

Chapter Five

Author Your Life

Finally, we will become a more thoughtful observer of our own life. We will watch ourselves as we go about our daily business and will later reflect on what we saw, trying to identify the sources of distress in our life and thinking about how to avoid that distress.

—WILLIAM B. IRVINE, *A GUIDE TO THE GOOD LIFE: THE ANCIENT ART OF STOIC JOY* (2009), p. 11

Our relationship with the outside world, with others, is in constant contact with our inner world; it's the relationship we maintain with ourselves. It's like head and tail of a coin, two aspects of the same reality. In Antiquity this was well-known and was expressed as 'Know Thyself!' The connection of the inner with the outer is equivalent to the relationship between the upper and the lower, anciently expressed as 'As it is above so it is below!' Today we know that this is true as science has shown that our universe is

fundamentally coherent, and that all in it is connected. Subatomic research, which started with Einstein's discovery that a particle may behave as a wave in certain situations, found that our universe exists as a *potentiality* until we observe it. As the observer is entangled with the object of observation, reality springs in existence virtually at the moment we observe it. This fact has profound implications on what is called 'scientific objectiveness,' for it appears obvious that if we are as observers determining the outcome of the experiment, we cannot continue to affirm that science is objective. We as humans are subjective and when we are involved in the process of scientific investigation, through our being observers in the scientific experiment, the outcome of it necessarily takes part in that subjectiveness of ours!

Quantum physicists such as David Bohm have even realized that there is something like a *conscious dialogue* between particles, even within inanimate matter, and that our universe is responsive and communicative at its most fundamental and basic level.

—See, for example, David Bohm, *Wholeness and the Implicate Order* (2002), *Thought as a System* (1994) and *Quantum Theory* (1989).

These discoveries in natural science did not stay without impact upon the humanities. They only confirmed that there is interdependence also on the human level, in the form of *inter-psychoic communication* or telepathy, and *intra-psychoic communication*, which is what we are talking about here: the dialogue between our inner entities or split-selves.

—As for our psychic powers, see the cutting-edge research by Dean Radin in his books ‘The Conscious Universe: The Scientific Truth of Psychic Phenomena (1997)’ and ‘Entangled Minds: Extrasensory Experiences in a Quantum Reality (2006).’ As for the inner dialogue, also called ‘voice dialogue,’ see the excellent work by Hal and Sidra Stone, *Embracing Our Selves: The Voice Dialogue Manual* (1989).

We may thus conclude that there is a dialectic relationship between our inner reality and the world around us. In other words, we are involved in a constant dialogue with our inner world, and what we perceive as outward reality. What is the importance of dialogue, we may ask? Well, a philosopher once said ‘Without dialogue, no light!’ And in politics, we see that where there is no dialogue, there is ignorance, fear, and violence. Positively put, we may put it that way: ‘love is dialogue.’ It is thus essential to bring our repressed feelings and selves into a dialogue with one another in order to subject them to the light of

consciousness and to embrace them with love. Doing this will bring those repressed desires and feelings again back into our conscious awareness; more so, it helps to integrate these disowned energies, which raises our authentic dealing with the world, others and life. This is important for our true self can only unfold its riches and power in the moment we are authentic and truthful, not when we hide behind a mask because we are scared to express ourselves in truth and honesty!

Modern psychiatry must be spiritual in the sense that it cannot continue to rule in a universe of arbitrary projections on nature, instead of following the rules inherent in nature. It is with this special regard that I start this chapter on *voice dialogue*.

My intention is to provide food for thought not only to students of psychology, but also for lay people's 'home use' of this little road map, for the applicability of the knowledge to be presented here is immensely useful for daily life, and in daily relationships.

The movements of our thoughts and the anxieties in our daily life, as well as the conflicts in our psyche have a direct impact upon our relationships, with

family, neighbors, work colleagues, our partner and children, and so forth. The conflictual potential, which we do not subject to a harmonizing dialogue with inside will then only aggravate.

We then may experience setbacks in relationships, and wonder why they happened in the first place? It is our human duty to prevent this to happen through the dialogue that keeps us in touch with inside and outside, with ourselves and others. It's a sort of inner hygiene, and I can testify for its effectiveness!

Voice dialogue as a method for getting in touch with our inner selves requires a certain preparation. You may listen to music, light a candle, and stretch out comfortably on a divan or in an arm chair; you may pray instead, if you prefer, or fix your regard on a crystal bowl, or a pendulum.

There are so many different ways to relax. The way you get there is not really important, but why you need to get there is: our brain runs on different *frequencies*. Our state of mind is basically a result of the waves our brain runs on; the brain waves or frequency you need for voice dialogue has been called the 'alpha state.' It's a natural state of mind in which we are at least twice a day, in the morning after

waking up, and in the evening, at the moment to go to bed. The alpha state is characterized by a lowering of wake consciousness, and an opening up toward the imaginal realm, inner images, and also suggestions.

When you are in this very relaxing state, you should not watch television, for you are more suggestible than in the state of full wake consciousness called 'beta state.' You may have the habit to fall asleep in front of your television set, but it's a bad habit, for potentially disturbing images, and conditioning images (publicity) then bombard your subconscious mind.

Positively, the inner defenses against positive changes of subconscious content diminish when you are in alpha, which allows you to 'reprogram' yourself if you wish to.

Here is a little list what you actually can do in alpha, and what kind of changes you may bring about:

- ▶ Heal childhood trauma;
- ▶ Heal post-childhood trauma;
- ▶ Change your self image;
- ▶ Change your body image;
- ▶ Reprogram yourself positively.

What is trauma, by the way? It's a response of our organism to hurting life experiences. There is a mechanism in our brain that preserves our mental sanity by a functional mode called the 'trauma response.' When you are in a situation of helplessness or lack of defense, and you are shocked by suffering an act of aggression, an accident or a natural catastrophe, your brain makes sure that the shock will not have a damaging effect on your brain and mental sanity. It therefore reacts in a specific manner: the brain releases the emotional pain by substantially reducing conscious perception of the event, and subsequently represses the memories of it in the unconscious. This results in you surviving the hurt sanely, but has the disadvantage that later you will face what is called a 'repetition urge' in that your brain wants you do heal that initial wounding, thereby bringing about over and over again the same kind of situation in order for you *to react differently* and gain wholeness once again.

This is an automatism. The problem is that you have lost the memory of the original event that brought about the trauma response, so you gain the impression that destiny is mean with you and plays you foul tricks! It goes without saying that the more

trauma you have experienced, the more your self-image has been distorted because of repression and amnesia, the basic survival reactions of your brain.

