

**CRE - CREATIVE LEARNING EXERCISE**

# **STRESS CAN BE RESOLVED**

**WITH MEDITATION AND RELAXATION PLUS !**

**My stress resolved ... as I began to laugh”**

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**Gemini  
Chinese energy  
Brain burn-out  
CRE for healing  
Tapping for rapid relief**

**Source: Dr. Milton Erickson et alia  
Audios: freely available on [www.crelearning.com](http://www.crelearning.com)  
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## **FIVE GOLDEN RULES**

**GENERAL THEME: IS THERE A MEANING OF LIFE FOR ME WITH THIS ALLERGY? WHAT ARE MY RULES OF MY LIFE? WHAT ARE MY REALLY IMPORTANT FEELINGS? ARE THEY HELPING ME TO BE IN CONTROL OF MIND AND BODY?**

1. Practice Meditation, Relaxation-Plus and Daily Health Exercise daily, to achieve personal control of the mind, body, spirit and habits
2. Expect some good news every day, and reframe each negative in life into something positive.
3. Change habits by helping other people ... feel the joy of being useful and needed and in control of stress.
4. Let happiness arise instinctively from achievement, caring and endurance of stress, pain and suffering, as the joyful memory to leave behind when we go ...
5. Find new powerful strengths and motivation from within ourselves, and yet welcome help from others to find control and a Meaning of Life.

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# I. INTRODUCTION

To be in control of stress, mind and body, we have got to change and begin to laugh!! This is a little book to help people to help themselves ... to be happy and to be control ... of mind and body ... and stress ... with meditation and relaxation-plus. The book has text to study, exercises, challenges and audios ([www.crelearning.com](http://www.crelearning.com)) to help us relax and find answers to important problems about ourselves and our habits.

The structure of the books (see index) is:

Chapter 1	Introduction
Chapters 2-5	Preparation for change - Exercises to absorb new learning
Chapters 6-10	Application of change – find out what works best for YOU!
Chapter 11	Reinforcement of change for the future.

Depending upon our culture and personality, we may CHOOSE to be happy and to change, despite our stress, in three key ways ... with a strong positive attitude towards:

- A - Achieving - recognising our personal achievements
- C - Caring - loving and helping others in need
- E - Enduring – enduring suffering well ... as the memory of us..

Finding a reason to be happy, is easier when we have:

HOPE to give us CONFIDENCE and DREAMS about the future.  
POSITIVE (not negative) ASSUMPTIONS about PEOPLE and LIFE.  
HUMILITY to accept HELP  
POSSIBILITY THINKING  
WILLINGNESS to CHANGE

and as we begin to think it is possible ... then we allow it to happen ... with meditation and relaxation plus. Now some simple basics ... of meditation ...

Meditation and yoga have been used for thousands of years in order to promote a balanced mind, better physical health and ultimately freedom from suffering, both physically and mentally.

Simple meditation involves sitting and watching the breath. Simply let the breath come and go naturally either focusing on the whole of the lungs or being aware of the more subtle sensations around the nose.

Each time the mind wanders, bring it back to the breath in a gentle and relaxed way. Focus at the movement of the stomach, up and down with the breathing.

The breath may directly link the conscious and subconscious mind. It reflects emotions, and with stressed becomes fast and irregular. When relaxed it slows down and becomes smooth. By bringing breathing into the conscious mind and altering our breathing, we can influence our emotions.

To regain control over any reduce emotional problems, simply breathe in while counting to 7 and breathe out more slowly, counting to 11. This activates the parasympathetic nervous system, which aids relaxation.

Focus on the numbers moves brain activity away from the right hemisphere (emotional) to the left hemisphere (logical) in the brain. This technique alleviates anxiety and can be used in three minutes, discretely in public.

The bad habits we will work on may include: smoking, drinking and obesity ...the other ones can wait ...

Questions: How do you feel about your stress? What is important to you now? Could you start to learn control with meditation with the 7/11 breathing practice now? Identify each stress and put them in order of importance to you 1 – 5.

## **2. PREPARATION - SELF ANALYSIS**

**GENERAL THEME – DO I REALLY KNOW MYSELF AND MY STRESS PRETTY WELL? DO I REALLY WANT TO? WILL IT HELP ME TO FIND MEANING IN MY LIFE?**

Let's take ten minutes to do Exhibit B and find out a little more about ourselves. Perhaps we shall be a bit surprised? After all, where-ever we may go, we always take ourselves with us. Do people think of us as miserable buggers? Do we care? Depression is infectious. Should we care? Happiness is infectious too...

Now, think back to some SAD bad habit memories? Can we turn each sadness into something valuable? Can we turn "Hurts into Haloes"? Can we learn to overcome sadness and find a rich strength of character, which serves us well? This is called "Reframing" of negative experience into a positive framework, of which we learn in this little program!

Now put those SAD bad habit memories into a "mental box" and leave them on the shelf in our SCM cupboard. We may need them later very occasionally but NOT every day. Can we leave them in the past ... and work on TODAY and tomorrow?

Now think back to some HAPPY family memories. Children? Mother? Father? Brothers? Sisters? Friends? Good times in the family? These are our TREASURES to keep in mind every day.

Questions: Who in the family had a tougher life than you? How did he/she survive? Do you have some of these inborn FAMILY STRENGTHS in your blood?

### **3. PREPARATION - CHANGE IN SIMPLE WAYS**

**GENERAL THEME: WITH ALL OF MY TOUGH STRESS PROBLEMS ... HOW CAN I CHANGE NOW ? I HAVE ALREADY TRIED EVERYTHING AND FAILED. WHAT LITTLE CHANGE MIGHT WORK FOR ME TODAY?**

Be a "Possibility Thinker" and seek alternatives for our problems of "How to be Older and Happy too". Here is "THE 25 PLUS ALTERNATIVE APPROACH" in finding ways for change.

Only WE can decide what fits us. BUT put a TIME and DATE on it ... so that we COMMIT ... and we are on the way ... to achieving it ...

1. Start today. Change some LITTLE THINGS first - to prove that we can do it. Sit in a different chair today. Eat or drink something new. Ask a new question. Wear a coloured scarf or a hat. Change some small routine. Make the effort to talk with someone new.
2. Change - change our physical location for living and social interaction and thus change our mind and our body.
3. Change our personal habits - sleeping, eating, clothes, friends, social life ... and we will change our K, S & A.
- 4.. Find someone or some thing to love and care for and our personal problems may fade away.
5. Use SH and Cognitive Therapy with Dr. Burns and begin to resolve just two of our cognitive distortions (Exhibit C).
6. Go to church again.
7. Try to find God and ask for help.
8. Learn something new and practice it.
9. Start to learn and speak a new language and become a different personality. See movies in that language.
10. Take up smoking and alcohol again, in reasonable amounts.

11. View some sex movies or books to stimulate our appetite and then try to do it e.g. La Pianiste.
12. Stop feeling like a victim and feel in CONTROL of our life. it is not what happens to us in Life and Death that matters, but rather how we DECIDE to PERCEIVE it!
13. Dye our hair (from grey to nice brown or blonde) and change our clothes and appearance - feel different!
14. Read the book by Mitch Albom and some books about people who survived Dachau and Auschwitz and see how their experience compares with (Exhibit E)
15. Begin to keep a little daily diary to record (in a book or in our mind) the daily the good news and how we react to the negatives.
16. Find social contacts who are happy - it is infectious!
17. Avoid depressed miserable people who infect us with their misery unless we can help THEM in some way! Misery is as infectious as the AIDS virus and TB!
18. Get a cat or a dog or a parrot which needs us every day.
19. Forgive everyone who has harmed us and thus get that CROSS of HATRED off of our back and OUT of our system for ever.
20. DO NOT HATE ANYONE - we only harm ourselves!
21. Get access to computer and explore the web contacts.
22. Invite the neighbours in for a meal.
23. Do crossword puzzles, dance and play cards to avoid Dr. Alzheimer coming to call on us!
24. Change our furniture in our room, flat or house around completely ... to help us to get away from the bad habits of the past! Do some little thing differently.

25. Check up on Euthanasia by contacting the EXIT society (in every country - see web), so that it is freely available when needed at a later time, with a simple plastic bag.

