“How to Make a Leap in consciousness?”

FREE Manual on Basic PEAT Spiritual Technology

Consciousness Leap System
Copyright 2012 Staas Yudenko
www.StaasTao.com
HOW TO MAKE A LEAP IN CONSCIOUSNESS?

What the caterpillar calls the end of the world, the rest of the world calls butterfly.

– Richard Bach

Written by Staas Yudenko

The “Shallow PEAT” Technology was developed and published by Zivorad Mihajlovic Slavinski “PEAT: Primordial Energy Activation and Transcendence and the Neutralization of Polarities” 2005. Later, he simplified this technology and called it “Basic PEAT”

CONSCIOUSNESS LEAP SYSTEM

The metamorphosis from caterpillar to butterfly is extremely fascinating. When the caterpillar hatches from the egg, it eats voraciously all the greenery around itself. Then it creates a cocoon, in which it completely dissolves itself into goo and reorganizes its own DNA. Then it breaks through the cocoon and emerges as a completely new creature – a butterfly. This butterfly brings beauty into the world and assists in the circle of life by pollinating flowers and laying new eggs.

In order to make the leap to “new consciousness” and transform your life, you like the caterpillar, have to “dissolve” your old belief system and unconscious mental, behavioral and emotional patterns.
This process is really hard to achieve through simple rational analysis or mere thinking. That is what psychologists usually do. They find the root or initial event that creates a certain behavior or pattern in us. However, simply identifying what it is does not change us, even though it releases some emotional pressure. What really changes us is a true emotional transformation of the traumatic experience.

**Consciousness Leap System** helps you to do that naturally and fast. It is achieved through the use of ancient energy healing techniques and latest discoveries in human cognition.

The consciousness transformation is happening no matter what, but it is up to you how fast and pleasant it can be. You can either struggle through and resist it or make it happen fast and enjoyable.

This is the manual for one of the key Spiritual Technologies used in my self-improvement **Consciousness Leap System**.

I developed this system based on my individual sessions with coaching clients and various spiritual systems.

This system allows you to systematically release your unconscious negative beliefs that comprise your Ego, and to start creating the life that you want.

The table below illustrates the areas of life that you can transform with this system.
The Basic PEAT technology is the engine of the system among others. Even though the creator of this technique states that it only works superficially on single experiences, I have developed a system in which it can work deeply with unconscious limiting beliefs and emotional patterns and release them. While working through your personal problems and past traumatic experiences using Consciousness Leap System, the end result will be a deeper understanding of reality, enjoyment of your life, acceptance of yourself and, ultimately - spiritual growth.

**BASIC PEAT – WHAT IS THAT?**

PEAT stands for Primordial Energy Activation and Transcendence and this is a practical manual on the basic application of PEAT, or Basic PEAT. This means I will not go too much into the history of how this spiritual technology was developed and the science of why it works. You can find more information about that online, researching sister energy and
meridian therapy techniques from which PEAT takes its roots. They are Thought Field Therapy (TFT), Emotional Freedom Technique (EFT), Tapas Acupressure Technique (TAT), Be Set Free Fast (BSFF), and a dozen other ones popping up every day.

However, I want to say that from my personal experience and my coaching practice, working with hundreds of clients, the experience of having Basic PEAT applied to a traumatic or unpleasant event can be described as a removal of the emotional memory of the experience. In metaphysical terms, one can say that Basic PEAT erases the ego-mind reactionary component of the unpleasant state. In a psychological sense, Basic PEAT allows you to release an emotional attachment to the unpleasant experience and fully accept it as it is. In a certain sense, it is not a removal or erasing but rather a consciousness transformation in which you voluntarily choose to react differently to the challenge. After an effective session of Basic PEAT with an unpleasant experience, an attempt to remember the event will feel like a story that have happened to you long time in the past or even to somebody else, and you are not affected by it. You have no emotional or behavioral reaction to it, even when you try.

Basic PEAT is an effective and simple process that can be used for current, newly developed and long-standing challenges. In Basic PEAT, we stimulate both brain hemispheres, utilizing the left and right sides of the body, through bilateral stimulation of the meridian energy “acupoints” around the eyes. Basic PEAT can be applied as a guided and as a solo process, so you can help others and yourself.
However, if the challenge follows a recognizable pattern, for example, being abandoned by several partners or attracting a series of abusive bosses, Basic PEAT may be too slow. In such cases, Deep PEAT processing is faster and deeper, about which I can read at www.staastao.com.