There is more to know about these *imprints*, as they are called. The memory lapse or amnesia is only one effect; another, perhaps more important, is the fact that such traumatic events leave in your vital body or luminous energy field an impression or 'imprint' which causes your vital energy flow to stagnate or turn negative with the result that your emotional balance is impaired. This can in extreme cases lead to mental illness, in lighter cases it may still negatively affect your emotional and sexual response.

—See, for example, Alberto Villoldo, Shaman, Healer, Sage: How to Heal Yourself and Others with the Energy Medicine of the Americas (2000) and Healing the Luminous Body: The Way of the Shaman with Dr. Alberto Villoldo (DVD, 2004), Mending The Past And Healing The Future with Soul Retrieval (2005).

It is thus really in your self-interest to detect such imprints timely and do everything to heal them. You may for example go to a psychotherapist; but you may as well try the self-healing approach that is why I wrote this chapter of the book, assuring your life will be 'better than good' as a result.

Many if not all our psychological fears and anxieties, especially what some psychiatrists call a general 'fear of life' are the direct result of negative imprints in our luminous energy field. If such anxieties, phobias, or generally adverse reactions to natural phenomena persist over years they may lead to psychosomatic disease because the body always is directed by the mind, and the content of the subconscious.

—See, for example, Alexander Lowen, *Fear of Life* (2003).

If those negative imprints are not healed in time, they may thus bring about physical illness. Psychiatrists also have found that a person may unconsciously condemn natural reactions of their body such as sexual arousal, or being accidentally touched by another person, simply because that specific behavior is unconsciously associated with the early trauma. If this goes on over a certain time, the

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anxiety 'somatizes' in the muscular system and becomes what is called a 'muscular armor.' That means the muscles, or some specific muscles, lose their suppleness and elasticity and become rigid.

This may become dramatic if the heart muscle is concerned or the chest muscles for this may have an immediate suffocating effect upon the person. If muscles in the brain are affected, the person may suffer from repeated migraine, or this may bring about hypertension.

More importantly, on the psychic level, in all these cases, the person is in a state of suffering that manifests through depressions, a general feeling of 'emptiness' in life, a lack of soul connectedness in daily life also called 'narcissism,' strong feelings of resentment toward others, or feelings of self-hate, or else chronic fatigue syndrome.

For all these problems, the same therapeutic approach is effective and recommended, that is, the restitution of emotional flow, the vital energy flow in the entire organism, and a balance and harmonization of conflicting emotions. The end result of this process is inner peace, a state of lasting inner harmony.

In the East, this technique is called 'meditation,' a very effective method in fact which lets consciousness do all this work, by simply observing thoughts and emotions, without judging them. The effect of doing this is that consciousness itself brings about the inner healing because consciousness is self-cleaning and self-renewing. The problem is that most people in our culture have a wrong understanding of what meditation actually is. They believe it was some state of 'inner high,' allowing them to flee from daily sorrow into realms of 'nirvana,' eternal happiness, total detachment and other such illusions!

Meditation is to practice inner quiet, a simple but poised state of nonjudgmental observation of all you experience, inside of you and around you. As I noted already earlier, it's called in our own culture 'introspection.' This is actually a quite elucidating expression as it comes from the Latin word for 'seeing' and thus means 'looking inside.'

How to practice introspection? After you feel you are in the relaxed state, you quietly ask your inner mind to reveal to you the origin of your problems or your present anxieties, without focusing on them. Instead, you remain detached, enjoying the warm flow of your blood, the overall relaxed feeling in your

limbs, your natural and uninhibited breathing, and your natural fatigue ...

What happens next? Do not anticipate, be patient! That is very important. You have asked the question and that is all you can do at this point. Your body will reply. Just focus upon the energy that streams through your organism, try to feel it. Does it flow from the top of your head to the palms of your feet? Or the other way?

Or does it perhaps flow downward in front of your body and back up through your heels and your spine? Focus simply on your body for your subconscious is now busy to prepare the response for you. We cannot know how long this process requires. You may receive a flash of insight or an inner image right away, or it may come up only after a few months. If you hurry the process by being impatient, you may distort your natural perception and produce a wrong response, a delusion! You may for example go for the idea that 'after all the culprit is the society I am living in and was reared up in' and you may want to change your country. But don't forget you carry yourself along wherever you go, and if you take a projection for real, you may wake up one day in another country experiencing exactly the same

problems you had before, and you will ask 'Why did I come here in the first place? It's not better after all!' That's why, as I said, you need patience and more patience, and again patience, trusting your inner mind to come up with the right answer when the time is ready!

Whatever the time span until it happens, what you are going to experience is something like a remote remembrance or the hint of a familiar memory, a sudden 'key' event from your childhood, for example, that in some way is associated with the event itself you try to remember and heal. Or you may think of a certain person you have perhaps forgotten for twenty or more years, and that suddenly leaves a very real presence in your mind.

This is how your memory surface attempts to get you back toward the crucial event, the original event that brought about the trauma response, the amnesia, and the following repeated events that created in you the idea you were under the spell of a 'curse' or a 'cruel fate.' Then, you may want to inquire further, taking these 'key' memory hints as important guide posts. How do you do that? You simply visualize these key memories over and over again, insisting to ask your subconscious to reveal you more of the

original wounding. Thus you are guided, from piece of information to piece of information, just like a detective who wants to find the killer ...

Once you remember the event, it is important to *not* attach to the memory but let it pass in a passive mood. Why? When you react with hatred or fear or in any other emotionally strong manner, you cannot detach from the event and the healing may take longer or may even fail at this point. If you feel strong hatred toward a certain person, remembering eventually who it was who hurt you at the time, you imperatively need to *forgive* that person so that you can free yourself from the imprint. If you refuse to forgive, you will remain attached to the memory and it will further chain and limit you.

This cathartic work may be accompanied by mourning and weeping, and you may go through a bad moment, but this is the point where you are close to that wounding to be eventually healed and you being freed of the psychic complex.

Integrating the Younger Self

In case you encounter not another person but yourself in front of your inner mind, begin a dialogue with this younger self of yours, and simply ask:

—How are you?

You shall receive an answer, right away or later. It can be an intuition, a sudden idea, an interest that comes up, a new encounter or a dream. It may also be a book you find serendipitously one of the next days in a bookstore. But it also can be an actual response from your inner mind, a more or less direct answer from your inner child.

With the inner dialogue, you encounter the younger self, your inner child of the past, while this may be a totally novel experience for you.

—See, for a complete guide manual, Peter Fritz Walter, *Walter's Inner Child Coaching: A Guide for Your Inner Journey* (2017).