Change is vital but only we can decide what fits us. An application of the "The 25 Plus Alternative Approach", for dealing with a sleeping problem is given in Exhibit G.

Question: How will you start with some little change ... ?

## **4. PREPARATION - MIND/BODY CARE**

**GENERAL THEME – I AM SO TIRED ... WHAT CAN I DO ... TO CARE FOR ... MY BODY ... AND MY MIND ... AND MY SPIRIT ... EVERY DAY? WALK OUTSIDE TO SEE THE SUN, SKY AND WORLD EVERY DAY ... IT IS A WONDER!!**

The psycho effects of mind over body are as yet only 40% discovered by scientific research. Our mind controls our body in so many ways. When our mind is positive our body has a CHANCE to be healthy and happy in so many ways! Our spirit inspires us and gives us energy and control over stress reactions!

Some simple things to do for mind/body care:

Meditation and DHE – practice several times every day ... and achieve control of mind, body and emotions.

Start the day with two glasses of water. Drink and believe in water as the best therapeutic medication. A litre a day can work miracles for you. Alcohol and smoking in moderation are OK. Excess is not necessary!!

Even handicapped people can do some Thai-Chi exercise with the hands very slowly. Find out what you can do now. Health exercise brings LUCK to your mind/body peace. Customise exercise to fit YOUR personal needs.

exercise the body ... to put the mind at rest!! It can get us into such a relaxed confident state of mind, that we can resolve problems, with no drug side-effects.

Exercise daily (with a little help) to put down that "CROSS". A little exercise can work wonders for us, as we find ways to suit us best:

Body - 1-2 minutes – very gently move the parts of you that still work - three times.).

Eyes - 1-2 minutes - gently exercise both eyes and then each eye separately, as suits you best.

Mind - 1-2 minutes - do the DHE (Exhibit F).

Spirit - 1-2 minutes - use the prayer to the SCM or God (above) with Compassion, Conscience & Commitment.

Questions: What exercise of mind and body, can you still manage every day? What did Gary Player the golfer, say about LUCK?

Answer: "The more I PRACTICE golf ... the more LUCK I seem to get!!"

## **5. PREPARATION - SELF-THERAPY**

**GENERAL THEME – CAN I REALLY TAKE CONTROL? CAN RELAXATION PLUS WORK FOR ME? DO MEDITATION AND DHE REALLY WORK? CAN I DO THEM IN MY OWN WAY?**

Therapy to mind and body, that we control ourselves is always the best, because when we believe in it. The mind controls our body in so many wonderful ways.

So now we make some progress in Meditation and DHE from Exhibit F.

Practice each meditation exercise to develop your very personal skills for: calm, becoming the present, developing acceptance, goodwill and compassion, mindfulness. Reinforce your meditation with the DHE – Daily Health Exercise.

Good intentions for daily medication practice, often fail in busy lives. Meditation with a partner or group may be helpful and it doesn't always have to be about discipline and formal sittings, it can be more of a way of life. The principles apply to our daily lives and applied whenever needed.

Cognitive therapy can also be helpful to us for: recognising Cognitive Distortions (see Exhibit C); developing the personal skills to REFRAME negatives into positives; making rapid progress in system control; understanding; self control; prevention and personal growth

The books of Dr. David Burns on "Feeling good" are often as effective as psychological therapy, because they encourage people to help themselves, and this to develop CONFIDENCE! See his latest book "Handbook for Feeling Good" in Amazon Books on the web.

Question: Ready for the practice in Exhibit F? On we go together ... expecting learn something about ourselves ....

## **6. APPLICATION – GEMINI - FOR ANXIETY**

**GENERAL THEME: GEMINI (GENTLE MENTAL IMAGING), IN JUST A MINUTE, REINFORCES MIND-BODY COMMUNICATION. SO TAKE A FEW MINUTES EACH DAY, TO REINFORCE MENTAL AND PHYSICAL HEALTH, WITH GEMINI.**

TO DEVELOP YOUR GEMINI:

1. CLOSE the eyelids ... and roll UP the eyes to look DEEPLY into the eyebrows.
2. RELAX and breath IN deeply ... as you allow the CLOSED eyes to come slowly downwards.
3. RELAX and breath OUT deeply ... as you IMAGINE you are SLOWLY SINKING downwards into the chair ... almost FLOATING and relaxing the whole MIND AND BODY
4. Let the LEFT hand FEEL pulled up... floating ... BY ITSELF ... to your FOREHEAD as a SYMBOL ... that you are deeply in YOUR OWN WORLD of PEACE and RELAXATION.
5. Make THREE simple POSITIVE suggestions to yourself for the day.... and then relax ... with them floating in your mind ...

6. Then, GENTLY ... come back ... as follows ... counting ... three ... two ... one ...

Three - Be ready ... expect to feel well ... positive and confident.

Two - With eyelids still closed, ROLL the eyes up AGAIN towards the eyebrows ... and then VERY SLOWLY let the eyes OPEN and come back into NORMAL focus.

One - Let the LEFT HAND make a FIST ... and then OPEN it slowly ... as the arm FLOATS gently downward ... to feel quite normal again as YOU STRETCH arms and neck and feel well in mind and body!

7. For ONE WEEK practice YOUR GEMINI for just ONE minute about 6-10 TIMES a day ... and thus allow YOUR GEMINI to be INSTINCTIVELY available with the anchor code word "GEMINI" ... whenever needed in the future.

NOTE: Inspired by the ideas of: Herbert Spiegel, Herman Hesse, Milton Erickson, David Burns, Robert Schuler, Michael Yapko, Edmund Bourne, David Spiegel, Dan Kohen, Laurence Sugarman et alia.

## **7. APPLICATION – CHINESE ENERGY**

**GENERAL THEME: SELF CARE WITH CE (CHINESE ENERGY) REDUCES ANXIETY. PERHAPS THE EXERCISES AND FEELINGS COINCIDE WITH TRADITIONAL SPIRITUAL PRACTICES. PERHAPS THE DISTRACTION OF THE VERY SIMPLE SELF-CARE ITSELF, BRINGS NEW STRENGTHS FOR CONTROL OF MIND AND BODY.**

### **1. INTRODUCTION**

CE is a simple very personal “5 minute” self-care routine based upon the book “Tapping Cure” by Dr. Roberta Temes and on Thought Field Therapy (Dr Roger Callaghan), Emotional Freedom Technique (Dr. Gary Craig) Energy Psychology (Dr. John Diamond) Touch and Breath (Dr. John Diepold), Energy Psychology (Dr. Fred Gallo) etc.

There is no research data on CE as validated EBM (Evidence Based Medicine). But there are many published case reports on various forms of CE for very successful anxiety relief. Thus it cannot be ignored as a positive form of health self-care. Unlike medication, it is very brief and has no negative side effects. Rigorous EBM research is now urgently needed. Please help us with your feedback.

For CE to be effective, we must relax, understand it, believe in it and EXPECT it work well for us!! Then it can help us find new ideas and strengths within ourselves, that we did not even know were there, which can give us an 80% chance of success in rapid anxiety control.

CE is harmless. It is like positive Meditation, Thai-chi or Yoga, as they help our conscious and sub-conscious minds to communicate better and to work well together. We are in control all the time and - with practice - CE can help us to control what we feel and believe, with no negative side effects.

## 2. ACTION

As we learn to change our feelings towards anxiety, this can lead to feelings towards control ... of mind and body ... and thus we can be proud of ourselves. We must feel FREE ... to smile and to laugh ... at ourselves ... as we find out how to make CE work for us ... in our own way ... with three “Energy Exercises” ...

## 3. ENERGY EXERCISE - X

- a.. Relax and breathe deeply.
- b. Make arms out-stretched in front of you.
- c. Put right palm over and in contact with left palm and entwine the fingers of the hands together.
- d. Move the entwined hands downwards and then up and inwards to form a “butterfly position, on the chest.
- e. Breathe very deeply as you repeat seven times ... to yourself or aloud ... the key phrase:  

“I deeply love ... my mind and body ... and I control it ” ... or  
“Although deeply anxious about ... (insert) ... I control it ” ... or  
... a phrase to express YOUR deepest feelings ... and “I control it”  
very slowly ... feeling every word ... deep within you ...
- f. Relax the arms to the sides ... breathing deeply ... feeling well ....
- g. Repeat as needed.

