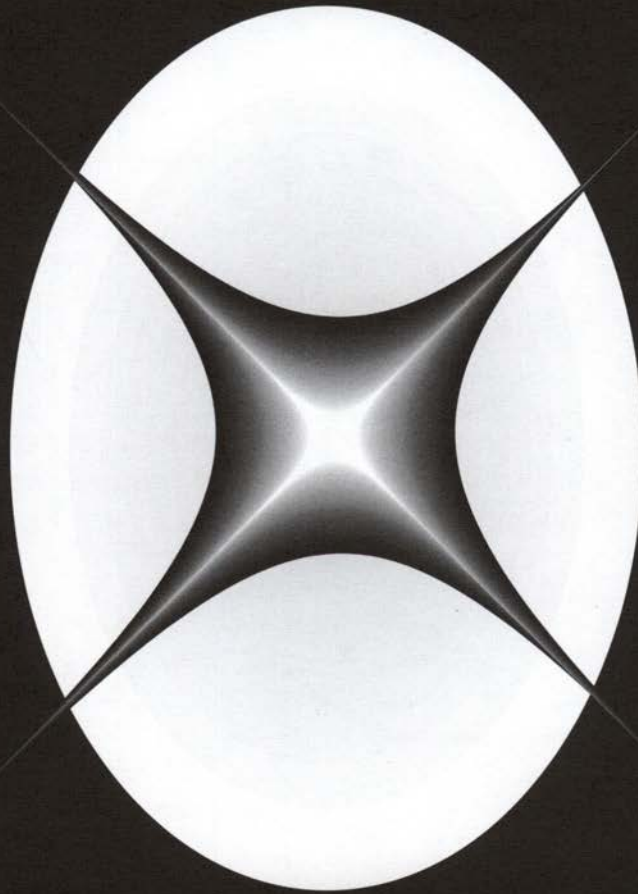
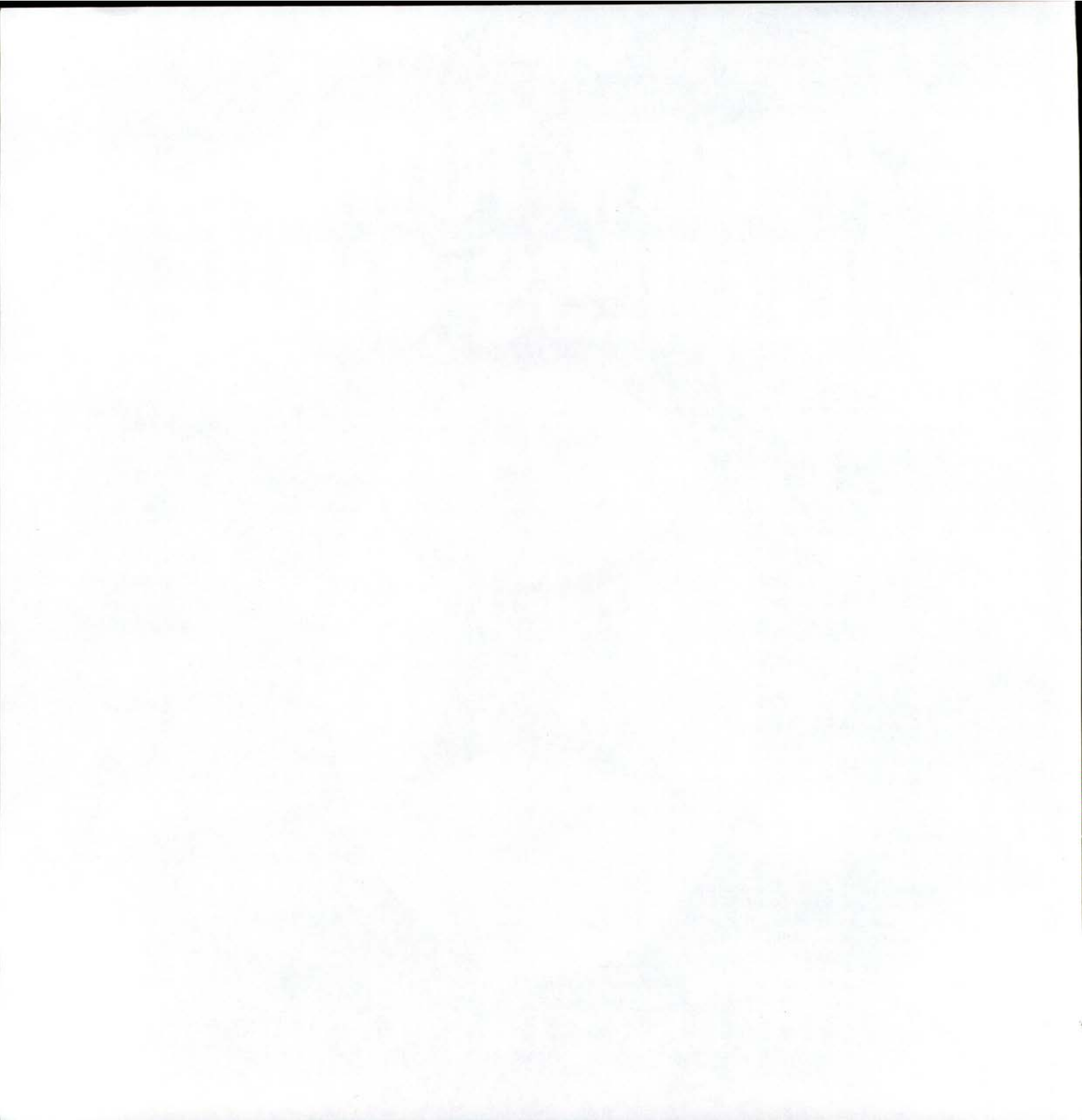