You may never even have reflected that a younger self exists within our psyche, as well as a present self or a parent self! Never mind, you are among millions of others who have lost contact with their inner child, and with it, their intrinsic creativity and joy of life. This is after all no wonder given our educational system and its tendency to consider education as an

‘infiltration’ of instant knowledge instead of following the word *education*, which actually means ‘guiding along.’

If you had been guided along, and properly mentored, you would not have lost touch with your genuine self, your true identity that is represented by your inner child. You should not blame yourself in any way to have gone through an alienating education, and blaming your parents and teachers for it does not help you either. You are where you are *now*, and if you have got to this point, you can actually congratulate yourself, for you are in the starting holes of a new and daring adventure: the adventure to live your own life, a first-hand life, not any more a second-hand life, but a life of your own creation!

The next step, then, is to realize your own creativeness, developing your own creativity in one field or the other you are interested in. Once you are in touch with your inner child, you will always remain in touch. You won’t lose this precious gift again, you will remain connected to your true self, the inner source of all riches! This inner child of yours, once recovered and healed, is the driving force for your true success in life. All your inventiveness and

originality, and your intensity in all you do is inspired by the dynamics of this inner child. Its genius will then be at your disposition and you will discover that all great geniuses are blessed because they either have never lost touch with their inner child or they recovered and healed it one day, to become truly themselves!

But even if you do not have suffered trauma, even if you had a very loving childhood, you are affected by the general conditioning we all receive as a matter of culture and religion, wherever in the world.

Do what you want, conditioning leaves a trace in your subconscious mind. And even going through a good education, and having received love and support, you went through phases of adaptation to the norms and expectations of society that were not easy to endure. If you have a creative and outgoing mind, you will always want to venture into novel ways of doing things, or you are simply smarter than the rest of us, and this very smart gets you in trouble at times, be it through jealousy from the side of our not so brilliant contemporaries.

These are things we all go through once in a while, and it has nothing to do with age and upbringing.

Even if our self-image is basically positive and stable, it can be momentarily affected by the jealousies and animosities of others; therefore it is a task for all of us to once in a while 'check with inside' in order to find out if we have properly digested one of the other recent event, or if it has created an inner 'scar,' a blind spot, a vulnerability that we tend to mourn and project unto others in a false attempt to heal it.

Projections are delusions; they distort our sane perception of reality; they stand in the way to an even remote level of objectiveness when assessing situations, people, events and shortcomings. That's why

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is blessed the person who can by and large avoid them, by staying 'real.'

Again, once in the relaxed state, you can modify your self-image in suggesting to yourself that you are whole and complete, and by forgiving that other negative person around you who hurt you by slandering you, backstabbing you, or by propagating in the world an image about you that is wrong.

Simply affirm your connection with the part of yourself that is always untouched, your soul, your higher self. You may call this part in you 'observer,' if you like this expression used by spiritualists.

I myself hold against it that an observer is always entangled with the object of observation, at least so in the human sphere, as quantum physics demonstrated so well. Of course, this higher self is not 'human' in the sense that it lives in a reality not ours, but an eternal realm outside of spacetime. Well, it is true that this higher self always observes us and in this sense it is well an observer, but here we have to acknowledge that this self is not entangled at all with our ego and our little life. It sees things from a bird perspective, so to speak, and it doesn't interfere unless you ask it to.

I find the expression 'godself' more appropriate to use for it because it is our connecting point with infinity, the creator space, the ultimate energy or however you want to call it.

This self is the link to that realm which is beyond space and time, which is why we carry it with us after death, and from there into the next incarnation.

Dealing with Inner Images

The next step in our inner work is to work on images we have made up about others or 'the world at large.' We do this quite automatically. These images are spontaneous judgments we are not always aware of, and they precondition our perception. For example, you meet a new partner and make up of her an image of 'godlike perfection,' just because she is kind and loving and perhaps because you never met a woman like her before. It is of course beyond doubt that this is a projection, however positive it is, and that this cannot be true after all. No human can attain godlike perfection, whatever they may do about it.

If you think I am wrong here and that such is possible, okay, I do not insist, but chances are low that that woman is one of these very few humans who have really attained that state of perfection. In most cases, it's simply an enthusiastic reaction, and because you once came up with it, you stick to it, and the longer you stick to it, the more you come to believe that's actually true. And then you have made up an image! Now, when you find that out, there is only one sane manner to deal with that image: you have to destroy it, consciously and deliberately!

Your relationship with her will show the result: it will become authentic and true where before it was sentimental and false, because of your projection.

While projections, as we have seen, are repressed fragments of yourself that come to be reflected in others, mental images are ideals. To stay with our example, you do not see the woman she really is, what you see in her is your own 'ideal' image of a woman, a creation of your mind and your longings for undisturbed and long-lasting love. Instead of staying with the reality that every kind of love relation, how good and satisfying it may be, only lasts so long, you make up an ideal and call it 'eternal love' or 'my ideal partner' or 'my goddess' or else, and you take this image as real.

That is a fallacy because in such a situation you cannot win for you are going after a *chimera*. Even if your partner is real and objective enough to see you as you truly are, she cannot remedy the shortcoming in you that you are delusional in the expectations you put up against her. She will of course not be able to meet them, hence she will know in advance that such a relationship cannot last. If she is really smart, she will tell you; as a result, she will not fall in the trap to marry a Don Quijote, somebody who fights against

windmills that he takes for real. If the image is negative, as with Don Quijote who believed to fight against enemies, or if it's positive, something like a 'Mona Lisa' or the 'Venus of Milo,' a 'Mary Magdalene' or else the eternal Amazon, it's unreal and as such cannot be the basis of a real relationship in space and time, and with real human beings involved as the partners!

We need to always distinguish in our relationships what is actually the real person, and what is the image we have made up about that person. The problem is that our brain makes up such images constantly, as a matter of automatism, which is why we need to be vigilant to detect them once in a while, and destroy them. If we don't regularly renew the images we have about others, be it our partner, be it business relations, be it friends, or our children, the relationships will turn stale, they will stagnate, or they will be drawn into negative spirals and events.

We all know that! You find out about a dear friend that you haven't seen since long that he was going to betray your trust, and only through your finding out the betrayal in time you could prevent being hurt. And you reason to yourself:

—And I was convinced he was the walking honesty, a real Saint, incorruptible, integer and sincere to his bones!

Who is always honest, always integer, always sincere? Jesus Christ? Perhaps, but are we dealing with Jesus Christ in our daily struggles?

Images about others distort our real and authentic perception of that person; this perception is a composite one, as it is composed of rational impressions and intuition, as well as a part of past experience projected into that image.

So it's a complex matter, actually. But to avoid this very complexity, we think we can make things easy by simply circumventing the whole process and replace authentic perception with one that uses an image, an ideal, or the idea of 'heroic humans.'