#### **4. ENERGY EXERCISE - Y**

- a. Relax and breathe deeply
- b. Put arms down by the sides.
- c. THINK DEEPLY ABOUT EACH WORRY ... IN TURN ... AND THEN SEND IT ... BY YOUR OWN .... SPECIAL DELIVERY ... INTO YOUR HANDS..
- d. Grasp the wrists tightly (with tension).
- e. Raise the hands and arms above the head ... breathe in deeply ...
- f. BREATH OUT AND THROW AWAY WORRIES ... UP... INTO THE AIR ...
- g. Relax ... feeling relieved ....
- h. Repeat as needed.

## **5. ENERGY EXERCISE - Z**

- a. Relax and breathe deeply.
- b. Breathe in and raise the hands and arms upwards and outwards to the level of the shoulders ...
- c. Breathe very deeply as you repeat seven times ... to yourself or aloud ... the key concept:  
  
"The world is a beautiful place ... for me ..."  
  
very slowly ... feeling every word ... deep within you ...
- d. Relax the arms to the sides ... breathing deeply ... feeling well ...
- e. Repeat as needed.

## **6. AFTER EXERCISE**

Relax and think deeply about what YOU have achieved. Give your CE a GRADE from F (fail – intense anxiety) to A (anxiety resolved). Keep a CAREFUL record of each CE completed and results achieved.

With less than grade A, then next time revise the key phrase to make it more powerful for you. Change it to fit your needs and personality e.g. from "I want control etc." to ... "I love and respect myself" ... etc.

**AND THEN BEGIN TO SMILE AND LAUGH AT YOURSELF. OH DEAR!! BUT HOW CAN WE LAUGH AT SUCH SERIOUS PROBLEMS?**

Because Dr Milton Erickson (world famous psychiatrist) who spent 25 years in a wheel chair with polio ... suggests that when we learn to laugh with our problems, then we can begin to change ourselves in mind and body, and we can begin to resolve the problems!

With laughter we find new strengths within us that we never knew were there !

Practice relaxation and CE seven times EACH DAY for one week so that it becomes instinctive, and rapidly available as needed.

With such simple “self-care” treatment, we can surprise ourselves, as we begin to achieve our heart’s desire of “self-control” of mind and body, and rapid relief from anxiety ... with almost no effort at all.

This is so much better than the old negative habits of worry and anxiety ... which “infect” both ourselves ... and others around us. Why punish them?

Better to learn ... to “reframe” negatives to positives ... somehow ... to feel well again ... for us all.

After one week, please send us feedback and your ideas on how the CE can help others with anxiety ([robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr)). On we go together ...

## **8. APPLICATION – BRAIN BURN OUT**

**GENERAL THEME: RECOGNIZE THAT “BURN-OUT” COMES FROM WORRY, WHEN WE FIND OURSELVES AVOIDING COMMUNICATION WITH OTHERS AND EVEN AVOIDING COMMUNICATION WITH OURSELVES.**

1. Clever people have clever breakdowns. So why not test yourself now ... with Exhibit A, in just ten minutes?
2. Recognize that “NOT-TING” (taking enormous trouble ... NOT to DO things that upset us) ... is a symbol of worry.
3. Recognize that worry is a MIXTURE of fear (to face reality) and anger (to destroy the world and ourselves).
4. Recognize that “LOOPING” (repetitive behavior routines) is another symbol of worry, that relieves for the moment ... but doesn't resolve the problems. With looping we become ADDICTS of: work, smoking, drinking, gambling etc.
5. Recognize that “NOT-TING” and “LOOPING” use up ENORMOUS energy for a “NON-LIVING” purpose.
6. Recognize that PARENTS may have given us some values, which HANDICAP us, in our current life style e.g. “Finish up all the food on the plate, dear” ... and now we are so obese! We have to UNLEARN some of these old values and instinctive reactions!

7. Recognize that THE PART of us that has been there the LONGEST, is the CHILD we once were.

8. Recognize that we HAVE the RIGHT: to express our own feelings, to love and be loved UNCONDITIONALLY, to change and grow, to be alone, to please ourselves in our own way, to succeed or to fail, as WE choose.

9. Recognize that we must now BE (in our mind) our OWN PARENT.

10. Recognize that we must LEARN: to freely express our fear and anger (as an adult – NOT as a child), to stop excusing our parents, to stop excusing ourselves, and to stop saying “I am sorry, BUT ... ”

11. Recognize that we must learn: to LOVE OURSELVES as we are, to love the WORLD as it is, to STOP insulting ourselves, and to STOP punishing ourselves with impossible demands.

12. Recognize that LIFE is INVALUABLE and SO are WE!

13. Recognize that with our NEW parent (in our head), we CAN rebuild external and internal communication with people and our loved ones.

14. Recognize that we must love our children UNCONDITIONALLY and give them the same rights as ourselves.

15. Recognize that we cannot ... MAKE anyone else HAPPY ... but we can ... BE HAPPY ... and we can ... SHARE ... it with others ...

16. Now do burn out prevention with Relaxation Plus (Main Exhibit A) ... and so on we go together ...

## EXHIBIT X

### SELF-TEST FOR BURN OUT – TEN MINUTES

Instructions:

Think deeply ... about the frequency ... in which you have the following ... very personal feelings.

Score each response from: 1. never, 2. once or twice, 3. rarely, 4 sometimes, 5 often, 6. generally, 7. just about all the time.

1. Tired.
2. Depressed
3. Trapped
  
4. Exhausted physically
5. Exhausted mentally.
6. Useless
  
7. Bored
8. Spiritually exhausted.
9. Unhappy
  
10. Beaten
11. Troubled.
12. Deeply disappointed by others.
  
13. Feeble and powerless.
14. Desperate.
15. Rejected and alone.
  
16. Anxious.
17. Flat
18. Optimistic
  
19. Happy
20. Satisfied with your day.
21. Energetic

Think again ... change scores as necessary ... be frank and realistic ... and then make your evaluation ... about yourself ... gently ... on next page

**SELF-EVALUATION:**

- A. Add questions 1 – 17                   .....
- B. Add questions 18-20                   .....
- C. Deduct B from 32                   .....
- D. Add A and C                   .....
- E. Divide D by 21                   .....

Evaluation:

- 1-2   OK !
- 3     Workaholic?
- 4-5   Need for some preventive changes? Exhibit B ...

## 9. APPLICATION – CRE FOR HEALING

**GENERAL THEME: WITH CREATIVE RELXATION EXERCISE, SUPPORT YOUR HEALTH CARE HEALING WITH IMPROVED RESTING, RELAXATION AND SELF-ESTEEM**

1. CRE is designed as a morale builder and sustainer, which reduces anxiety as it enhances relaxation, resting, self-esteem, and thus efficient and effective healing. It seeks to continually build and reinforce patient positive expectations of long lasting healing. It may well reduce the need for some of the drug therapy.
2. General research into patient morale in health care centres, indicates a high level of anxiety at both a conscious and unconscious level, which makes peaceful resting difficult without medication. Thus any new measure that enhances patient relaxation and resting with simple technology, merits serious consideration for testing.
3. Creative Relaxation Exercise for healing ... repeat aloud ... make a recording ... this is like a prayer to your deeper self ... communicate and ask ONLY for positive help ...

“Welcome to this creative relaxation exercise ... which can help you to rest and heal so peacefully ... and so now ... just feel comfortable ... and quiet ... as you rest there ... very peacefully ... as you begin to relax ... and to listen to this tape ... which can help you ... with both resting and healing ... because when the mind and the body are relaxed ... then healing is at its best ... ..

With a health problem ... you may hurt ... both yourself ... and others around you ... so you need healing quickly ... and help is available ... right now ... but the best help of all ... is inside your own heart and mind ... as you set a goal of healing ... and feeling well again ...

Healing is a personal challenge ... for each one of us ... so first ... you must find ... deep within yourself ... a goal ... a very powerful force ... to achieve ... a long lasting ... healing ... which can help you ... to feel better ... to be able to work and travel again ... and to protect the ones you love.