Using Basic PEAT for such pattern-type challenges will be a lot slower, yet doable. It will require processing of several similar problems, in order for the meta-structure behind the problem to be released.

ACUPUNCTURE SEQUENCE OF THE BASIC PEAT

Let us go over the sequence of acupressure points used in Basic PEAT (refer to the diagram below). We start with the chest point, which is located in the center of the breast bone, on the sternum, right in the middle between your nipples. We use two fingers to stimulate all acupressure points with a light touch – the index and middle fingers. We put two fingers on the chest point and state the setup statement in the form of "Even though I feel/experience [challenge], I deeply love and accept myself, my body, my mind, my personality and the fact that I feel/experience [challenge]."

After that, holding the challenge in your awareness in a manner described below, proceed to stimulating the eyepoints by alternating left and right sides and using the left and right hands correspondingly, in the following order:

1. Left side 1st Eyepoint (Left Hand) Right side 1st Eyepoint (Right Hand)
2. Left side 2nd Eyepoint (Left Hand) Right side 2nd Eyepoint (Right Hand)
3. Left side 3rd Eyepoint (Left Hand) Right side 3rd Eyepoint (Right Hand)
FOUR ELEMENTS OF ANY EXPERIENCE

It is essential during the stimulation of the eye points to focus your attention on the challenge by fully associating with it. We associate with our experiences through these 4 elements: Image, Emotion, Body Sensation and Thought.

All our experiences are recorded in our subconscious using these 4 elements. So, when you define the challenge to work on, make sure you identify as many of these elements as you can, or better – all of them. If the experience is playing out like a video in your head, freeze it and take a snapshot of the moment that has the most emotional charge for you.

This means that, while touching an acupoint, you need to see the image (snapshot) that you saw associated with the challenge, feel the emotion that you felt, think the same thought, feel again how the body felt. The more engrossed you are in the experience, the faster the emotional charge will be blown from it.
The Basic PEAT Manual, version 2.0

STEPS OF THE BASIC PEAT PROCESS

1. Define the challenge as specifically as possible.
2. Determine what is a desirable outcome or want you want to achieve as a result.
3. Feel the challenge as fully as possible and rate its intensity on the scale of 0 to 10.
5. Apply Basic PEAT process until the intensity of the challenge has gone down to 0.
6. Stabilize the new state through Expansion Technique.
7. Check for opposition.
8. Check for future opposition.
10. Activate.

STEP 1 – DEFINE YOUR CHALLENGE

Define your challenge as specifically as you can. Choose the most charged part of the experience.

Examples:

- I am upset that my boss yelled at me today.
- I fear a job interview tomorrow.
- I feel humiliated by the teacher in the 6th grade.
- I am nervous about a date.
• I am afraid of syringe needles.
• I am afraid of doctors.
• I panic in the dentist’s chair.

STEP 2 - DETERMINE YOUR DESIRED OUTCOME

Now you should ask yourself. What would I rather feel? What would be an ideal, satisfying outcome? Example, “When I see a syringe, I want to feel relaxed and be at peace.”

STEP 3 – RATE THE INTENSITY OF THE CHALLENGE

Subjective Units of Distress (SUD) is a subjective scale from 0 to 10 used in determining the intensity of an experience. To do that, you find or recreate the peak moment of an experience when the unwanted state was active and rate the intensity of your discomfort on a scale of 0-10, with 10 being the most uncomfortable. This will be your SUD level. Example, “When I see a syringe needle, how scared do I feel on a scale of 0-10?”

STEP 4 – CREATING SETUP STATEMENT

After identifying a specific challenge and understanding the desired outcome, create the FESS Setup Statement, which is the Formula for Elimination of Self-Sabotage mentioned earlier: “Even though I feel/experience [challenge], I deeply love and accept myself, my body, my mind, my personality and the fact that I feel/experience [challenge].”

In this statement, you are basically stating what IS, what you are experiencing that you do not want to be experiencing. In a way, you are
telling you awareness to pay attention to what you will be addressing in this process.

This statement also disarms your unconscious resistance to resolving your challenge, so-called **psychological reversal**, which can undermine your whole process. By acknowledging and accepting it, you willingly give up your resistance and eliminate self-sabotage. As you may know, “**What resists, persists**.”

**Psychological Reversal** is a negative direction of motivation and energy, contrary to the conscious desire. In essence, it is unconscious energetic self-sabotage.