The quality of a relationship, any relationship, depends on how much down the rabbit hole the two partners want to go in destroying the images they made up about one another, as a matter of automatism, and how willing they are to depart in their relationship from an authentic mutual perspective that is based upon the complexity of real perception, in the conscious knowledge that ideals

bring about delusions, falseness and hypocrisy, and are ultimately destructive in relationships.

It is so much easier to see in another person what we are prepared to see, what we feel comfortable with to see. In such a situation of rigidity, the mutually made up images in both partners render an authentic 'relating to' impossible. A relationship is never static, it always is in movement, it constantly changes. But those inner images don't, they are 'on canvas,' so to speak and thereby falsify the real perceptions of the two persons for one another.

Bridge Your Subconscious Mind

We spend a quarter to a half of our lives asleep, which means that an average of 25 years we are doing nothing but sleeping and dreaming. Think about it!

Dreams are essential forms of self-expression; they let us see our subconscious thoughts, emotions and mental images. As such, they are very important in the rather lengthy process of gaining self-knowledge.

Some psychologists write that dreams are the language of our unconscious. This is not entirely accurate because if our conscious mind did not participate in dreaming, we could never recall a

dream; our unconscious memories are not accessible, except in deep hypnosis.

In addition, dreams do not only contain thoughts, emotions and images of our individual unconscious but also thought projected upon us by others, as well as archetypal imagery from the collective unconscious.

Through our conscious thoughts and emotions during the day we impregnate our subconscious mind with a certain content which can either be positive or negative, dynamic or inhibitive. Our subconscious mind registers everything, even the number of steps you go to the grocery and back, or the convoluted track of your bus from home to office and back.

We can thus say that dreams are something like a bridge between our conscious and our subconscious mind. Besides, dreams play an important role in the maintenance of psychic health. They are conflict-solving, and thus help us to succeed in life and achieve our goals. They are also helpful when you take the decision to change habits and get on new tracks of realization.

In addition, dreams prepare us for stepping into the unknown, a novel experience, a new task to fulfill, or anything else for that matter. Dreams help our brain to connect new knowledge with existing patterns of knowledge, and in this sense they play the role of a mediator between the new and the old. Finally, dreams are real outlets for your most repressed fears and negative expectations; through dreaming, psychic tension can be discharged, thereby helping the mind to find harmony.

In the dreamwork as I propose it here, we are not going to talk about systems of interpretation as they have been established over the centuries, and more recently, by psychoanalysis. My approach is to avoid the intellectual trap of 'interpreting' the dream; instead I suggest you to go through the dream once again, right after waking up, in a state of relaxation. It's like projecting a film a second time, but that time watching it with all your conscious attention, while being in a relaxed state of mind. It's important to be relaxed for you should not attach to the dream images, nor reject them in case they are negative or frightening. You are just observing them, without taking part in the plot, passively.

This simple technique has tremendous healing power because, as mentioned before, human consciousness is self-cleaning, and self-renewing.

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That means that once you are fully aware of an inner conflict, whatever it happens to be, the conflict is over already, it's past already.

This is by far the most effective dreamwork technique I have learnt, and it's effective because it avoids to 'intellectualize' your dream, applying conceptual thought. Conceptual thinking has no place in dreamwork for it's sidetracking you from the soul content of your dreams, and their integral nature. Life doesn't know concepts, nor do our dreams! Hence, avoid dream interpretation for it's always based upon a concept: the Freudian approach, the Jungian approach, the Reichian approach, or whatever. It's a fallacy to 'interpret' dreams.

And there is one more reason to avoid interpretation of dream content. There are signals in our dreams which have no other meaning than

inviting us to 'wake up' in the dream so as to become aware of the fact that you dream, so that you can dream lucidly! For example, in a recent dream of mine, I walked to my car, which was in front of me in the parking lot, and I held the key in my hand.

Looking at my key, I looked once again more closely, for it had a strange appearance. It appeared to be an ancient symbol and the metal it was made of was not at all the one normally used for making keys for it was rounded at all ends, with a yellowish tint, that reminded of copper.

Now, if you are going to sit down ... and reflect about what 'meaning' that has for your life, you can think long ... You may write an entire Dan Brown novel about it! But it's hilarious because this symbol had no other meaning in my dream than telling me:

—Watch out, this is a dream, this is not real, and if you recognize that, you can wake up in your dream, and dream consciously!

Dreamwork is important for self-transformative processes; every little step you make to elucidate your dreams will be for you a step forward in mastering your real life. To do this work, no psychological knowledge is required: it's a contemplative work that

uses the instrument of the soul: intuition. Let me explain it with an allegory: when you want to understand a great work of art, the best to do is to contemplate the painting, sculpture, or a design in a relaxed and passive mood. This takes a minute or it takes a day, or a month, for all depends on how sharp your intuitive perception is! But the key of understanding art is contemplation, not intellectual study. While art history may help you frame the work in the historical context, it cannot help you unravel the exquisiteness of the work, as a unique expression of human creativity and genius.

We will thus consider dreams as forms of art created by our inner mind, or soul, and as such they are integral messages that we need to respect in their multidimensionality. An intellectual approach to understanding dreams would violate their wholeness and bring about

a fragmented residue of the original message. Furthermore, soul healing by the means of

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dreamwork is only possible if we treat dream content as soul content, not if we consider it as a code gibberish that needs 'intellectual' deciphering.

If you wish to have specific guidelines for solving day-to-day problems, you can address your inner mind at the moment of going to sleep and formulate, shortly and clearly, your question. You may get a response right that night, or later, depending on your readiness to receive an answer. The answer may not fit your current system of beliefs, hence you would either reject the solution or not understand it. That's why your soul will only give you the answer once you are ready—but you shall receive it without a doubt.

Sleep research has brought to daylight that dreams are not recalled unless the sleeper awakens immediately after the dream, rather than after going on to other stages of sleep. It also has been seen that motivation plays a decisive role in the recall of dreams. When you go to bed, take a firm intention to remember your dreams. This means that you give yourself a suggestion to remember your dreams with increasing accuracy. Here is an example:

From now on, I remember my dreams on a daily basis with increasing accuracy. Every day more, I shall be amazed at how rich my dream life really is, once I focus on remembering my dreams. This is wonderful!

Please be aware that the subconscious mind *dislikes coercion* as you dislike it, so please use a light touch approach for bringing about dream recall.

Dream researchers reported that when they use ‘effortful intention,’ the method seemed to fail:

—Stephen LaBerge, *Exploring the World of Lucid Dreaming*,
With Howard Rheingold, New York: Ballantine Books, 1990,
80.