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# YOUR TOTAL WELLNESS GUIDE



ROBERT B. STONE



# **YOUR TOTAL WELLNESS GUIDE**

*by*

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# Introduction

Welcome to the new world of mind/body communications, scientifically known as *cyberphysiology*.

Pioneering therapists have proven that your mind can positively affect your health—it can help you become well and help keep you well. Using these techniques may lower your medical expenses and extend your life. And they can help your doctor to better help you.

You can learn to use your mind to improve your health in many ways, including:

- Improve digestion
- Lose weight
- Lower blood pressure
- Rid yourself of headaches
- Reduce cholesterol
- Conquer phobias
- Inhibit pain
- Manage stress
- Heal injuries
- Stop the desire to smoke

Relaxation is the first step in learning effective mind/body communications. The guided session for relaxation on page 5 of this workbook is the basic procedure you will use for all the mind/body communication techniques you'll learn on the tapes. (We'll modify this procedure somewhat as we proceed through the various techniques of this program.)

To get the most benefit from your mind/body communication, follow the steps in this guide after you've listened to the tapes at least once. Thereafter, use this guide to remind yourself of the steps and follow along with the tapes as often as you can.

# Mind/Body Communication—Why It Works

Your thoughts, attitudes and emotions can make you sick. Or they can make you well.

*Mind/Body Communication: The Secrets of Total Wellness* teaches you how to use your mind to make you well and keep you well by using the mind/body connection. This is *not* a substitute for medical care, but an adjunct to it—should it become necessary.

The key to using the mind/body connection is to activate the right hemisphere of the brain. This is done by relaxing and using your ability to imagine. Relaxation is really very simple, but we often make it a difficult task. We must learn to keep it simple.

Once you relax physically—with deep breaths and countdowns—you are ready to pretend you are talking to ailing parts of your body, urging correction, then imagining the return of physical normality.

On the next page you will find a guidance session, a relaxation procedure that you will use throughout this program. Read the steps presented on the next page and listen to the taped instructions until you are able to consistently enter a relaxed state using this procedure.

# Guidance Session—Side 1

Follow this procedure for physical and mental relaxation:

- 1) Sit in a comfortable chair. Become aware of how your body feels, concentrate on the sensations.
- 2) Close your eyes and take a nice, deep breath. As you exhale, experience a feeling of relief, of how good it is to relax.
- 3) Take another deep breath; as you exhale continue to feel a deepening sense of relief and relaxation; feel heavier in your chair.
- 4) Take a third deep breath; as you exhale, feel a wave of relaxation flow from your head to your feet. You are now physically relaxed and ready to relax mentally.
- 5) Mentally, count down from 25 to 1, getting more relaxed with each count.
- 6) Recall a beautiful red rose (or some other lovely, natural object, or something peaceful); see the petals, smell its aroma.
- 7) Change the red rose to an orange one. Then a yellow rose. green. blue. Each time, smell it mentally (the aroma may or may not change—that is up to you).
- 8) Now go back to the red rose the way you came, each time enjoying the flower's aroma—blue...green...yellow...orange...red.

You are now physically and mentally relaxed. Your thoughts of your body are like messages to your body. Mentally imagine yourself more youthful, radiant and attractive. Do this as if it were true.

- 9) End your session by mentally counting forward from 1 to 25, opening your eyes at the count of 25.
- 10) Affirm mentally, "I feel refreshed, alert and full of energy."