And as you think deeply ... about your goal ... for healing ... you find ... that your goal ... deep in your heart and mind ... can give you ... all the force you need ... to achieve the goal ... and so now is the time for YOU ... now is the time for you to ...

1. Find your goal ... . fix it so clearly in your mind...
2. Focus on your goal .. concentrate on it and believe in it....
3. Fuel your goal ... .. be always positive about it - no negative feelings
4. Fund your goal.... give it all the time and effort it needs...
5. Frame your goal ..... imagine yourself achieving it... a strong expectation

... and as you find that goal ... deep in your heart and mind ... then you are ready ... for this "Self-improvement Exercise" ... with a friend of mine ... which can help you ... over and over again... to relax and rest well tonight ... and ... to achieve your goal ...

And the first thing to do is ... is to just make yourself comfortable.... whether lying or sitting down ... don't cross your arms or legs ... and just focus your attention ... on some high point somewhere across the room ...

Now ... without moving your head at all ... just look up ... as though you are looking into your forehead ...and close your eyes ...relax your eye muscles and take in a nice deep breath now ... though your nose ...just breathe in slowly ... breathe out slowly ... and think of the word relax ... relax...

And in a little while ... you can hear me giving you suggestions ... suggestions for self-improvement ... after you hear the suggestions ... mentally repeat them to yourself ...just as though you were talking to yourself ...when you think of it ... when you repeat it to yourself... feel and experience it ... with all of your emotions...

When I say ...with HEALING ... every day in every way ...you are getting better and better ...you should repeat it to yourself ... in this fashion ... with healing ... every day ... In every way... I'm getting better and better ... as each day passes ...you become more confident ...and you repeat ... as each day passes ... I become more confident ...

Now just feel comfortable ... and quiet as you rest there... very peaceful... and as you begin to relax ... become aware of all the sounds around you ... the sounds ... In the room ... sounds outside of the room ... perhaps you ... can hear sounds of traffic or people passing by ... you hear my voice ... other sounds ...and after awhile ... you may find it interesting to discover ...that you are not really listening to anything in particular ...

And if thoughts enter your mind ... let them ... let them in one side ...and then out the other side ...and keep in mind ... that you don't really need ... to consciously listen to anything ...whether you realise it or not ... you are actually listening to me ... on two levels ... on a conscious level ... and on ... an unconscious level ... and you are learning something ... you may not realise that you are learning ... or even that you are learning ... so just keep on listening .. and I can keep on talking .. and you keep .. can keep on ... learning ...

Now direct your ... attention to your breathing ... just get in touch ... with ... what's going on ... within you ... just concentrate on the rising and falling of your diaphragm and your chest ... just feel that rhythm ... experience it ... and with every breath you take ... you can relax even more ...and as you relax ... you may even begin to be aware of your heart rate ... you may notice that it becomes slower ... and steadier ... and very regular...

Now let's take in another deep breath ... just breathe in slowly ... and exhale slowly ... and just allow ... a peaceful calmness to spread ... through you... you can hear my voice ...and you can be aware of me ...and what I am saying ... you can also be aware of the other sounds ... if you so desire ... and if at times you feel as though you are drifting away ... as though you're dreaming ... that's alright ...don't be concerned about that ... just enjoy the experience of it ...

You see ... there is no right way or wrong way ... to experience this ... everyone is different ... and the way you experience today ... might be totally opposite from the way you can do it tomorrow ... so just allow your ... unconscious mind ... to develop ... whatever way of learning ... that It wants to ... after a while ... you may become aware ... that my voice relaxes you ...and my voice ... makes you feel very very comfortable ... secure and serene ...

Now become aware of your position ... be aware of the place beneath your body ... your legs ... the feeling of your arms resting there ... the feeling of your clothing against your body ... the warmth of the room ... all of the feelings that you are experiencing now ... and ... as I speak ... you can begin to relax even more ... you can continue to relax ... until you have reached the deepest level of ... complete relaxation ... that you are capable of reaching ... at this time ... and then ... maybe ... even going further ... just drifting into a more complete state of peaceful relaxation ... and serenity ...

As you listen to all the sounds ... as you listen to the sound of my voice ... your inner mind relaxes ... and becomes receptive to positive suggestions ... suggestions that can help you ... to reach your goal with HEALING ... suggestions that are for your benefit ... for your health ...

Now become aware of your breathing again ... is it still slowing down ... you are more relaxed ... and you can notice ... everything within you ... is slowing down now ... just as everything within you ... slows down ... when you are in a deep natural rest ... this is the time when your body ... and your mind ... are at peace ... when your inner defences are at work ... healing and repairing your body and mind ... when all the natural healing power of your body ... takes over ...

Now as you rest there ... become aware of the various parts of your body ... think about each part of your body ... starting at the top of your head ... ... just carefully think about your body ... all the way down to the tips of your toes ... and just look carefully now ... to see if there is any discomfort anywhere in the body ... be especially aware of your facial area ... your jaw ... you see many of us ... unconsciously tighten those muscles ... and that gradually spreads into our neck and shoulders ... slowly causing tension and stress to develop in your entire body ... so whenever you feel the need ... to relax ... start out by thinking about your facial area ... and just make sure that you are not tensing up ... your jaw muscles ...

Now just think to yourself ...as each day passes ... with HEALING I become more confident ... just think that ... In those words...as each day passes.... With HEALING I become more... confident ... confident ... you see ... as each day passes ...you can become more confident....

Now as you relax there ... just thinking about your body .... I'd like you to imagine ....that you are standing at the top of some steps ... twenty steps ... just think of that ... standing at the top of the steps .... twenty steps going down .... They could be any steps ... inside or outside ... in a place ... that

you like ... perhaps there is there a rope or rail ... to help you down ... that is so smooth and cool ... to the touch ...just visualise yourself ... .In whatever way you can .... standing there .... looking down the steps ....feeling peaceful ... .and with lots of self-control ... feeling very safe ....because these are steps ....in your mind ... that leads to calm....and self control ....and to success ....

And in a moment or two ... I'm going to begin counting down from twenty ... to one.... and just imagine ... that as you hear each number ....you are slowly going down the steps ....one step at a time .... and you become more relaxed with each step that you take .... and in the pauses between the numbers ... of the steps ....I want you to think of a suggestion.... for yourself ... a suggestion such as....every day in every way ...with HEALING I am getting better and better ....as each day passes ....my confidence increases ....I am feeling better ... I can reach my goal ... to be completely healed ... and whatever suggestions you have already thought about ... think of them ... as you go down the steps now ...

Twenty ... and you begin to go down as you take you first step ... think of a suggestion ... nineteen..... and you think of something .... eighteen feeling so peaceful now ....seventeen ... and you think of your goal... sixteen think of the way you want to be ... the way you want to feel ... fifteen ... .going down slowly now ... the steps to success ...fourteen ... you are becoming master of yourself ... thirteen ... nothing can change you from your new course .... twelve ... going down easily now ...slowly ... eleven ... .each number that I count ... relaxes you more ...

Ten and you are halfway down and think every day in every way with HEALING ... I am getting better and better... nine... eight .... you are learning to face reality ....seven ... deeper and deeper now ... you have no need for your past fears ....six .... five ... you can forgive yourself for past mistake and sins . and begin to heal... .four ... deeper and deeper now ... three ... two ... one ... all the way down now ... down to a very deep level of peace and comfort ... just allow my words to drift into your mind ... and a new confidence can begin to move through you ... as everything begins to slow down ... just let this peaceful sensation move slowly through your mind...

You see.... by learning to breath slowly ... you are learning to control your emotions ... you gain control over your life ... just think ... every day in every way ... with HEALING ... I am getting better and better ... say it to yourself in just that way ... every day in every way... with HEALING ... I am getting better and better.... and you can find that every day in every way ...with HEALING you can get better and better... both in your physical body.... your health ... and your mind .... and ... If you like to be very active .... you find so much more energy ... with HEALING... you feel ... better ... and better ...

You see ... as you breathe slowly .... this can calm your body. .... and the peacefulness increases and calms you ....and every part .... every part ..... every part of your body ... relaxes .... and slows down ...