It is also important that you don’t put your expectations too high. If you never had lucid dreams before, if you have never built dream awareness before in your life, to bring about a single lucid dream is a great achievement. In the beginning, I suggest you do not even aim at having lucid dreams, but just remember your ordinary dreams.

It greatly helps to keep a dream journal which you put by your bed, in easy reach. As soon as you wake up from a dream, sketch it down in the journal, at least in keywords, which you work out in the early morning. It is not recommended to wait longer for expanding all of it for you may be surprised how

quickly you forget them once you are busy with your next day's schedule.

If you are good at shorthand or you write very fast, it is even better to note the dreams as soon as you awaken. As you record more and more dreams, your dream memory will greatly improve.

Here is some specific advice what you can do when you do not remember a dream. Don't change your sleep position as it's conducive to help you remember, and then recollect pieces and fragments of the dream, and also note the feelings and register all of that in order to obtain the entire puzzle. It may not happen immediately but chances are that later, in a moment you least expect it, the dream pops again up in your mind. When you recall only one scene, ask yourself what happened before that, and again before that, reliving the dream in reverse.

Make yourself a gift and get that dream diary. It should be something valuable and precious to you, so don't buy just anything but something you really like and wish to come home to every day. And buy it exclusively for noting your dreams. Place it by your bedside to remind yourself of your intention to write down dreams. You don't need to have writing skills

for doing that; your journal is just a tool, and anyway for private use only. Keep it safe!

If you get to remember at least one dream per night, you may venture into lucid dreaming, a topic I will not cover in this book. You may want to check out specialized publications on the matter, such as the book quoted above, which contains many further references and very useful advice.

I would like to cover more ground instead on basic techniques you need to master before you can ever attempt to become lucid in your dreams. Let me explain why. The truth is that we are dreaming our lives through, not just when we are asleep. Few are those who are acutely aware of what is actually going on in their lives. The good news is that this faculty of vigilant attention can be learnt, but it's, admittedly, not an easy process. It may take considerable time.

Our wake life determines our dreams; the other way it happens as well but to a much lesser degree; it's wake consciousness that imprints itself upon dream consciousness. In other words, it's the conscious mind that impacts upon the subconscious mind. But how conscious are you really? That's all the question.

Tibetan Dream Yoga has developed visualization techniques that are conducive to enhancing our daily awareness level. When you can focus intently and with your whole energy on a symbol, for an extended period of time, without being distracted in any way by random thoughts or anything going on around you, you are ready for lucidity in your dreams—not before. And the more you are lucid in your dreams, the more you shall be lucid after passing over into the afterlife. The whole of self-development, and especially dream awareness is not just a gain for your life, but also, and more importantly, for your death! The more conscious we go on that ultimate journey, the better we can cope with the ethereal realm of the afterlife, where mind is more important than matter not only in the sense of a metaphor, but in real life, for if you are aware, you will be able to direct your etheric body wherever you want to, and you can consciously experience whatever you like.

And more importantly, you can stay off any temptation to get on a stray path that may lead you straight toward the next incarnation. Reincarnation is not a must for those who are fully aware, for they can choose their destiny! This may give you a hint as to

the ultimate importance of self-development which in that sense is actually *soul development*.

Affirmative Prayer

Now let me explain more about the method that most of this book is about. I have not put this at the beginning of the book in order to not give it a too 'academic' touch. So let us inquire now more in depth what this prayer technique is actually all about. We have already seen that intention is something rather important in self-development, for example for 'waking up' in dreams and becoming lucid. If you have never worked on focusing your intention, it may be nearly impossible to use it for lucid dream incubation. That's why I believe that first you need to really get into sharpening your intention by learning a technique for self-improvement that has been time tested and that is also in the meantime backed up by neuroscience.

Prayer has gained a new-found popularity in our days of novelty. Backed by psychosomatic medicine and hailed as a true path to healing and self-healing by cutting-edge scientists and physicians such as Larry Dossey or Deepak Chopra, prayer has today *overcome the unwholesome split between mind and body* as

it was promoted by Newton and Descartes who declared our body to be a clockwork machinery. Results produced by prayer groups are actually so convincing that chance cannot explain them, and science was baffled at first, until research on the power of attention brought in the evidence.

Affirmative prayer or 'creative prayer' as I term it, is not to be confounded with prayer as part of a religious ritual, the prayer people do in mosques, churches and synagogues.

It's a phenomenon that can be explained with morphic resonance or the law of associative attraction. Like attracts like is not only valid for humans, but also for thoughts and emotions! In ancient times this was expressed with the metaphor 'As it is above, so it is below!' Abel A. Allen expresses it in his essay 'As A Man Thinketh' with the formula that thought is matter in the sense that it has a definitive and provable influence on life, and is actually the force that informs destiny.

To put it in a simple way, your thoughts are building the conduit for what you are going to attract: if they are positive, you are attracting positive events, things and people into your life, if they are negative,

you are attracting toward yourself experiences, people or events that are not what you actually desire!

EXERCISE

A. Relax completely

While being in a comfortable position, lying in bed or sitting relaxed in an arm chair, gently close your eyes and relax your head, neck, back, arms, and legs. Completely let go of all muscular and mental tension, and breathe slowly and restfully. Enjoy the feeling of relaxation and let go of your thoughts, worries, concerns and plans.

If you have just awakened from sleep, you are probably already sufficiently relaxed. Otherwise, you may use the progressive relaxation exercise.

B. Relax progressively

Progressive relaxation was coined in 1929 by Dr. Edmund Jacobsen from Harvard University. It has ever since been the most widely used relaxation technique. To begin with, lie down or sit comfortably in a chair. Close your eyes.

1. Attend to your breathing

Pay close attention to your breathing without controlling it. Allow it to deepen. Take a few breaths

by moving your diaphragm down slightly while inhaling, pushing your abdomen out and drawing air into your lungs. Allow yourself to sigh deeply on the exhale, letting tension out as you do so.

2. Progressively tense and relax each muscle group

Tense and then relax all the muscle groups in your body, one at a time. Begin with your dominant arm. Bend your hand backward at the wrist, as if you are trying to place the back of the hand on your forearm. Hold it tight for five to ten seconds. Pay attention to the tension. Release the tension and relax. Note the difference.

Tense and relax again. Pause for twenty to thirty seconds as you take a deep abdominal breath, then exhale slowly. Repeat the procedure for the other hand. Then repeat the whole sequence for your forearms, upper arms, forehead, jaws, neck, shoulders, abdomen, back, buttocks, legs, and feet. Pause between each major muscle group, take a deep breath, and release more tension in a sigh.

(Adapted from Edmund Jacobsen, *Progressive Relaxation*, Chicago: University of Chicago Press, 1958).