This relaxation procedure is one we'll be using throughout this program.

## Your Bones—and The Alexander Technique

# S I D E 2

As your body's structure—your bones and the muscles that control them—reacts to stress and strain, your posture changes. These changes can, in turn, place stress on vital organs and lead to other physical problems such as arthritis, gastrointestinal disorders, bursitis, high blood pressure, etc. In this lesson, you'll learn the Alexander Technique to talk to your bones in order to correct your skeletal structure. To avoid skeletal stress in the first place, you must adopt a philosophical attitude toward events that could be stressful. The main ingredients of a philosophical attitude are patience, love and forgiveness.

The Alexander Technique's one main lesson is inherent in the following words spoken mentally to your body: *"Let my neck be free, to let my head go forward and up, to let my back lengthen and widen."*

This mental talk is accompanied by mental pictures of the words having the effect you desire. As you say to yourself, "Let my neck be free," imagine you have freed it. What does it feel like? How do *you* feel? Repeat the statement over and over until you feel your neck is on a swivel.

When you say the words, "Let my head go forward and up," pretend a helium-filled balloon gently pulls upward on your head. And when you say, "Let my back lengthen and widen," imagine just that.

## Guidance Session—Side 2

In this session you will use a modified version of the relaxation procedure which you learned on page 5. This time at step 5, do only a 10 to 1 countdown and after the red rose (step 8), you will continue with the following: Imagine your neck, head and back responding as you mentally say the three part statement: *“Let my neck be free, let my head go forward and up, to let my back lengthen and widen.”* Repeat this gentle suggestion a second and then a third time. Count from 1 to 10, opening your eyes on the count of 10. Affirm mentally, *“I feel refreshed, wide awake and full of energy!”*

Aligning the bones in your body will help you alleviate many imbalances and correct other seemingly unrelated problems. After this type of relaxed practice session, you don't need to relax in a formal way. One deep breath will suffice. Mentally repeat the statement while rising from a chair, sitting down, walking, stooping, straightening, jogging, or running. Physical motions accompanied by the Alexander Technique's mental statements become easier and more joyous.

To help a broken bone heal:

- Relax as before, using the technique on page 5 with a 10 to 1 countdown (at step 5).
- After Step 8, turn your awareness to the bone injury.
- Greet your bone lovingly as an old friend.
- Encourage your bone to heal itself, using imagined words.
- Picture the healing process; visualize your bone healing as it responds to your mind/body communication by accelerating its normal healing process.



## A Fantastic Voyage

# S I D E 3

The right brain is associated with the creative realm from which we obtain our basic life energy. Activating the right brain through relaxation and imagining connects us to this source of life's energy for healing and communication. You have just completed a taped exercise in which you took a "Fantastic Voyage" through your body. Now, here are some added do's and don'ts for enhancing mind/body communication even further:

- Don't "try" it—*do* it. Skepticism gets in your way. Expect success and you will achieve it.
- Don't use memorized words. When mentally communicating with your body, be natural and spontaneous.
- Don't take an adversarial position. When speaking to your body you are communicating with a friend.
- Do relax before each mind/body communication; return to the exercise on page 5 for a relaxation refresher course. A 10 to 1 countdown will suffice.
- Do feel love for any part of the body with which you are mentally communicating; any "talking down" to a body part breaks the communication.
- Do use mental pictures or concepts as you communicate. Imagine or pretend you can see the organ or part healing and normalizing.

The usual methods of communication used by one person to contact another is objective or left brain communication. Mind/body communication is subjective or right brain communication. It is accurate and sure. You never get a busy signal or a wrong number. It works.

## Guidance Session—Side 3

The guidance session that you hear on side 3 puts you in better touch with your body. Proceed to relax physically and mentally following the procedure as outlined on page 5. Once relaxed, after Step 8, follow the detailed directions on the tape.

During the guidance session below, you will meet the most important person in the world—yourself. When the exercise has concluded, think about the experience. This kind of analysis can reveal inner beliefs about yourself.

- Proceed to relax as outlined on page 5, except count down from 10 to 1 instead of from 25 to 1.
- Imagine that you are waiting to have an appointment with a very important person.
- That very important person enters. It is you.
- Embrace yourself mentally, expressing admiration, and closeness.
- Praise this person's goodness, abilities, wisdom and spirituality
- Embrace again, and hold this embrace mentally.
- Count from 1 to 10.
- Open your eyes at the count of 10 and mentally say, "I feel refreshed, wide awake and full of energy!"

