

AUTOGENIC TRAINING

INTRODUCTION

Over many years, I have successfully worked with athletes, students preparing for medical boards and the bar examination, and injured or ill clients who were medically referred. Some of their stories follow:

A young woman playfully followed a friend in jumping from a porch onto the lawn. She suffered a "parachutist's" break of one shin. The doctor stated that he anticipated a minimum of 10 weeks in the cast. Using the training she experienced with me, she was out of the cast in 26 days with no muscle atrophy and with an immediate return to activity.

In Tokyo I worked with a Spanish executive. His goal was to better handle the flood of paper crossing his desk. Six weeks into our work together he had a business appointment to play golf. His normal score for 18 holes was about 90 and he had neither practiced nor played for two years. On arrival at the golf course, it occurred to him to apply our training to his golf game. He shot a total of 74 including an eagle (two strokes under par on one hole).

A baseball player had a broken forearm which had not begun to heal after several weeks. He began training with me on a medical referral, made significant progress in two weeks and was out of the cast within one month.

A studio musician determined to become an attorney. He had done his law studies via correspondence and was concerned about passing the California bar. He began the accelerated learning program with me well in advance of the bar exam and passed on his first taking. (He reported that he was the first correspondence student to have ever passed on the first try.)

During the 1970's as Counselor-at-Large at Humboldt State University in California, I developed an accelerated learning method for university students. Major pieces were programs in stress and time management. A variety of powerful techniques drawn from many traditions were applied to the spectrum of student's learning issues: creativity in the arts, performance in sports and the performing arts, healing of injuries, projects such as "math anxiety," as well as efforts to improve traditional learning.

Although we had gratifying successes in specific applications, we noted that often the results did not generalize to other areas of the person's life. The impact of the program

increased when I added autogenic training, first introduced to me by Hans Bruno Geba's book "Breathe Away Your Tension."

In short, individual training in autogenics created a physiological foundation for the application of the accelerated learning methodology such that the results often generalized within the lifestyle of the practitioner.

My experience and the experience of many others has been that the time I spend doing the autogenic exercises is a wonderful investment, with the dividend that I am much more focused, effective, and efficient in the rest of my day.

GOALS

"Auto-genic" means "self-generated."

This audio is designed to help you

- improve your ability to FOCUS on whatever task is at hand, and
- build the physiological foundation for dynamic learning, to optimize your performance in all activities, and to enhance healing.

Once you have completed this sequential and developmental training, you will be able to self-generate the experience in less than a minute, any time you wish. The phrases you repeat will anchor you to deeper levels of focus, self relaxation and healing, and enhanced performance in your activities.

GUIDELINES FOR BEST RESULTS

Over the years my clients who have achieved the most sustained results have followed these guidelines.

FULL ATTENTION (1): Autogenic training can offer impressive benefits, but it must be done with full attention.

It requires concentration and a kind of passive volition.

There is no way to make an effort since that produces tension.

You cannot try to feel something: you can only allow it to happen.

NON-JUDGMENTAL: There is no proper or right way to do this. Nothing to change.

Simply aware of your experience in each moment without label or judgment. If your position is uncomfortable, you may choose to adjust.

SPEED: It is important not to move too fast.

Each person has a different nervous system and a different history.

You need a process that is entirely yours - individualized.

You may need to linger on a particular phrase for reasons that only your body and nervous system could know.

SUCCESS PRINCIPLES: Three basic principles are important to your success.

COMMITMENT - your desire and intention to improve your ability to FOCUS

REPETITION - just as when you learned your ABC's, once is not enough

EXPRESSION - take a few moments after each repetition to give expression to your experience (through dancing, drawing, writing, or speaking).

FULL ATTENTION (2): Pay full attention when you are doing the exercises.

Allow your attention to follow your direction. Be patient.

No infinitesimal sensation if too subtle or small for this process.

You are healing yourself by a moment-to-moment attention in which you allow your deep, wise, and concealed nervous system to unravel the damages and tensions of your past.

MAINTAIN CONTACT WITH YOUR BODY: Maintain mental contact with the part of the body you are talking to.

Be patient. Allow sensations to occur rather than trying to force them.

If contact is difficult, touch/massage that part of the body or visualize it.

Allow the phrase to flow through your mind so that you mentally say, hear, and even see it.

ACTIVE RECEPTIVITY: If you don't feel the named sensation at first, pay attention to the sensations you do feel.

Whether the sensations you experience are familiar or not, simply notice them as well as your associated emotions and thoughts.

You are getting rid of old material, don't struggle against it.

Allow and enjoy the time for expression at the end of each practice session.

PERSONAL RESEARCH PROJECT: This is a personal research project, discovering how these tools work best for you.

Experiment by doing them in different positions: sitting, lying down, etc. and in different situations/rooms: at home, at work, etc.

(Later you may want to try them when there are distractions around: sounds, people, etc.)

ONE RULE: Do NOT repeat phrases that involve symptom areas.

If your left foot is injured, do not repeat any phrase referring to your left foot.

Cycle back to them later as you repeat the series.

BREATHING: I find it useful to repeat one phrase on each breath.

It is important that you practice the exercises without the audio playing.
When you do it yourself, it will take less time than the recording.

IMAGINATION VS. VISUALIZATION:

In the latter part of the audio I ask you to imagine. Imagination is often confused with visualization. Visualization is one aspect of imagination.

Imagination uses all of the senses: smell, taste, touch, hearing, and sight as well as emotions, and thoughts and the kinesthetic senses of posture and movement. Each one of us uses a different mix of all of these for our unique imagination.

Enjoy yours, whatever the mix may be.

When you imagine yourself repeating the exercise the next time, you are programming in that you will repeat the exercise.

PRACTICE: The more often you practice, the more rapidly you will move.

For optimum results - do before meals and before bed.

It is more important to make the experience your own. Choose your own speed.

If you were laying a concrete block foundation for a building, you would use enough blocks for the first layer before beginning the next.

CUMULATIVE: These exercises are cumulative. As you master each one, abbreviate it.

Aware of my breath and whatever is supporting me.

Experiencing my body.

My body is completely heavy.

My center is completely warm.

Heartbeat calm and steady.

The air is breathing me.

I am supremely calm.

(Some of these guidelines are adapted from my friend/mentor Gay Luce's chapter on Autogenic Training in her book "Your Second Life.")