Relaxation induces in our brain the so-called *alpha state*, a condition of higher receptivity, which brings about a higher level of *coordination* between our two brain hemispheres.

This following overview over all our possible brain waves reveals that alpha waves are among the longer brain waves.

The longest brain waves, predominant when we are in deep slumber and not dreaming are *delta waves*. They are 0.5 to 3 Hz per cycle. Second among long brain waves are *theta waves*, predominant when we are drowsy and drifting into sleep and dreams; they are 4 to 7 Hz per cycle. Now, we got the *alpha waves* which manifest when we are in a state of relaxation or meditation, and in the short interlude between wake and sleep; they are 8 to 12 Hz. Finally, among the short brain waves, we got the *beta waves* which are characteristic for our thinking activity, for our wake state, and for conversation; they are 13 to 30 Hz per cycle. Last not least, there are ultra short brain waves, called *gamma waves*, which are manifesting when our brain is in overdrive; they are 31 to 120 Hz.

- Delta waves—0.5 – 3 Hz
Deeply asleep and not dreaming

- Theta waves—4 – 7 Hz
Drowsy and drifting down into sleep and dreams
- Alpha waves—8 – 12 Hz
State of relaxation or meditation
- Beta waves—13 – 30 Hz
Busily engaged in activity or conversation
- Gamma Waves—31 – 120 Hz
Hyper brain activity

In the state in which *alpha waves* are predominant in our brain, the two brain hemispheres have shown to be most coordinated. This means that our thought processes while we are in alpha are more integrated.

When are we in alpha? Typically, in the interval between wake and sleep or, artificially induced, while we do relaxation. In alpha, typically our brain functions in a way that left and right brain hemispheres work together in synergistic and complementary cooperation. What affirmative prayer does in fact is to gradually reorient the brain toward a *more integrated functioning* by dissolving the habit to function only on the left hemisphere, a habit that is conditioned through our left-brain oriented education and culture.

The second element that favors whole-brain thinking is creative visualization, which actively involves our spatial and pictorial thought capabilities

and helps our prayers to be accompanied by pictorial content.

This makes for an *integrated functioning of the two brain hemispheres* during visualization because imagination is a right-brain quality while reciting the prayers, as it involves language, is per se a left-brain activity. Visualization therefore *enhances imagination* and stimulates the right-brain hemisphere to participate in the creative prayer process.

How to work with the prayers?

Best practice is to calmly recite them at least twice a day, in the morning after waking up, and in the evening before going to sleep, so as to profit from the natural relaxation that occurs during these special moments of the day.

Creative prayer helps imprint your subconscious mind with positive images, images that heal and help you to be successful and happy in all areas of life.

What creative prayer does in fact is to gradually change your mindset which is now perhaps a mindset of limitation, to a mindset of infinite possibilities. Our destiny as human beings is to be *happy, powerful, joyful and blessed*. The only limitations there are, really are the limitations we set for ourselves.

Therefore, it is essential that you find out about the *black magic of negative thinking*. It is negative thinking, and, resulting from it, wrong action that created much of the plagues humanity is suffering from till this day.

BUILD A POSITIVE ATTITUDE

It is not esoteric to have a positive mental attitude. It is directly related to, and connected with, our daily life experiences and relationships. We do not need philosophical speculations and concepts in order to adopt a positive attitude. To have more success and achieve more happiness is not a function of effort alone, nor even of intelligence. All our outward experiences are the result of our *inner attitude* projected onto the interface of real life. Our thought today is our reality tomorrow, it's as simple as that.

Creative prayer helps to create positive reality in transforming your thought structures. Many of us are driven by *negative inner scripts* written in early childhood. Some of these inner programs, or some elements of them, may even have been imprinted on our mind during former existences.

These inner programs drive us unconsciously and if they are negative, they bring about frustration and

unsatisfying or even hurting life experiences. This is because inner programs are composed of thought and emotional patterns that, since they are repetitive, hold us within a vicious circle of frustrating life experiences that in turn seem to justify or to confirm our negative worldview.

Positive reality and success, happiness and fulfillment are not a chance; they are programmed! However, the will and intention alone to change our inner program are not enough. They are necessary for the start, and even the primary condition for it, but they cannot do all the work needed to erase decades or even centuries of negative self-programming.

This is so because much of our inner program is unconscious. We are not aware of it and have the impression that all comes upon us from outside. Hence, the need to practice, consistently, and with persistence, on a daily basis. For doing creative prayer, you need to build an unwavering inner attitude, for the results will not show up immediately, which is why you need to persist.

NEVER BLAME YOUR FATE

You may know the story of Job from the Bible. What does this story tell us? It tells us that blaming

fate or 'God' is not a solution for our problems. It is tempting to blame your fate especially when you have begun doing affirmative prayer and you don't see results, or you experience drawbacks and failures despite the fact that you are diligent in doing your daily prayers. This is a normal process. As an illness worsens once it is treated, for a while, once you start out with creative prayer, what happens is that the old garbage in your mind is removed, first of all. If you have never done affirmations, especially if you are generally a negative thinker, there may be weeks or even months needed to clean up the negative thought forms in your mind.

During that initial period, it is well possible that you experience drawbacks, as gradually you begin to be aware of what was *formerly deeply repressed* in your unconscious: your negative attitude! But this is a temporary condition, and it's precisely why you need to persist and not give up.

Job blamed God constantly for his misfortunes; he was lacking faith, which is a positive expectation, the conviction that only good can come to you. Of course, once you are in such kind of a pattern, you are creating a negative spiral, so the more you blame your fate, the more negative experiences you attract, which

reinforces your conviction that you were born on the wrong side of the tracks, and so on and so forth.

The only way to get rid of this crux is to unconditionally affirm that you are guarded and watched by a graceful muse whatever you name it, and that you are taken care of and guided. This attitude attracts to you what you really desire!

FORGIVE AND CHOOSE

Once you are committed to changing your basic attitude toward life, you need to understand that you are not driven by outside forces or other people, but uniquely by yourself. It means to admit that you are the only cook of your destiny soup. Which in turn means that you have to forgive yourself and others regularly and unconditionally, just like breathing.

After forgiving and in the relaxed state, you calmly recite your prayer, which deeply penetrates into your subconscious mind, especially if you repeat this procedure several times a day, and over a certain period of time.

Positive thinking leads to faith, a strong conviction that you will always attract the very best to you. Faith is not a mysterious grace fallen from heaven for select beings; it is available for everyone. It comes about not

by chance, but by the constant intention to benefit others that is sustained and nourished by positive and empowering prayer.