## Your Immune System—and the Simonton Method

# S I D E 4

Like the skeletal structure, your immune system services your entire body. Using the circulation system, it battles invaders that could bring infection and disease. The fighters are your blood's white cells. You and your white blood cells ought to get to know each other better, because with effective mind/body communication you can rev up your sluggish immune system.

The Simonton Method teaches people to communicate with their white blood cells. This communication is going on automatically anyway, so why not gain control of what is being said and where the white blood cells are dispatched to fight injury or disease?

Mentally going inside your body, while thought wild and somewhat frightening when it was first suggested, is now a central feature of cyberphysiology.

## Guidance Session—Side 4

Begin mind/body communication with your immune system by doing the following exercise:

- Relax as outlined on page 5, counting down from 5 to 1.
- Once relaxed, after Step 8, pretend you can mentally enter your body anywhere.
- Enter a blood vessel.
- Extend love and thanks to the blood vessel, the blood plasma, the red blood cells and the white blood cells.
- You can now end your session, but if you do have an infection or disease, continue your mental communication with the white cells, exhorting them to take militant action. Imagine an immediate response. Feel thankful that healing is taking place.
- End session counting up from 1 to 5 with the usual mental affirmation.

The Simonton Method can be applied to other parts of the body as well. The following is an exercise geared toward easing the cause of gout (caused by the liver producing an excess of uric acid)

- Relax as outlined on page 5, counting down from 5 to 1
- Imagine you are inside your body, and feel love for your liver as you greet it
- Thank your liver, but ask it do you a favor by producing a little less uric acid
- Thank your liver again and end your session counting up from 1 to 5
- Mentally affirm at the count of 5, “I am refreshed, wide awake and full of energy!”

If you like, you can alter the above application of the Simonton Method to cover any medical condition that currently concerns you, provided you're permissive, thankful and loving. On tape Side 4, you'll hear some suggested alterations.

## The Incredible Power of Your Consciousness

# S I D E 5

We have no secrets from our bodies. Mind/body communication is direct. In other words, your brain speaks directly to your body's cells—even if those cells are no longer part of your body.

Cells removed from inside a human mouth still reacted to their donor's emotions—even clear across miles. That's the Backster Effect. It's evidence that living cells have primary perception.

Substitute negative thoughts with positive ones, and you transform messages of ill-health into those of good health.

You must always remember that you are the boss of your body's cells—but not a dictatorial boss. Instead, you are a loving, magnanimous boss.

All mind/body communications should be loving. Your cells are your best friends. Despondent, fearful, or self-limiting thoughts are unloving communications with your body.

When you catch yourself having them, stop. Relax. Remind yourself mentally of the good side of things. Make positive mental affirmations: joy in life, harmonious relationships, personal security, your self-assurance, your spiritual nature, your limitless love. Your body's cells will breathe a sigh of relief.

## Guidance Session—Side 5

Your skin cells can do a better job. If you want a better complexion, here's how you get it:

- Relax as outlined on page 5, except count down from 5 to 1.
- As you put your finger on the skin of your face, imagine you can mentally enter the skin beneath your finger.
- In your own words, tell the skin cells of your face how much you love them for doing such a good job; praise their beauty.
- Mentally tell them you'd like them to be even more healthy and beautiful
- Imagine they are responding—embrace them mentally
- Emerging from inside your skin, visualize your complexion as perfect, free of blemishes and wrinkle-free.
- End your session, counting up to 5, and affirm that you are refreshed, alert and full of energy.

Most pains, aches, and minor body problems are due to stress. The antidote is the relaxation method we have been using. The deeper the relaxation, the more effectively you combat stress.

Listen to the progressive deepening technique on tape Side 5 to gauge your relaxation level. If you are able to deepen your relaxation level, you will have treated every cell of your body to a vacation from stress.

Your hair and nails are extensions of your skin. You can communicate to them the improvements you wish to take place using the same procedure as above.

# Reprogramming Yourself with Self-Hypnotism

## S I D E 6

One of the most widely used techniques for mind/body communication is the century-old science of hypnotism and self-hypnotism.

Self-hypnotism is best described as a way to relax and give your brain instructions—or suggestions, as they are usually called, which the mind and body will subsequently remember and obey. Everyone is open to suggestion; it is much like programming a mental computer. Using suggestions instead of commands lessens the impact of the confrontation between your old undesirable behavior and your new desirable one. Self-hypnotism is, therefore, mind/brain/body communication.

There are three ways to give yourself these mental suggestions after you relax:

**Verbal**—Repeat the suggestion over and over. For example, for the loss of a loved one, relax and give yourself a verbal suggestion, “I accept life’s ups and downs. My mind is at peace more and more each day.”