### STEP 5 – APPLYING THE BASIC PEAT PROCESS

We start with the FESS Setup Statement, touching *Chestpoint* with two fingers of either left or right hand. I recommend using the left hand, as the next acupoint is on the left side and you will not need to switch hands.

Then move to the LEFT 1st Eyepoint using the LEFT hand, following the alternating sequence until all points have been stimulated. At each point, you bring all of your awareness to your experience, get associated with it as much as you are able to: see what you saw, feel the emotion you felt, think the same thoughts, feel again how the body felt. Then, take a DEEP breath, switch hands, and move to the next acupoint in the sequence until you are done.
1. **Left side 1\(^{st}\) Eyepoint (focus on the experience/breathe/switch)**
   
   **Right side 1\(^{st}\) Eyepoint (focus/breathe/switch)**

2. **Left side 2\(^{nd}\) Eyepoint (focus/breathe/switch)**
   
   **Right side 2\(^{nd}\) Eyepoint (focus/breathe/switch)**

3. **Left side 3\(^{rd}\) Eyepoint (focus/breathe/switch)**
   
   **Right side 3\(^{rd}\) Eyepoint (focus/breathe)**

After all eyepoints, re-evaluate the SUD. The unwanted state or charge on the challenge should vanish leaving a “0.” It is common, however, that the charge does not disappear on the first run of Basic PEAT. Usually 3-5 cycles of PEAT are required, and on occasion more than 5. But the whole process does not take more than 5-10 mins.

If SUD is higher than “0,” repeat Basic PEAT process. Only now, modify the FESS Setup Statement to reflect a change in your awareness of the challenge: **“Even though I still feel/experience [some of the challenge], I deeply love and accept myself, my body, my mind, my personality and the fact that I still feel/experience [some of the challenge].”** Example:

“Even though I still feel some fear of needles, I deeply love and accept myself, my body, my mind, my personality and the fact that I still feel some fear of needles.

Repeat the process until the final SUD is “0.”

**STEP 6 – STABILIZATION THROUGH EXPANSION TECHNIQUE**
Focus on how you feel about your challenge right now when you are at “0.” Close your eyes and focus on how your body feels, too. Keep focusing on your feelings of this new improved state. Then mentally expand these new feelings in front and behind of you like a wave all the way into the universe; then, to the left and to the right of you, above and below from you, and finally in all directions like a star. This technique will re-enforce and stabilize your improved state.

**STEP 7 – OPPOSITION**

After elimination of the unwanted state, we want to check if there is any remaining opposition. So look carefully into yourself and answer this: “Is there anything inside of me that opposes the resolution of this challenge right now?” Do not linger on this question. If nothing comes up in 10-15 seconds, move on to the next step.

If an opposing content surfaces and gets reactivated, repeat a new Basic PEAT process, beginning with that content. If you do not process it, this opposition will undermine the previous success and permanent results may not be achieved. For example, “*I feel more or less comfortable with needles now, but I fear that if it is a long needle, I will still freak out.*”

**STEP 8 - FUTURE OPPOSITION**

To prevent recurrence of the problem it is essential to check for the opposition in the future. Ask yourself: “Do I think or feel that my problem could return in the future, against my will?” If you do, run the process on that feeling. Your new FESS Setup Statement will be “*Even though I think/fear that this problem will come back in the future, I deeply love and...*”
accept myself, my body, my mind, my personality, and the fact that I think/fear that this problem may come back in the future.” Continue with the process until there is no concern about the problem in the future. Now that you feel at peace with your challenge, you realize that you can feel and react differently when you face the same situation or think about the troublesome event. In other words, you can now willingly choose a different reaction because you know how it feels. So, the words “against my will” inquire into any opposition that is not of your volition. For example, “My friends will think that I was faking my fear before and will make fun of me or be upset with me.”

**STEP 9 – FORGIVENESS**

Even though this step may seem superfluous, superstitious or even religious, but it is not! While engaged in forgiveness, the person removes the last attachment to their unwanted state. Depending on what sounds comfortable to you, you can use the words God, My Higher Self, Nature, The Infinite Light, The Void or The Universe.

Put index and middle fingers on the chestpoint and state the following:

“I accept that God/Higher Self/Nature/The Universe has created a world in which people/I can experience [state your problem].”

“I forgive all humans and other beings for playing their part in my experience of conflict and confusion around [the problem].”

“I forgive myself for creating and maintaining my experience of conflict and confusion around [the problem].”
Example:

“I accept that God has created a world in which I can fear needles.”