KEEP IT SHORT

Creative prayer works with mantra-like formulas that we repeat to ourselves in a relaxed state so that they become part of our unconscious thought pattern. Our overall mental attitude reflects the program that we run in our subconscious mind. To change your inner program from negative to positive, you need to use affirmations that are to the point, short and clear, not convoluted. Here is how to do it.

Write your prayer down, using short sentences, and avoid negative expressions. For example, if you want to stop smoking, don't write 'I will not smoke anymore,' but write:

Living naturally, like children, is easy and enjoyable for me. I eat naturally, I breathe naturally, I sleep naturally. I am free now from any substance that interferes with my natural condition. This is wonderful!

CREATE YOUR OWN REALITY

What if relativity theory was actually a universal concept in the cosmos, more than a mere science

theory but a philosophical concept? You only need to remember how you see the world when you are angry, and how different it seems to you when you are content and happy.

The inside and the outside are one! When we are black inside we encounter black outside. It is very strange but when we are filled with negative emotions, we encounter negative people, unlucky, unfortunate people, those who are mutilated, either physically or mentally. Yet when we are positive and happy, the world seems populated with angels. This is not a trick of our imagination. It is because we project our inside world toward the outside and thus re-create creation.

Once you realize that your inner world creates your outward reality, you will proceed with care and awareness when creating your inner reality, or when you recreate it. You will then watch out what you affirm, also regarding the 'world' as a whole and other people. You will want to affirm only the best, and you will affirm harmony as the guiding principle for all your relationships.

CHANGE YOUR INNER PROGRAM

All of us are driven by an inner program. This program is a mixture of heritage, upbringing and self-programming. Unfortunately for many of us, this program is more or less negative, thus blocking the realization of our evolutionary potential.

Creative prayer erases or neutralizes the negative content of this program bit by bit, replacing it by a new and positive one. Your inner program is reflected by your self-talk. If you want to find out about it, you only have to watch your self-talk or self-thought-talk during one day.

Many of us are not conscious of their self-talk. Perhaps you will be surprised, once you observe it, how negative it is, how cynical, disempowering, or how colored by guilt and fear. You can transform your self-talk so that it serves to bring you forward instead of blocking you; you can change your inner black magician into a white magician. If you wait for others to empower you, you may wait a lifetime!

You are at the root of your success or your failure, you are the carpenter of your house of life, and it will look outwardly exactly how you inwardly built it.

BE MORE CREATIVE

Many of us feel they need more creativity or spontaneity. They perform well within established ways and routines, but when it comes to invent, to create new forms, to change established routines, to open up new pathways of realization, they have difficulties and feel blocked or inhibited.

This is predominantly the result of a mindset that is too much left-brain oriented, disregarding the wide range of creation potential located in our right brain hemisphere.

Our two brain hemispheres carry out different tasks and are *organized in different ways*. We reach our full creative potential only if we imply the right brain hemisphere in our thought processes and thus think with both sides of the brain simultaneously engaged.

This means that our thought processes have to be *coordinated* so that they work as one whole integrated thought process that is based upon the harmonious functioning of the full brain. Learning and creativity are greatly enhanced from the moment we use the full brain.

With our brain hemispheres it's a bit like with the *potentialities* of two persons. We cannot say that one

plus one equals two when we talk of two people brainstorming for new solutions. We all know that in this case we have a multiplication factor or potentiality factor built in the cooperation of these two people. It is the same with our brain hemispheres. Left hemisphere plus right hemisphere is not two, but perhaps millions.

This being said, affirmative prayer is conducive to increasing your creativity potential. There is nothing more you need to do about it. Suffices you have the firm intention to be more creative, more spontaneous, and more flexible, and you affirm this intention in your prayers, as for example:

Every day more, I receive promptings and monitions from my subconscious mind that show me surprisingly simple and creative solutions to all my problems. I give thanks for the increase of creativity and spontaneity in my daily life!

PRACTICE CREATIVE PRAYER

How Can I Be More Useful?

After having followed the *general instructions* so that you got some basic experience in connecting to your inner universe, please get relaxed and focus within you.

Affirm that *Infinite Wisdom* in you wants your best and finds now your true place, the place in space and time where you can and will be supremely useful to all beings and to the best for humanity.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

Infinite intelligence guides me now to the place, and to the people and circumstances where I am truly useful in that all my wonderful gifts and talents will be serving others and humanity at their highest possible level. I give thanks for the joy of the answered prayer.

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Lose Weight?

Affirm that *Infinite Wisdom* in you has created you once with a perfect body and mind, and a perfect shape of this body. Affirm that this supreme wisdom

in you cannot fail and will now rebuild your body shape in the most perfect and the most beautiful way possible.

Visualize as you would like to see yourself when looking in the mirror. Find the ideal picture of yourself and imprint it on your mind while affirming that the infinite love in you wants your best and wants you to be beautiful, attractive, joyful and fulfilled in your love and your desire.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

Infinite intelligence knows my ideal body image. This image is part of my essential life pattern and it is imprinted and coded in my cells. I will gradually remember this original image and shall listen to the promptings and monitions of my higher self that guide me toward the right diet. I give thanks for the joy of the answered prayer.

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Stop Smoking?

Affirm that *Infinite Wisdom* in you has created you once with a body and mind that did not know the need for smoking. Connect to the supreme power within you and affirm that from now on your desire to smoke will decrease every day until it will vanish completely.

Do not punish yourself for smoking, do not blame yourself for it, do not criticize yourself or others to have this need. All punishing, blaming and criticizing will keep you away from giving up smoking. In the contrary what it does is to subtly justify your attachment, thereby reinforcing it.

Letting go your desire to smoke goes along with letting go any justification of it and any rejection of it. Just quietly affirm that you are now completely free of a desire to smoke and that your body and mind will completely heal from the damage you have done to it.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the

evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

Infinite intelligence knows my primary body condition. When I was a small child, I did not know what smoking is and did not need it. Living naturally, like children, is easy and enjoyable for me. I eat naturally, I breathe naturally, I sleep naturally. I am free now from any substance that interferes with my natural condition. This is wonderful!

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Be Happy Sexually?

Affirm that *Infinite Wisdom* in you has created you with sexual desire and that this desire is good and healthy. Affirm that the infinite love in you wants you to be happy and fulfilled sexually and that it now attracts to you the ideal partner for a complete union that brings both of you supreme fulfillment of love and sexual desire.

Do not mind it having strong sexual wishes or urges, do not blame yourself for it, do not criticize yourself or others to have this need. All punishing, blaming and criticizing will keep you away from living your sex life naturally.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

Infinite intelligence is my constant guide and counselor. This wisdom in me knows all my longings and desires and it wants me to be happy and fulfilled in my love. I am open now for its wistful guidance, and positively stimulated to meet the ideal and loving partner who will cross my way. I know that, when this happens, I remember this prayer, to be sure it is the mate I have attracted through this prayer. This is wonderful.

