest universe of matter, energy, space and time, it posts two energetic pillars at its entrance – these are its first Yin and Yang. They define the Spiritual Being's basic playground. From that moment on, it plays its fundamental game of life between them.

The Spiritual Being, whose nature is the Quantum Vacuum, Sunyata or Void, creates its subjective universe by making decisions. At one moment, a decision is initiated in the Void and if it is accomplished, it returns to the Void and disappears in it. For instance, if we decide to buy something and then do it, at the moment of its accomplishment, the decision disappears. That is why we say that there is nothing stranger than desire: when we see it realized in front of us – it disappears.

Problems appear when our decision to be something, do something or have something is defeated. At the moment of defeat, the Being makes a decision of defeat. But the initial decision continues to exist, because it is part of Atman or Spiritual Being. From that moment on, those two decisions – the initial one and the decision of defeat – exist opposed to each other and create an unpleasant emotional seesaw. At the moment a decision is defeated, negative, harmful energy (unpleasant charge) is created. It separates the two decisions and makes them appear irreconcilable, although they are essentially just two sides of the same phenomenon. Since we experience many defeats during our numerous lives, the negative energy separating the two decisions gradually increases and it seems, at the present moment of one's existence, that they are opposite and fundamentally different. Examples are wealth and poverty, health and illness and countless other opposites.

In this way, in our Spiritual universe countless polarities exist in opposition. But only two of them are Primordial Polarities or Primes. They are the first Yin and Yang, two energetic pillars the Being places at the entrance to this universe and between which it must pass at the moment it leaves it.

During the individual history of a Being, which encompasses eons, the basic polarities multiply into an infinite number of polarities, so that nothing in this universe exists without its polar opposite.

The Being's Personal Codes are the highest goals it strives to attain time and time again, going compulsively and alternately from one to the other. They are the Being's most powerful attractors. Different people have different Personal Codes, though groups of individuals can have the same ones. Up to this moment, with my associates, PEAT Processors and Trainers, I have found more than 80 Personal Codes, and new ones are being discovered daily. I would like to repeat here that the two main characteristics of the Being's fundamental game in this universe are compulsiveness and unawareness. Primes create a very unpleasant psychological seesaw in one's life. One oscillates unconsciously from one Prime to the other, asking why one does things one does not want to do.

It is important to understand that Primordial Polarities are not fixed positive and negative values, but resemble the polarities of an alternating electric current. In one period of life, one Polarity seems to be positive (one strives to attain it), the other negative (one strives to avoid it). But after some time

they switch values, so that the one which was positive becomes negative and the one which was negative, positive.

The following is most important for Spiritual development as well as for everyday life: You can't solve your life's fundamental problem until you integrate your Personal Codes. By practicing different Spiritual disciplines, self-help methods, meditation and the like, you can only retract the problem or decrease its energy for a while, but sooner or later in your mind it becomes re-stimulated. When you integrate your Codes and then take a look back at your life, you experience it as a series of compulsive and unconscious oscillations from one Code to the other. Ancient oriental philosophers believed that for those who function based on dual awareness, each thing, phenomenon or act is so contradictory and paradoxical, that it can at the same time be what it is and what it is not, that is, its own opposite. Awareness of Oneness liberates us from this contradiction.

Naturally, the integration of Primes by no means solves all problems, as naïve people sometimes believe, just the fundamental one. There are many other problems, always based on dualities, but they too can be solved much more easily and quickly with the same Deep PEAT method. Hui Neng, the famed sixth patriarch of Zen, pointed out to his disciples 33 basic pairs of opposites they should integrate. *“When you manage to do that”*, he taught them, *“you'll be free from every imbalance in speech, feelings and behavior.”*

PEAT is a developmental and heuristic system which is incessantly improving, discarding its outdated elements and adopting new ones, higher and more perfect. Today's PEAT is a system that has by far transcended its beginnings and has little in common with them anymore. I will reiterate that PEAT, in its essence, is a Spiritual therapy grasping the emotional, psychological and Spiritual components of the human being. It continues to evolve, as neutralization of Primordial Polarities is not the end of our adventures with PEAT. After their integration some of us opened our awareness to the so-called Great Space of Tibetan Yoga (Quantum Vacuum, Tao, All Source etc....) or corridors leading to parallel universes. At this moment, we are standing on the shore of an infinite ocean of eternity, trying to perceive what is waiting for us on the other side.

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