Now just think of your goal... and repeat that suggestion to yourself about reaching that goal ... notice your breathing now ... it's slow and steady ... your breathing is following ... the slow relaxing sound of my voice.... and because of this ... you continue to get deeper and deeper ... into a wonderful peaceful state of... complete relaxation ... the sound of my voice ... and what I say ... help you to go deeper .... your are gaining control ... over your emotions ... every day in every way ... you are getting better and better ... as each day passes ... you become more confident..... now think of a ... suggestion.... think of your goal and let it flow ... through your mind ...

I'd like you to now think about each part of your body once more... and think about it for a moment ... feel it. ... experience it ...and should you find any area of discomfort ... that needs to relax ... or even to be healed ... concentrate your attention ... on that part ... and simply tell that part to relax ....tell it to heal ... and to feel better ... you see... you can talk to your body ... just by concentrating on any part of your body .... and by breathing in and out ..... slowly ....you are just relaxing that part ... and you are sending healing calming messages to it ... you see as you breathe in ... you breath in life ... and energy .... and you are nourishing your body ... and healing it. ... as you breathe out ... be aware ... your are breathing out ... and away from you ... all of your problems .... all of your discomfort .... and think of a positive suggestion and repeat it to yourself....a suggestion about reaching your goal ...

Tonight ... or whenever you decide that you wish to rest ... get yourself into your favourite position for sleeping ... and then close your eyes ... and begin to breathe in and out very slowly ... and as you exhale ... just think these words ... I am going to rest now ... and I'll rest peacefully ... should I dream ... I'll have good dreams ...and as I rest ... my mind can send good healing calming messages ... to my body ... and when I wake ... I can be totally rested ... and ready to begin my day ...

And then at that time ... give yourself a positive suggestion ... for reaching your goal with HEALING ... and as you rest ... your unconscious mind can process that message ... over and over ... in your mind ... and it can go deep deep down ... into your unconscious mind... and also in your conscious thinking when you are awake ...

Notice the peacefulness ... that is beginning to move through you ... you are beginning to feel well now ... in mind and body ... with every breath you take ... with every sound that you hear... you go deeper and deeper into a wonderful peaceful rest ... nothing can disturb you now ... you are allowing your mind to be free ... of all ... stress and tension ... as you just ... sort of float and drift ... you are gaining good control of your life ... all you have to do is to take the control ... you are becoming master of yourself ... and you can forgive yourself ... for your past mistakes ... and begin to really live the good life ...

You can find that during the most tense situations ... and you can be able to remain calm and in control ... so think once more of your goal ... and give yourself a positive suggestion ... and as now ... that you have your goal ... deep into your heart and mind ... you know you can achieve it ... with HEALING ...

You are going to develop a strong desire ... and power ... to overcome obstacles that once stopped you ... you can no longer hold back and worry ... ... you can get things done ... and all of this can improve as each day passes ... by developing this positive attitude ... you can become a healthier happier person ... by continuing to practice this relaxation exercise ... you can be able to always maintain a positive attitude ...and a positive feeling ... of being healed ... throughout your daily life ... and in the future ... and as each day passes ... with HEALING you gain more and more control ... and build more and more power to succeed ... feeling happier and healthier ... than you have felt in a long long time ...

And now ... rest on ... or whenever your ready ... you can open your eyes ... and feel really well ... however if you want to ... you can just relax there ... listening to the music ... and thinking of positive suggestions ... for as long as you like ... and then when you decide to open your eyes ... you can feel totally refreshed and clear headed and alert ... just knowing ... now ... that a change is taking place ... in your life ... for the better ...

As each day passes ... you become more confident ... you can do it ... you are becoming master of yourself ... and whatever the cause of your problem ... you no longer need it ... just let it go ...

And now you can forgive yourself for all of the mistakes ... of the past ...let them go ...good luck ... good health ... great success in achieving your goal ... and God bless you ... and you can forgive yourself for all of the mistakes ... of the past ...let them go ...good luck ... good health ... great success in achieving your goal ... and God bless you ...and you can forgive yourself for all of the mistakes ... of the past ...let them go ...good luck ... good health ... great success in achieving your goal ... and God bless you ...

#### 4. **CONCLUSION** – You did it all yourself - well done indeed!!

Kindly acknowledgement to Bob McGrath and Michael Yapko for so many basic ideas which have been used and modified in this CRE.

## **8. APPLICATION - TAPPING ROUTINE FOR RAPID RELIEF**

**GENERAL THEME: THERE IS NO RIGOROUS SCIENTIFIC VALIDATION AS TO WHY “SELF-CARE” TAPPING OR STROKING SPECIFIC POINTS ON THE BODY, BRINGS SUCH RAPID RELIEF FROM STRESS AND PAIN.**

### **1. INTRODUCTION**

Perhaps the powerful “self-care” activity distracts the mind and brings the positive reward of regaining control. Anyone with anxiety, can benefit from such simple self-care routines, with less medication and more rapid recovery.

TR (Tapping Response) is a simple very personal self-care routine based upon the book “Tapping Cure” by Dr. Roberta Temes and on Thought Field Therapy (Dr Roger Callaghan), Emotional Freedom Technique (Dr. Gary Craig) , Energy Psychology (Dr. John Diamond) Touch and Breath (Dr. John Diepold), Energy Psychology (Dr. Fred Gallo) etc.

There is no rigorous research to date on TR as validated EBM (Evidence Based Medicine). But there are so many published case reports on various forms of TR for very successful pain and stress relief, that it cannot be ignored as a new development in health self-care, because unlike medications. It is brief and rapid and has no negative side effects.

For TR to work well, we must relax and see, want and believe in it. Then it can help us find new ideas and strengths within ourselves, that we did not even know were there, which can give us an 80% chance of success in rapid pain and stress control relief.

TR is harmless. It is like positive Meditation, Thai-chi or yoga, as they help our conscious and sub-conscious minds to communicate better and to work well together. We are in control all the time and — with practice — TR can control what we feel and believe, with no drug side effects.

## **2. ACTION**

As we learn to change feelings and attitudes towards pain and stress, which lead to feelings of control of mind and body, then we can be very proud of ourselves and we can begin to laugh ... the key to healing ...

So now we can begin to practice, as we go in two stages:

- 1, TWO MINUTES – RELAX IN YOUR NORMAL WAY WITH DEEP BREATHING (Yoga, Meditation, Thai-chi etc.) ALWAYS with the firm SPOKEN RESOLUTION:

“With my own personal TR ... I will regain control of mind and body”

## **2. THREE MINUTES PRACTICE**

Practice relief of pain and stress with TR. (Exhibit X).

And then begin to laugh. Oh dear!! But why laugh at such serious problems? Because Dr Milton Erickson (world famous psychiatrist) suggests that when we learn to laugh with our problems, then we can begin to change ourselves in mind and body, and we can begin to resolve the problems! With laughter we find new strengths within us that we never knew were there !

## **3. CONCLUSIONS**

Practice relaxation and TR (tapping, stroking or caressing etc.) FIVE times EACH DAY for one week so that it becomes instinctive, and rapidly available as needed.

With simple relaxation and TR, in five minute “self-care” treatment, we surprise ourselves, as we begin to achieve our heart’s desire of “self-control” of mind and body, and rapid relief of pain and stress, with almost no effort at all.

Final word: To change our attitudes for mind/body control, we have to laugh. So perhaps occasionally we can check out our Cognitive Distortions (Exhibit B) and Anger Management (Exhibit C and Some Other Exercises (Exhibit D).

After one week (or less), please send us feedback, request for any help or your ideas on how to help our TR research and others to follow your pathway ([robertboland@wanadoo.fr](mailto:robertboland@wanadoo.fr)).

Remember you can tap/stroke/caress very gently in public without causing anyone else, to notice, or to wonder what you are doing, so discretely. On we go together ...

## Exhibit W: TR - Tapping Response

After relaxation, the TR involves three stages:

1. Develop a positive key phrase which relates directly to the pain or stress with a key word which can be repeated e.g..... ..:

“Although I feel severe PAIN in my right knee ... I will handle it and be OK” ... key word PAIN ... or ...