**Visual**—Place a mental picture of the benefits of achieving your goals next to a mental picture of not achieving them. (See guidance session on the next page.)

**Verbal/Visual Combination**—Visualize yourself moving toward your goal while mentally telling yourself, “I am eager to reach my goal. I work energetically and enthusiastically. I get nearer and nearer to it every day.”

Self-hypnotism becomes more effective when mental pictures are appropriate to your goal or the correction you’re seeking.

## Guidance Session—Side 6

You must have the will to stop smoking (or any other behavior) before any mind/body approach can help you stop.

The following is an effective way to stop smoking by using the “two-path” visualization technique. It is an example of visual suggestions and can be used to curb other addictive behaviors, as well, including drinking too much or overeating, with corresponding changes in the mental images and suggestions.

- Relax as outlined on page 5. After each of the three deep breaths, mentally say to yourself, “With each breath I take, I go deeper and deeper.”
- Imagine yourself walking down a path, symbolic of the path of life
- You come to a fork in the path and wonder which way to go
- Down the left path, you imagine your life as a smoker—expensive, smelly, with lung damage and a constant cough; it is a shorter life
- Down the right path, you imagine your life as a non-smoker—less ostracized, more popular, better able to enjoy food’s taste, with pink, clean lungs; it is a longer life
- Visualize yourself stepping down the right-hand path
- End your session, counting up to 5, and affirm that you are refreshed, alert and full of energy—and on the non-smoker’s path

You should now use words and pictures that proclaim your forthcoming new status as a non-smoker. On the tape Side 6 you’ll hear some suggestions.



The following is an exercise to lose weight:

- Relax as usual. After each of the three deep breaths, affirm, “With each breath I take, I go deeper and deeper.”
- After Step 8, visualize all the details of the red rose—the petals, the drop of water, the colors of the rainbow reflected in it.
- Imagine you are now standing in front of a full length mirror. Look at your face. Make it thinner by reducing puffiness. Do the same with your chin.
- Turn sideways. Remove any protrusion of your stomach, flattening it to a slender profile.
- Turn facing the mirror again. Look at your hips, removing any bulges. Now admire your thin self.
- You are now back mentally in your chair. Pick a problem food for which you have a recurring craving—preferably a food that is heavy with sugar or fat.
- Talk to yourself about the true nature of the food in your own words. First, acknowledge in your own words that to eat this food is to eat fat and ugliness. Next, imagine you are eating that food and that it’s actually changing into fat while still in your mouth, trickling down your throat, and depositing itself as fat on your body.
- Say mentally in your own words that instead of putting fat and ugliness in your mouth, you will eat some succulent fruit or delicious vegetable.
- End by saying, “I can visualize myself slim, slender and satisfied.”
- End your session as usual—counting up to 5 and mentally affirming that you’re refreshed, alert and full of energy.

Here are some short self-hypnotism suggestions. Please do them after you relax with the usual procedure. Remember to repeat after each of the three deep breaths, "With each breath I take, I go deeper and deeper." Use your suggestions after Step 8.

### **To improve an aspect of your personality or behavior**

- Relax as usual (see above). Count down 5 to 1. Affirm your deep breathing.
- After Step 8, visualize the rose in detail—the petals, the drop of water, the rainbow colors in it.
- Now, with the problem which you wish to get rid of or correct in mind, repeat three times mentally, "Every day in every way, I'm getting better and better."
- See it happening in your imagination. Play a mental movie.
- End your session the usual way.

### **To remove the guilt from sex**

- Relax as usual, counting down from 5 to 1, affirming your deep breathing.
- While self-hypnotized, imagine yourself looking at your sexual partner.
- You are both undressed. But you can't visualize clearly because there is a smudged pane of glass between you. The smudges are guilt, ignorance, and misconceptions.
- You start to wipe the smudges off the glass. Your partner does the same.
- Gradually the glass becomes clear. It is now perfectly clean and clear. You can see each other sharply and clearly. The window of sexuality is now crystal clear.
- Repeat this visual self-suggestion from time to time and reinforce with a verbal suggestion along the lines of, "I have a wholesome attitude toward making love and the enjoyment of sex. I seek more knowledge about these matters. The more I learn, the more I am able to reach my fullest enjoyment level."
- End your session the usual way.

## Cyberphysiology and The Silva Method

# S I D E 7

Because your mind is currently controlled, to a great extent, by outside influences, you are less adventurous, happy and successful than you could and should be.

