

DEEP RELAXATION WORK

Deep relaxation work is a creative process which enables you, the individual, to access parts of your being that would not normally be accessible. For most, the lack of pause and stillness means that life is little more than a blur as clarity and perspective drain away. This is why you are unable to access the deepest parts of your being. During deep relaxation you are facilitated by the practitioner into a state which is calm and peaceful, free from anxiety, tension, concerns, and fears. The whole process takes about 30 to 40 minutes. It works by lowering the defence mechanisms and the conditioned responses that have built up around the self, creating a fortress-like construction. These defences are very difficult to penetrate especially when you are operating from the conscious aspects of your nature. In a state of deep relaxation, we are more child-like, open and accessible and as a result, positive change can be skilfully engineered quickly and easily. Under the effects of deep relaxation, you will experience a lowering of the defences and therefore your conditioned responses will not be so readily triggered, enabling unwanted tendencies and traits to be more easily removed. At the same time, those things you would want to be a part of your nature and personality are more readily accepted and absorbed in the mind so that over time, they become permanent fixtures.

Whilst being in a state of deep relaxation you may find yourself drifting in and out of consciousness and awareness and should not be concerned by this as it is part of the process. As a result of this ebbing and flowing of consciousness, those things that you are seeking to remove are more easily extracted and those things you want to imbibe are more easily embraced. It is important to remember that this is not a normal dialogue between two people. It is an interaction at a much deeper level. What is required is to let go of any expectations, fears, and concerns and to be willing to go where the process takes you.

The consequences of this way of working are very, very powerful and long-lasting. In fact, if the process is seen through and honoured over a significant period (3-6 months) you will find that the changes you have been seeking to make will have taken root.

At Reach, the way we use deep relaxation in our work is to record at least 4 'live' sessions which revolve around particular themes, such as 'self-respect', 'the seat of your potential', 'the path of least resistance', 'the advocate', 'valuing the inside' etc. The learning and experience to have come out of the first two stages (Life Map Work and The Hall of Shame) will determine the themes to be focused upon. Each recording will be person specific, which means it will be particularly tailored to you. Every live recording will be a unique event capturing the essence of what you particularly need. You will then be encouraged to listen to the tape at least every other day, until the time of the next recording. Of course, if you listen to it daily, the impact and the benefit is even greater. You will then be encouraged to listen to the recordings for at least 3 months to gain maximum benefit.

At Reach, experience has taught us that marked change will be noted about every 3 months with gradual and significant change coming much sooner than that. The changes that will be experienced first are subtle, relating to how you think, react or behave in a variety of situations. As the process unfolds, then your subtle changes will become apparent to others too. The least you can expect to gain from deep relaxation is a sense of stillness, clarity and perspective and so it is well worth pursuing.