“Although I am severely stressed by my child’s BEHAVIOR ... I will handle it and be OK” ...key word BEHAVIOUR ... .

2. Identify the 14 tapping points: face (5) body (3) hand (6) (Exhibit B), Practice them until they become INSTINCTIVE ... and then, for just three minutes, tap six times on each point as you repeat YOUR key phrase.

**Then tap or touch or stroke or caress the four or more points, which YOU seem to “feel” the most meaningful for YOU. Thus you create YOUR OWN very personal TR which responds directly, to YOUR MIND and YOUR BODY. Help it along by drinking lots of pure tap water!**

3. Relax and think deeply about what YOU have achieved in pain and stress control and give the TR a GRADE from F (fail – intense pain) to A (pain resolved). Keep a CAREFUL record of each IRT/TR completed and results achieved, grades etc...

With less than grade A, revise the key phrase to make it more powerful, and repeat the TR. Change the positive part to fit your needs and personality e.g. from “I can hand etc.” to ... “I love and respect myself ...” or even the key word ... etc.

Try to identify the tapping points that feel MOST POWERFUL for YOU and emphasise them as you develop your OWN personal TR, that REALLY works for you.

To suit YOU best. Feel free to tap, or stroke or caress with one hand or the other, or with both hands, to find out what works best for YOU. Use the full key

phrase or just the key word e.g. PAIN, KNEE, STRESS etc.

Practice relaxation and TR regularly as preventive care, five times each day for just one week, until it becomes instinctive.

Then anticipate the need for relaxation and TR before pain is actually felt. Concentrate and repeat TR on the points that you find are especially powerful for you.

Thus create YOUR OWN TR which will always work well for you.

Study the book "Tapping Cure" by Dr. Roberta Temes..

## **Exhibit X: Tapping Spots**

**Choose either arm or both arms to tap.**

### **Face (5 spots):**

1. Forehead just above the nose ("third eye").
2. Temple near eyebrow
3. Bone under eye
4. Above lips under nose
5. Below lips just above chin

### **Body (3 spots):**

1. Centre of clavicle (upper chest none)
2. 10 cm above the heart
3. Chest just under the arm.

### **Hand (6 spots):**

1. Little finger nail on the thumb side.
2. Space between little and fourth fingers
3. First finger nail on the thumb side
4. Middle finger nail on the thumb side.
5. Thumb nail on the outside.
6. Side of palm (\*karate")

Note: Feel free to tap, or stroke or caress, with one hand or the other, or with both hands, as you explore and FIND OUT what works best for YOU.

## **Exhibit Y- Anger Management for Pain and Stress**

### **BEGIN TO LAUGH AS YOU FIND OUT ABOUT YOUR OWN (VERY PERSONAL) ANGER DISTORTIONS:**

1. People or events may stimulate YOUR anger, but your own judgment IS the cause. So YOU are responsible!
2. Judging others to be wrong PREVENTS you from connecting to YOUR OWN unmet needs.
3. Clarifying NEEDS helps you to identify solutions to satisfy EVERYONE.
4. Your CREATIVITY can FOCUS on needs; can help to “REFRAMING” negative ANGER into positive ACTION and CARING for others. ERS.
5. NON-VIOLENT communication – NVC – inspires YOU to a speaking STYLE, that seeks to resolve anger and conflicts.
6. When you feel anger, your face flushes, your vision narrows, your heart-beat increases, your blood pressure rises and negative thoughts flood your mind. YOU become EMOTIONALLY invested (EI)!
7. Anger is a personal failure. A loss of self-control. WHY should you ever WANT to lose CONTROL of your mind and body?
8. Manage anger and be fully in CONTROL!!! Practice NVC – Non-Violent Communication!

Study: “The surprising Purpose of Anger” – Marshall B. Rosenberg (Puddle Dancer Press 2005).

## Exhibit Z - Some Other Exercises

**BEGIN TO LAUGH, AS YOU FIND OUT HOW SOME OTHER “MIND-ENERGY” EXERCISES MAY ALSO BE HELPFUL ... FOR YOU ... IN YOUR OWN WAY ...**

1. Stand up with hands down.  
Relax and breathe deeply  
Let all tension go into the hands.  
Grasp the wrists tightly (with tension inside).  
Raise the arms to the shoulders, breath out as you strongly, “throw the tension away.  
Relax. Feel relieved.
  
1. Stand with arms out- stretched. Put right palm over the left and entwine the fingers of the hands together. Move the entwined hands downwards and then up and inwards to form a “butterfly position, on your chest. In that position, relax the mind and breathe deeply. Feel refreshed.
  
3. Stand with arms loosely crossed in the middle.  
Relax and breathe deeply.  
Breathe in and raise arms upwards and outwards and downwards.\nRelax. Feel calm.
  
4. Lock first and third fingers of each hand ...together as a chain.  
Repeat aloud a true statement about yourself, try to unlock gently and see that hands remain locked. Repeat aloud an UNTRUE statement about yourself, try to unlock gently, and find that the hands do unlock.  
Use this technique to find out about yourself at a deeper level, and you may discover the deeper cause of your pain and stress.

# 11. RE-INFORCEMENT - CONCLUSIONS

**GENERAL THEME: CAN I PUT ALL OF THIS CHAT ... INTO SOMETHING REALLY PRACTICAL AND USEFUL FOR ME AND MY VERY PERSONAL AND PARTICULAR STRESS? WHAT IS BEST FOR ME TO CONTROL STRESS, MIND AND BODY? CAN MY STRESS PROBLEM REALLY FADE AWAY ... ALMOST WITHOUT EFFORT ... WITH IRT AND RELAXATION PLUS?**

1. Stress control is in the head!! Being happy with stress has nothing to do with objective reality. It is all about our emotional perceptions of the world as we would like it to be. SO NOW, get into the NEW HABIT of doing meditation and DHE (Exhibit A) twice each day (just before we sleep at night and first thing as we awake in the morning).
2. As we find with meditation and DHE the skills of relaxation of mind and body, so we will find ways to change ourselves to perceive our stress and the world in a positive not negative way, and begin to find all of the alternatives we still have available and thus to change our reactions.
3. Reframe our reality with Compassion, Conscience & Commitment ... and surprise ourselves by finding that we can indeed be older and happy - and leave behind us a wonderful memory for our loved ones, of which we will indeed be proud of achieving control of stress, mind and body..
4. Sometimes a little prayer is helpful either to ourselves (SCM - the Sub Conscious Mind) or to God ... as we may choose ...

"Good morning SCM (or God). What are you up to today?...  
Can I be part of it please? ... Give me strength for the  
day and hope for the future .... May I be a window for  
your light to shine through ... I am, I can, I will, I believe  
Thank you SCM (or God) ...!!

5. Concentrate on the "coconuts" bad habits of being older and happy, and leave the "peanut" stress reactions ... to the monkeys!
  
6. Keep a diary every day to record feelings about life (positives and the negatives) and make plans for a month ahead.
  
7. Make the "Key Decision" ... FIND WAYS TO BE IN CONTROL AND BE HAPPY EVERY DAY ... and then plan on "How" to achieve it, so that WE will be REMEMBERED as someone who INFECTED others with Happiness and NOT MISERY.
  
8. So from this moment on ... expect success ... and some good news every day ... and make A...C... E ... work well for us ... every day ! Good luck! When we are positive ... we bring our OWN luck ...
  
9. And now READ the most wonderful book which will CHANGE your life: "Man's Search for the Meaning of Life" by Dr. Viktor Emil Frankl (Pocket Books - New York)
  
10. And finally ... recognize that when we believe that anything is possible ... then we are on the way ... to making it happen ... because the "impossible" seems to happen ... every day ... even stress control ... on we go ...