The Silva Method teaches you to control your mind. By gaining this control, you—as other practitioners have done time and again—can heal yourself, as well as others.

Using a subjective-objective approach, you can alleviate chronic pain by:

- Pointing to the spot where your pain is located.
- Deciding the exact size and shape of the container the pain would fit into best.
- Describing the pain in detail: What color is it? What does it taste like? How does it smell?
- Pointing to the pain again and repeating these steps until the pain disappears.

It is important to note that for acute pain this pain control method should be used only as a first aid measure; medical advice should also be sought.

## Guidance Session—Side 7

The following is the official Silva Method for pain control, adapted from self-hypnosis.

- Relax in the usual way, preferably in a chair without arms.
- If you are right-handed, place your right hand down by the side of your chair into an imaginary bucket of hot water, hot enough for you to stand. (If you are left-handed, use that hand in this step).
- After a few seconds, take your hand out of the hot water and place it on your lap.
- Now place your other hand down by the side of the chair into an imaginary bucket of ice water.
- Remember a past instance when you had your hand in ice water; feel your hand getting icy cold.
- Keep your hand in the imaginary ice water for several minutes, taking deep, regular breaths and telling yourself that your hand is getting more and more numb with each breath you take.
- Remind yourself that in the future you will be able to make your hand numb by remembering this session and saying “Hand numb,” then placing your numb hand over a painful area of your body. The numbness will be transferred from your hand to that area. The pain will disappear.

The following are examples of adapted Silva Method positive affirmations. Repeat them mentally while relaxed:

- “Positive thoughts bring me health benefits and advantages.”
- “I will never learn to develop physically or mentally respiratory ailments or diseases.”
- “I will never learn to develop physically or mentally circulatory ailments or diseases.”

You may repeat this a third time, inserting any health problem which concerns you.

## More Mind/Body Communication Techniques

# S I D E 8

When the mind does not keep us from getting sick, it can be due either to a hostile mind or a hostile environment. The latter includes all of the difficult things life can throw at us.

Personal tragedies leave their marks on the body. Past injuries—physical, mental and emotional—have left their scars in various places around our bodies. If we remove or repair those scars, we remove the effects that we still feel from them—even if the injuries occurred many years ago.

There are several ways to rid the body of these “memories”:

- **Feldenkrais Method:** Eliminates stored up tension and stress.
- **Kinesiology:** Reverses damage by specifically focusing mental messages to body muscles.
- **Trager:** “Connecting” with the patient, the practitioner talks to the body to find the spots that need attention, then expresses gratitude for the improvement.
- **Rubinfeld Synergy Method:** Combining cyberphysiology, the Alexander Technique and the Feldenkrais Method with Gestalt practices, this is a comprehensive mental and physical approach to healing.

While these therapies may not always be available to you, your imagination is always there. Affirmations and visualizations—detailed on the tape—can make a wonderful difference in how you feel.

## Guidance Session—Side 8

The following is a Feldenkrais mind/body technique that is helpful for body awareness and tension release. Do it while lying on your back on a floor or carpet.

- Place your arms by your sides, palms down, feet slightly apart.
- Let your mind travel along your body, sensing how head, shoulders, back, legs make contact with the floor.
- Bend your knees by sliding your heels toward your bod. Then, when they reach your body, raise your feet, drawing your knees closer to your chest.
- Let your feet just hang in the air, a few inches apart.
- Now once more, be aware of how your body feels. Is this a restful position? Is more of your back in contact with the floor?
- After a few moments, return your feet to the floor by letting your heels descend and then sliding them along the floor until your legs are again extended on the floor, feet apart. If this has been pleasurable, you may want to repeat this a few times, always being aware of your movements and how your body feels.

Side 8 has other variations on the Feldenkrais method for you to try out.

Listen to Side 8 for guidelines to help you communicate with various parts of your body when they are in temporary abnormal states. Remember to relax and use your own words to talk; and use your imagination to see the positive changes happening.

Suggestions on the tape are for:

- |                      |                                     |                       |
|----------------------|-------------------------------------|-----------------------|
| •High blood pressure | •Lower fasting blood sugar          | •Prostate enlargement |
| •High cholesterol    | •Gout                               | •Pneumonia            |
| •Angina              | •Respiratory problems such as colds | •Colitis              |

# Cyberphysiology—A Resource for Creative Healing

## S I D E 9

Stress can be as deadly as a virus or a malfunctioning organ. In fact, we are learning more and more every day just how deadly stress can be. Yet it is something that seems to pervade modern life. How do we avoid the ill-effects of stress? How do we combat negative attitudes and emotions that stress brings on?