“I forgive all humans and other beings for playing their part in my experience of conflict and confusion around the fear of needles.”

“I forgive myself for creating and maintaining my experience of conflict and confusion around the fear of needles.”

**STEP 10 – ACTIVATION**

In addition to stabilization, in order to re-enforce the shift in consciousness around the problem you can think of a positive action that you can do to remind yourself of and anchor the new improved state. For example, “I will buy a syringe and touch the needle.” This is not an installation of a positive state, but installation of positive action. By doing this step, you activate your new awareness. “What is one thing I can do that will activate this new state?” or “What is one act that I can do that will say back to me, I am in a new place about this.” It could be as simple as “I will take a deep breath next time I see a syringe.”
ADDENDUM A – IMPORTANCE OF DEEP BREATHING

It is essential that you take deep breaths on each acupoint. By deep inhaling and exhaling while stimulating acupoints, you are correcting any energy disturbances related to the challenge in main energy meridians that circulate and balance the energy throughout your whole body and energy field. The more powerful the circle of inhalation and exhalation, the stronger becomes the energetic flow through the meridians.

ADDENDUM B – SPECIFIC DEFINITION OF PROBLEMS

Problems can have more than one component. One of the fundamental rules of working with Basic PEAT: BE VERY SPECIFIC! For example, you will attain much better results if you accept as a problem “An incident in high-school, when the teacher humiliated me in front of my school mates,” rather than the broader, vaguer problem of “My unpleasant experiences in high-school.”

The advantages of treating specific problem are at least twofold:

1. You can easily experience the intensity of your personal problem by duplicating a specific memory and thus get fully associated with it. This reduces the time needed for processing as compared to processing global and complex problems.
2. The processing effect generalizes. After the reduction of intensity of a few connected and specific component problems, very often it happens that the whole complex problem vanishes. For example, if
you resolve 3-4 specific unpleasant experiences from your high school period, all other similar unpleasant experiences may stop having adverse effect on you. They become pale, without emotional charge and no longer influence you feelings and behavior.

If you are having a hard time with identifying a specific problem, and you only come up with general problems, here are some ways to help you break you problem into specific component problems:

1. Ask yourself what resistance I have against having this problem and against resolving that problem. Take the answers as specific component problems and do the Basic PEAT on them. For example, “I do not believe I will let go of this problem.” So you can have a setup statement “Even though I do not believe I will let go of this problem, I deeply love and accept myself, my body, my mind and my personality, and the fact that I do not believe I will let go of this problem.”

2. Ask yourself, when experiencing the problem, do I have any body sensations. Say, you feel chest pressure when you think of the unpleasant experiences in high-school. Do the PEAT process on that sensation. “Even though I feel chest pressure when I think of my experiences in high-school, I deeply love and accept myself, my body, my mind and my personality, and the fact that I feel chest pressure when I think of my experiences in high-school.”

3. Ask yourself if you feel any emotions when thinking of those unpleasant experiences in high-school and do PEAT as described above. “... I feel anger and helplessness when the teacher ...”
4. Ask about mental components of the problem: thoughts, convictions, beliefs, decisions, attitudes, justifications etc. Example, I will never forget these experiences, I will never be popular just like in high school, High school students are always mean to each other, I deserve that treatment, etc.

5. The sense of identity with having this problem. For example, “I fear that letting go of this problem will change me and I will no longer feel myself.” So you can have a setup statement “Even though I fear letting go of this problem, I deeply love and accept myself, my body, my mind and my personality, and the fact that I fear letting go of this problem.”

To all of them we apply Basic PEAT processing. It is highly probable that the problem will be resolved after we process all of its component problems.
ADDENDUM C – REVIEW OF THE STEPS

1. Define the challenge as specifically as possible.
2. Determine what is a desirable outcome or want you want to achieve as a result.
3. Feel the challenge as fully as possible and rate its intensity on the scale of 0 to 10.
5. Apply Basic PEAT process until the intensity of the challenge has gone down to 0.
6. Stabilize the new state through Expansion Technique.
7. Check for opposition.
8. Check for future opposition.
10. Activate.

BONUS – INSTANT TRAUMA RELEASE – THE SPINNER

When you Like my Facebook Page The Tao of Staas (http://facebook.com/taostaas), you will be able to download another extremely powerful and fast technique that allows to transform negative experiences within a minute – Instantaneous Trauma Release or The Spinner Technique

Good luck erasing your unpleasant experiences!

Light and peace,

Staas Yudenko