## **EXHIBIT A - RELAXATION PLUS**

- 1. Tell yourself that you are going to do your own RP.**
- 2. Make yourself comfortable. Gently grip the LEFT THUMB into the left fist. This is your “anchor sign” for RP. Begin to breathe very deeply.**
- 3. Focus your attention on a spot high up on the wall. As you concentrate feel more relaxed. Concentrate intently so that other things begin to fade into the background. As this occurs, notice a relaxed heavy feeling and allow your eyes to close. Then pretend that you cannot open them for two minutes. Nod your head when you have done it.**
- 4. Relax your whole body ... by visualizing and smiling at each part carefully ... from the top of your head to the tips of your toes ...**
- 5. Begin slowly and mentally ... to count down from 10 to 0 ... saying ... deeper... deeper ...**
- 6. Imagine a beautiful white light ... coming from above your head ... cleaning every part of you ... as it passes through your whole mind and body ... and out of your toes.**
- 7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... soothing and healing every part of your mind and body ... right up to the top of your head...**
- 9. Then RELAX ... as you make one or two ... POSITIVE suggestions to yourself ... which help YOU ... feeling better in MIND & BODY ... finding new strengths from within YOURSELF ... handling YOUR problem of worry (or pain or stress or sleep) in YOUR OWN WAY ... believing in the success of YOUR little health care team in which YOU are an important member ... and feeling very deeply ... that this is a wonderful world ... with so many joys for YOU.**
- 11. And then REPEAT your suggestions two or three times. Think deeply and gently talk with yourself about these things ... for a few moments ... and then ... in your own time ... when YOU are ready .....**

## **TO COME BACK FROM RP:**

- a. Tell yourself that when you come back ... you will feel very well ... calm, contented and very CONFIDENT and MOTIVATED ... to achieve what you need.**
- b. Slowly release the thumb from the left fist (RP anchor sign). Slowly count up from 0 to 10 and open your eyes.**
- c. Stretch the arms and neck. Relax. Feel calm, confident and pleased with yourself.**

## **NOTES:**

- 1. Practice to make RP work better and better for you in YOUR OWN SPECIAL WAY. For the first week practice twice a day. On awakening in the morning, to plan for the day, and just before sleeping at night, to hand over one key problem to your sub-conscious mind.**
- 3. When you practice before going to sleep, do not awaken with a count of 0 1 - 10 simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.**
- 3. Suggestions: Determine what you want and need. Make only those suggestions that are SIMPLE and POSITIVE. Repeat them several times. Always be clear on how you want to think, feel and believe. NEVER suggest anything that you DO NOT want to happen, because the sub-conscious does not understand negatives!!**
- 4. Once a month, check out your Cognitive Distortions (Exhibit C). Expect some good news every day ...**

## EXHIBIT B - BRIEF SELF-ANALYSIS

(Adapted from Dr Burns - see reading list)

For questions 1-15 select a score (0-3) to reflect your feelings this week.

0      1      2      3  
none   some   often   always

1. Sadness: Do you often feel sad?
2. Discouraged: Does the future look hopeless?
3. Low self-esteem: Do you feel worthless?
  
4. Inferiority: Do you feel inadequate or inferior?
5. Guilt: Do you often blame yourself?
6. Uncertainty: Is it hard to make decisions?
  
7. Irritability: Do you feel angry and resentful
8. Interest in life: Have you lost interest in your home, work, hobbies, family or friends?
9. Motivation: Do you have to push hard to do things?
  
10. Self-image: Do you feel old and ugly?
11. Appetite: Lost your appetite? Do you over-eat compulsively?
12. Sleep: Is it hard to get a good night's sleep?  
Are you so tired and sleeping too much?
  
13. MOL: Have you lost interest in the Meaning of Life?
14. Health concern: Do you worry about your health all the time?
15. Suicide impulses: Is life worth living? Would you would be better off dead?

**Calculate your total score (0-3 for each question) and then see our reactions on the next page.**

## EXHIBIT B - SCORING & REACTIONS

Total Score	Degree of Aging Depression
0 - 4	none
5 - 10	normal
11 - 20	mild
21 - 30	moderate
31 - 45	severe (help needed ?)

### QUESTIONS:

How do you feel about that?

Are you a bit surprised?

Do you believe it?

What will you do about it?

Alone or welcoming a little help from a partner?

## EXHIBIT C - COGNITIVE DISTORTIONS – TO BE OVERCOME

1. All or Nothing: Will I be a "Black or white" thinker today, whereby anything that is less than perfect is a total failure?
2. Generalisation: Will I see a single result as a pattern of inevitable never-ending defeat?
3. Filter: Will I allow only negatives to darken my reality today, as I (very carefully) filter out almost all of the positive things?
4. Positive disqualification: Will I reject positive experiences today, by telling myself that they "don't really count"?
5. Conclusion jumping: Will I jump to negative assumptions about the future, of a project, without any definite supporting facts, by simply "fortune telling" on the situation and the people?
6. Catastrophizing: Will I perceive disaster in everything today, by exaggerating the bad things and minimising the good ones?
7. Emotional reasoning: Will I convince myself that if, for just a moment, I feel something, then it is almost certainly true?
8. Obligations: Will I allow myself to feel frustration, anger or even guilt today, by adopting some of those false personal motivators like: "I really must" or "I ought to" etc.?
9. Labelling: Will I indulge myself in extreme over-generalisation, by attaching negative labels like "A real pain!" to things, to others or even to myself?
10. Responsibility: Will I perceive myself as responsible for everything that may go wrong today?

Question: How many apply to you? Choose 5. What are you NOW going to do about it? ... Do you really enjoy stop punishing yourself ...?

## EXHIBIT D - READING LIST

Man's Search for the Meaning of Life

Dr. Viktor Emil Frankl (Pocket Books - New York)

Feeling Good - The New Mood Therapy

Dr. David D. Burns (Avon Books - New York)

Turning Hurts into Haloes

Rev. Robert Schuller (Crystal Cathedral - Cal. USA)

When the Living Hurts

Dr. Michael D. Yapko (Brunner/Mazel New York)

Handbook to Feeling Good

Dr. David D. Burns (Avon Books - New York)

Hypnosis and the Treatment of Depression

Dr. Michael D. Yapko (Brunner/Mazel New York)

Final Exit

Derek Humphrey (Dell Publishing - New York)

Man's Search for Ultimate Meaning

Dr. Viktor Emil Frankl (Pocket Books - New York)

Self Hypnosis - Complete Guide

Brian Alman (Brunner/Mazel - New York)

The Hiding Place

Corrie ten Boom – (Christian Literature Crus. - London)

Hypnosis in the Relief of Pain

Ernest & Josephine R. Hilgard - (Brunner/Mazel - New York)\

The Five People you meet in Heaven

Mitch Albom – (Little Brown – Time Warner Books)

## EXHIBIT E - THE 25 PLUS ALTERNATIVE APPROACH

When nothing seems to work well for you, CHALLENGE yourself to think up 25 PLUS alternatives for possibly resolving the problem. Then DECIDE to make some of them WORK for YOU ... Find ideas and strengths within yourself ... that you did not know were there... waiting for be found ... and used ... to control those bad habits ... with almost no effort at all ...

For example - The Problem of Sleeping at Night:

1. Change sleeping habits that do not work ... adopt NEW ones that do. Change your "sleeping" to ... dreaming ... resting ... relaxing ... travelling... imaging ... wandering ... in different ... places, times, durations, physical positions (try fetal and others) ... and company.
2. Like Churchill learn to sleep for ten minutes at any time of the day or night to refresh yourself.
3. Join a group of non-sleepers and to share common experience and learn how others have found new ways to overcome the SAME problem ... in a quiet restful environment?
4. Use logotherapy's "Paradoxical Intention" in which you set your mind on staying awake all night and NOT going to sleep, and then laugh at yourself!
5. Take sleep medication - but only once a week deliberately as a REWARD. Sleep with a cat or other pet for company
6. Research non-sleepers who never sleep but have found ways to relax and survive with NO sleep at all ...just physical and mental relaxation.
7. Make a list of your "Cognitive Distortions" and do something about ONE of them.
8. Make a 90-minute confidential audiotape in which you relate all your sleep problems ... very very frankly ... about the things that happened in the past and how you felt.
9. Find a gentle solution as a wonderful example to your kids on overcoming their future problems.

