

## DEEP RELAXATION 2

Relaxation is one of our most powerful tools for self transformation. It enables us to get behind the sophisticated network of defences which prevent us from accessing our potential. Deep relaxation takes the individual into a trance-like state. The beauty and power of trance is that our 'normal' intellectual responses are temporarily suspended during which time the defensive mind is not interfering and it becomes possible to peel away negative attitudes, belief systems and enslaving tendencies that mummify us, denying us the freedom and movement upon which mental health depends. Trance is not some mystical state only achieved by a selected few, it is a natural aspect of the human condition. In fact, you are probably in something akin to a trance-like state whilst reading this. Trance is merely where the consciousness focuses on something to the exclusion of everything else. In that moment other faculties and tendencies are temporarily unconscious and are unable to interfere. This is why trance can help us to transform deep seated problems because it removes us from our self-limiting habits, inclinations and moods. Deep relaxation could also be described as trance work or clinical hypnosis. Both these activities help the individual to use relaxation creatively and constructively to address specific issues and encourage positive change.

The way we at Reach make use of the 'relaxed way' is to personalise a variety of specific themes, some of which you will already be familiar with e.g., self respect, the advocate, path of least resistance etc. By recording live sessions, the individual can repeatedly revisit these personalised themes. In doing so the mind can be 're-wired' (which means laying down new ways of thinking and relating to the world). We know through behavioural psychology and neuro-biological research that the process of learning depends on repetition. Without repeated exposure, the whole fabric of learning would fall apart at the seams. This is why we encourage those who take the journey with us to listen to the tapes that are produced regularly for optimal results. The best results are achieved if the tapes are listened to daily, but we know for many this is not realistic given the demands of modern life. Therefore, we encourage listeners to use the tapes at least every other day to bring about an effective re-wiring of their thoughts and feelings. This frequency of use needs a minimum of 3 months to start delivering lasting benefits. In fact, a period of 12 months is the ideal timeline for our approach because it takes about 3 months for habits to be formed. After a further 3 months these habits become part of one's personality. After about 9 months your endeavours become enshrined within your character and after 12 months of consistent application it is now your nature. In other words, you have become what you have repeatedly absorbed. That which has become your nature is very hard to renounce which is why so many of your unwanted tendencies have proved so difficult to remove.

Deep relaxation is a pain free and very effective intervention which brings about personal transformation relatively quickly. It is important to understand that you are what you absorb and with regular and sustained use of your personalised tapes the blocks to your internal pathways are removed, making rehabilitation and recovery automatic and natural processes, leading to a clear, free-flowing mind. Once the simple practice of finding 30 minutes to listen to your tape on a regular basis is adhered to, then magical outcomes are possible which will far exceed your initial endeavours. So, make every effort to afford yourself time, 'me time', where your energy and attention for that short period will be exclusively focused on yourself and your needs. Then you can achieve more than you ever thought possible. Listening to your tapes with a two or three-weekly rhythm offers best results because it gives sufficient time for each tape to leave its mark on you before listening to the next one. Each tape opens the door to a deeper level of self transformation. This process of repeated exposure will give you the ultimate gift... yourself.