Affirmations repeated mentally at the relaxed level help to blunt the causes—and thus, the effects—of stress. They should be repeated daily for maximum effect. The following are some affirmations that will help you counter the stress caused by some common problems:

- **Financial Difficulties:** “I perform efficiently. I’m in the right places at the right times with the right people. My financial condition is temporary. I’m confident it gets better, and I become wealthier and better.”
- **Chronic Pessimism:** Mentally repeat several times while relaxed, “I am a pessimist. I worry a lot. When I count to five and open my eyes, I will no longer be a pessimist, I will be an optimist. I will no longer worry about bad outcomes, I will expect successful outcomes.” On the second day, change this and repeat daily: “I am no longer a pessimist and worrier. I am an optimist. I expect successful outcomes.”
- **Personal Loss:** “I am becoming calmer, stronger and more secure. I survive loss because I am in control. Every day in every way I become safer, happier and more confident.”
- **Failure to Succeed:** “I believe in the creative power of intelligence. I expect positive results. I am making progress whether I can see it or not. My expectations are high.”

## Guidance Session—Side 9

**Hint:** To make this guidance session more effective, use the “as if” principle. Do it all “as if” it were real.

Forgiveness is the ultimate stress reliever. It helps to clear the collection of stresses and strains accumulated by your body over the years. Forgiveness is the first step to rejoining the oneness of love, serenity and wellness.

- Relax in the usual way, counting down from 5 to 1.
- After Step 8, feel a warmth and heaviness as you go into a serene state.
- Take a deep breath and feel the outside world fade away—the room in which you’re sitting is all there is. Pretend the room is brightly illuminated.
- Invite into the room the first person you wish to forgive.
- Mentally forgive that person and ask to be forgiven.
- Shake hands with or embrace the person to indicate mutual forgiveness.
- The person leaves and the next person you wish to forgive enters the illuminated room. Forgiveness is again mutually given and received.
- One person can stand in for many persons in that same relationship. For example, one uncle can represent all your uncles.
- Now, invite yourself into the room as if you were another person. Forgive yourself for all self-accusations, all self-putdowns, all “I can’t’s” and self-recriminations. Embrace yourself.
- End your session, counting up to 5, and affirm that your forgiveness has been achieved.
- Repeat this exercise as other stressful relationships develop.

Listen to tape Side 9 for the affirmations for the positive areas of your life.



## Healing Your Inner Self with Cyberphysiology

# S I D E 10

How do you feel about yourself? Can you accept yourself as the “star” of your life? It’s imperative that you learn to love yourself, for it’s an arranged marriage that you can’t get out of.

Low self-esteem is a drain on your life energy, which can negatively influence your body and your health. You must learn to raise your self-esteem. Select one of the following visualizations that fit you best and when relaxed, repeat it at intervals in the future.

- See yourself in a full-length mirror. Say “I love you” to your image.
- Imagine yourself in a large banquet hall at a testimonial dinner held in your honor. You’re seated at the head table. People are getting up and saying nice things about you.
- Imagine a fancy office door. On it are the words “President.” Beneath that is your name.
- Imagine an athletic field. You are being carried on the shoulders of your teammates. You are the hero, the star of the game.
- Imagine a crowded party. There is music playing, and a large group of people is standing around one person. The center of attention is you.

## Guidance Session—Side 10

One way to raise self-esteem is by becoming balanced and centered. The following exercise (an abridged form of the one you can follow on the tapes) should help you understand if you currently have a balanced life.

- Relax in the usual manner, counting down 5 to 1.
- After Step 8, imagine all the details of the red rose.
- Imagine that you're walking down a country path on a lovely day. Your senses fill with the beauty around you, the sights and sounds of nature.
- You're now in a valley (of love). You invite others to participate in your pleasures. They do, and you walk on.
- In a forest (of strength), you encounter a clear lake. Look at your reflection in the still waters. Say "I love you" to your reflected image.
- You discover you can safely walk on the water. Then you can walk *under* the water—to the bottom of the lake. There you encounter three treasure chests.
- You open the first chest and remember what you see. You close the chest. You do the same for the second and third treasure chests.
- You decide to take a single item from one of the chests with you. You select it from one of the chests and go back up to the shore.
- You retrace your steps through the forest, the valley, down the lovely country path and return to the chair in which you are sitting.
- Count yourself up, opening your eyes and mentally repeating, "I am refreshed, alert and full of energy."

What did you bring back with you from the treasure chest? Was it something of material value? Then perhaps you need to develop the creative, intuitive, right-brained part of yourself. Indulge in day-dreaming, philosophy, and spiritual contemplation.