10. Take away all fears of being alcoholic with a wonderful faith in God who loves you.
11. Ring up the help line of the Crystal Cathedral in California.
12. Start to see Rev. Schuler on Lifetime TV each Sunday morning with his approach of dreaming, possibility thinking and expectation of success.
13. Reject the "pride" idea ... "That is the sort of person I am ... nobody can help me to sleep" ... "help" aids us all.
14. Throw out the "Victim Complex" - God has something SPECIAL for you to learn.
15. Read the Meaning of Life by Viktor Frankl in Auschwitz ... so begin to laugh at yourself and the problem ... smile ...
16. Watch TV once week and be bored to sleep.
17. Start to write your autobiography... with all the details ... for your grandchildren - a best seller.
18. Keep the mind open to new ideas ... open your eyes ... the answer may be just in front of you.
19. Ring me up every day to hear my problems and complaints ... any time day or night.
29. Be grateful that sleep is a problem for you and not your loved ones.
21. Expect some good news every day ... and count your blessings too.
22. Be grateful indeed for a healthy non-handicapped family.
23. Research the oldest living man who sleeps only every two days ... in Russia.
24. Find someone to help with the same or a worse problem or and resolve problems together.
25. Keep a daily diary of progress and list everything you have learned about yourself since the problem began ... change attitudes ....

26. Write up a case history of your problem and try to identify the initial causative factors. What were those events and why did they affect you then and not before? Then take benefit from the analysis.
27. Make a list of worse things that could have happened.
28. Sleep anywhere any time during the day for 10-60 minutes, as needed ... just ... "I am not available until three o'clock"
29. Stop calling it "sleeping" ... call it something else like ... drifting off ... relaxing ... letting is go ... off on a trip ... dreaming ... goofing off ...
30. When not sleeping use the time to draw pictures or write comic stories.
31. Tell yourself that you either sleep or you do that horrid ... horrid ... horrid ... householder chore (that you DETEST) ... in just five minuets time!
32. Add a little more love and affection to your nightly activity.
33. Finally don't give up ... a solution will come in time ...far far worse things happened to Viktor Frankl and he survived ... to find something to smile about every day ... and ... to find meaning in life ...
34. "Begin to think that it is possible ..."

## **EXHIBIT F - MEDITATION AND DHE (DAILY HEALTH EXERCISE)**

Practice meditation at any opportunity, on the train or waiting for a friend. Meditation is not just something to sit down to do, but rather it is a way of our bringing awareness ... of our deeper self ... with each breath we take ... at any time. The book to buy is “Meditation” by Lorraine Turner.

Practice meditation for different problems ... as needed:

Calm  
Becoming the present  
Developing acceptance, goodwill and compassion  
Mindfulness etc.

and reinforce your meditation with a DHE – Daily Health Exercise.

### **1. MEDITATION FOR CALM**

The breath is a natural anchor to still the mind, as breathing continues throughout the day and night. Watching it can have a great calming effect as it rhythmically enters and leaves the lungs like waves breaking on the shore.

It is also helpful to imagine stress leaving the body as black smoke and relaxation entering the body as white light.

### **2. MEDITATION ON BECOMING THE PRESENT**

Watching the breath brings the mind into the present, since the mind naturally wanders to thoughts of the past and future all the time.

The mistake often made during meditation is to feel bad about imagination and daydreaming and becoming disheartened.

The key is to congratulate the part of the mind that realizes when the mind has wandered, so that it become peacefully aware of the new present moment. This actively encourages the conscious mind to wake up and be still, improving with each meditation.

Posture is important. In thinking about the future, you may tend to lean forward too much, so simply sit upright again, and become more in the present.

### **3. MEDITATION FOR DEVELOPING ACCEPTANCE**

When we can be happy simply watching the beauty of the breath or long periods of time, then we become less irritable and more at peace with the world.

We often experience mild restlessness, drawn to pleasure and repelled by discomfort and our misfortune.

By accepting situations that are beyond our control, we can act more rationally and put ourselves in a better position to make any necessary changes.

### **4. MEDITATION ON GOODWILL AND COMPASSION**

Calm the mind by focusing on the breath. Cultivate a feeling of gentle goodwill and deep respect towards mind and body. Internally repeat the words: "May I be well and happy" and imagine a warm glow of acceptance spreading from the heart.

Pass this feeling of goodwill and acceptance (G & A) on to a friend, wishing him or her well.

Then pass G & A on to someone who you have neutral feelings towards. Then pass G & A to someone you have difficulty with. And finally spread G & A to every living being.

Developing an open-heart benefits the self and all those around. Blame and anger simply lead to more internal suffering. If someone acts maliciously this is because they themselves have internal pain and so out of compassion, generate the desire to free them from their suffering.

We are all living, breathing humans who simply want to be happy. By cultivating a clear mind full of unconditional love, difficult issues are most likely to be resolved.

## 5. MEDITATION FOR MINDFULNESS

Mindfulness meditation requires the cultivation of a particular attitude or approach including:

- a. Don't expect anything
- b. Don't strain
- c. Don't rush
- d. Observe experience mindfully, that is, don't cling to or reject anything
- e. Loosen up and relax
- f. Accept all experiences that you have
- g. Be gentle with yourself and accept who you are
- h. Question everything
- i. View all problems as challenge
- j. Avoid deliberation
- f. Focus on similarities rather than differences (2).

In daily tasks we daydream with light trance state, thinking about the past or the future, but we are rarely the present. At these times move awareness around the all of the senses, letting go of any other past and future concerns.

For example, when washing up, you may become aware of the sensation of the water on your skin, or the sight of the shapes under the water or the sounds that the water makes. When eating, you can slow down and even close your eyes so that you can devote your awareness to the tastes.

Practicing this kind of mindfulness often, to develop a deeper connection with the world, discovering that the senses, become much sharper, more acute and we enjoy the simplest of things.

Allot just a few minutes or more a day to formally sitting for meditation. Try kneeling or sitting cross-legged on several cushions, or sit on a fairly high chair. When sitting try to keep the spine upright and posture relaxed. Imagine the back of the skull being gently pulled upwards and the base of your spine downwards.

Practice meditation with any opportunity such as while on the train or waiting for a friend. Meditation is not just something to sit down to do, but more a bringing of awareness to the breath, at any time.

... and support the meditation with a DHE which follows ...

## **6. DHE – DAILY HEALTH EXERCISE**

BE IN COMPLETE CONTROL OF MIND AND BODY. EVERY DAY, TAKE A LITTLE TIME, FOR YOUR MENTAL AND PHYSICAL HEALTH, BY GOING INTO A TRANCE WITH VERY GENTLE SELF-HYPNOSIS. TELL YOURSELF HOW LONG, YOU WISH TO REMAIN IN TRANCE, E.G. 5 MINUTES, 15 MINUTES ETC.

TO GO INTO A TRANCE

1. Tell yourself that you are going to do your self-hypnosis.
2. Make yourself comfortable. Begin to breathe very deeply.
3. Close your eyes and pretend that you cannot open them for five minutes.
4. Relax your whole body ... by visualizing each part carefully ... from the top of your head to the tips of your toes ...
5. Begin slowly and mentally ... to count down from 10 to 0.
6. Imagine a beautiful white healing light ... coming from above your head ... relaxing and Healing every part of you ... as it passes through your whole body ... and out of your toes.
7. Imagine a beautiful soothing golden fluid ... coming in from your toes ... to sooth and Heal every part of your body ... right up to the top of your head ...
6. Then make simple POSITIVE suggestions to yourself ... to feel well in MIND & SPIRIT ... so that you ... help yourself ... to feel at peace with a MOL ... day by day ... .

## 9. TO WAKE UP FROM THE TRANCE:

Tell yourself that when you wake up you will feel very well, very happy and very motivated to achieve what you need.

Slowly and mentally count up from 0 to 10 and open your eyes.

Stretch the arms and neck. Relax.

## 10. NOTES:

Practice: For the first week practice twice a day. On awakening in the morning, (to plan for the day) and just before sleeping at night (to hand over one key problem to your subconscious mind). When you practice before going to sleep, do not awaken with a count of 0 to 10, simply tell yourself that it will turn into natural sleep from which you will awaken in your own time in the morning.

## 11. SUGGESTIONS:

Determine what you want. Make only those suggestions that are simple and positive. Repeat them several times. Always be clear on how you want to think, feel and behave. Never suggest anything you DO NOT want! The sub-conscious mind is highly emotional ... like a child ... so treat it very gently please...