Was it something like a glowing light or something spiritual like the Bible you brought back? Then you may need to be more grounded in the physical, left-brained world. Set more financial and material goals.

Did you bring back books or something symbolizing knowledge? This is the symbol closest to your being centered in your thinking.

# Your On-Going Good Health and Autogenic Training

## S I D E 11

Autogenic Training, founded over a century ago, goes deeper than self-hypnosis. It uses that extra depth to identify and root out the cause of excessive types of behavior that could be affecting health.

There are three stages in Autogenic Training:

- **The Mood Stage:** Creates a mental atmosphere for the acceptance of suggested change. Use your critical faculty to reason how much better it would be for you if you didn't have the unwanted behavior. Your mood becomes one of serene anticipation of success.
- **Relaxation Stage:** This deeper state of relaxation consists of six steps experienced sequentially. You will go through these steps during the guidance session that follows.
- **The Final or Change Stage:** After imagining yourself suffering your problem behavior, change the image to one of you emerging from the behavior, joyful and exhilarated.

In the area of self-improvement, Autogenic Training applications are virtually limitless. But in the field of health improvement, it can be used to:

- Relieve allergies such as rose fever and hay fever
- Lessen cold symptoms
- Get rid of constipation
- Improve skin conditions
- End pesky headaches
- Decrease asthma attacks
- Ease menstrual distress
- Handle frigidity and impotence

In all cases, the basic procedure is the same: You set the mood. You relax deeply. You mentally make the change.

## Guidance Session—Side 11

The following session will help you learn the basic procedure of Autogenic Training by experiencing it. This sample session deals with behavior change, and you'll learn to become more positive in your thinking. (You can alter the situation and imaging to suit your needs.)

- Relax as usual, counting down from 1 to 10.
- Set your mood by contemplating your thinking behavior, noticing that it can be improved and resolving to make that improvement.
- Recall a recent time when you were concerned or afraid of something. Relive the details. How do you feel?
- Ask yourself, "Is this how I want to feel?"
- Now, go back to that time again, knowing that your negative thoughts didn't help the outcome.
- Mentally replay the event, seeing yourself as courageous and optimistic. How do you feel?
- Affirm mentally that you eagerly expect a positive shift in your thinking habits.
- Become even more relaxed, repeating mentally to yourself that:
  - your arms and legs are heavy (feel them heavy)
  - your arms and legs are becoming warm (feel them warm)
  - your heart is calm and its beat regular (feel the calm, regular beat)
  - your breathing is calm and regular (feel this)
  - your solar plexus is warm (feel the warmth)
  - your forehead is cool (feel it cool)
- You are now deeply relaxed. Recall how you felt in the mood stage when you became more positive.
- Repeat the mental imaging of yourself as respected for your courage and optimism. Affirm that you are now a more positive thinker than before.
- End your session, counting up to 10 and affirming, "I feel relaxed, full of energy, and I'm a more positive thinker."

## Support Groups—Talking Health to One Another

# S I D E

If you can have a healing effect on your body, other bodies can help heal you too. Continuing research on the benefits of support groups provides astonishing—and convincing—results indicating that people who share their experiences with others survive illness longer. People with friends and family live longer than loners.

Support groups are not people comforting each other in their illnesses. They are people helping each other *out* of their illness.

They don't provide pills to each other. They communicate mind-to-body with each other. People who are seriously ill can magnify positive mind/body communication by being part of a support group.

By helping others, you help yourself.

# 12

And to go a step beyond this, you also help yourself when you attain unity with something larger than yourself or a group of supportive others. There is a healing, supportive universal energy that can and must be tapped into if you are truly to be in touch with your own self and the needs of your mind and body.

For mind/body communication to produce wellness, you must have three essential ingredients:

- a) **Desire**—to be on the same supportive team of organs that works on your body.
- b) **Belief**—in your mind and its ability to run the body.
- c) **Expectation**—of positive results because through mind/body communication, you desire to be well and believe in it.

## Guidance Session—Side 12

To achieve a closer relationship with the source of life energy:

- Relax in the usual way, counting down to 5.
- After Step 8, visualize all the details of the red rose—the petals, the drop of water and the colors of the rainbow in that glistening drop.
- Intone the mantra OM, as detailed on the tapes.
- Surround your body in light, feeling it as the Creator's love.
- Add your love, sending it to your brain, your neck, your heart, your solar plexus, your reproductive area.
- End your session, counting up to 5.
- Affirm that you are relaxed, alert and full of energy.



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