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Lead A Life of Fulfillment?

Affirm that the Infinite Wisdom in you has created you to lead a life of abundance. Observe nature all around you and become aware that life equals abundance, fullness, riches and variety. Find out your limiting beliefs and write them down. Then visualize that divine light dissolves all those beliefs in you.

Affirm that Infinite Wisdom that has created you with your longing to live joyfully and abundantly, in accordance with cosmic law and order. Affirm that *all your wishes and desires* do not hurt anybody and bring riches and abundant life and prosperity not only to yourself but to all beings.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

Life is sheer abundance. I know that during intercourse, for fertilizing one single egg, nature provides millions of sperm cells in one single ejaculation. If I follow the scarcity paradigm as so many others, I do this because of conditioning, not because I know better. I do know better on my subtle, subconscious level. On this innate level of intelligence, and in my body, I know that life equals abundance. I thus can only be abundant, and more abundant. I can only attract more and more of the good I wish to see in my life, money, riches, variety of

experience, and surplus. The divine order secures a surplus for my material and spiritual riches at all times, and I give thanks that this is true. Every time now I have a thought that affirms anything else but abundance, I immediately affirm that I am henceforth following the life principle, which is surplus, ever more surplus, every day, ever more abundance every day. I feel very happy that this is so.

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Solve Financial Problems?

Become still and grow in awareness that all your problems are your own creations, the fruit of thought and actions which were based on erroneous beliefs, the mass spirit or limitations that you have set for yourself.

Connect to the source within and affirm that your financial problems are dissolved this very moment. Affirm that the Infinite Love & Wisdom that has created you wishes you to live a life of prosperity, joy

and abundance and to grow in consciousness. This consciousness is within you and it is free of any limitation and any struggle. It is but harmony and peace! Feel united with this immense harmony and peace within you and visualize your problems wiped out from the screen of your mind, one by one.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

I am here not for suffering endless constraints, but for living a life of abundance, in accordance with the life principle, which is positive and life-giving, attracting to me prosperity, and ever more prosperity. I look upon money as a divine substance, for everything is made by one spiritual force. I know matter and spirit are one. Money is constantly circulating in my life, and I use it wisely and constructively. Money flows to me freely, joyously, and endlessly. Money is an idea in the mind of the universe, and it is good, and very good.

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Become Independent?

Become still and aware that you should not depend on anybody, neither your partner nor your parents, nor on any artificial enrichments such as drugs, medicaments, alcohol, obsessions or anything else that limits your freedom.

Connect to the Infinite Peace & Joy within you and affirm that you are now, and forever, entirely and joyfully free from all that keeps you chained, and *affirm freedom* for all the people or things that represent those chains for you.

Become aware that your inner wisdom and power can only work for your best once you are *independent* from all and every bondage. This independence is the condition for your true interdependence and connectedness to all-that-is..

Affirm that your true destiny is a free, unlimited human being, full of joy and growing every day in riches of all kinds.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the

evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

I am free, unconditionally and joyfully free from all chains and from all bondage. It is my birthright as a human being to be free and to be a being of choice. I can only choose when I am free, which is why freedom is the very condition human life is based upon. As a volitional being, I make choices every day, and I am choosing peace, happiness, abundance, love, fulfillment and prosperity. My life is directed by my choices, and I am choosing right now, I am choosing what is in accordance with the life principle and what brings me and all around me true freedom and abundance with every day to come. This is wonderful.

Be confident that after having practiced this affirmation for about three weeks every day, it will come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

How Can I Become and Remain Healthy?

Become still and grow in awareness that *Infinite Energy* has created you according to its perfect image and that your illness is the fruit of your own destructive thought patterns and the perpetuation, in

your thought and feelings, of negative or traumatic life experiences. Affirm that the perfect image in you is becoming manifest now every day more in your mind, psyche and body, that the divine in you cannot be sick and that you are one forever with this divine image in you that is perfect, unspoiled, pure, healthy and radiant of joy and life.

Affirm that your true destiny is perfect health, joy and growing vitality, strength and riches of all kinds.

Repeat the following affirmation about twenty times, in the morning after waking up, and in the evening when you go to sleep, or at any time during the day when you are in a state of relaxation:

Health is my natural condition, the natural condition of all life in the cosmos. Health is balance, a balance of yin and yang in me, a balance in my actions, in all my behavior, in my thoughts, in my emotions, and in my relationships. Health is radiance, vibrant strength and power. Health is the nature in me at full blossom. I am thus healthy by nature. This natural force in me grows stronger with every day and it gradually dissolves all that is unhealthy in me. Health is indeed my birthright and I affirm it now and every coming day when I wake up in the morning and before I go to bed. I am healthy now, and remain healthy, and this is wonderful.

Be confident that after having practiced this affirmation for about three weeks every day, it will

come true. Do not doubt it! Do not fear anything. Fear and doubt hold your wishes from coming true.

Every time you feel fearful, every time you doubt, repeat the affirmation quietly in your mind, at least ten times.

The Impact of Music

Music has a considerable impact upon our unconscious and our psyche in general, especially Baroque string music and classical music. Ancient acoustic instruments, such as the guitar or lute, the harpsichord, the cello, the violin and the contrabass exude harmonious vibrations for our entire *vibrational* organism. This is so because we are essentially vibration. All life is vibration, and the human organism is by far the most complex of all vibrational devices on the planet. This is why negative vibrations can affect us badly, they may render us ill over time.

This is something we are increasingly confronted with, a topic that is in the media now almost daily, for our body reacts in alarming ways to both very short and very long waves; similarly it reacts defensively to sounds which are ultra low frequency, such as the buzzing sounds around electric transformers.

Physicians, psychologists and sound researchers are telling us with increasing stress that we are today surrounded by toxic sounds and frequencies that are somehow the price we pay for our high-tech civilization.

By the same token, this research has found that musical instruments that emit frequencies between 5000 and 8000 Hz are the most beneficial for psychosomatic health, a fact that was known to ancient healers in most ancient wisdom traditions. For example in ancient Greece, the *Lyre* was used for healing, a string instrument similar to the modern lute, with the difference however that it was tuned in whole tones, such as, for example, the Japanese Koto or the Chinese Zheng.

Another instrument that has a very beneficial impact on our psyche and organism is the *Harp*. It was for good reason always associated with angels, and with the invisible strings of love! From the Gestalt, the harp is most closely related to the ancient *Lyre*, with strings aligned vertically that are plucked from the side. And both in ancient Greece and today, the players of these magic instruments were women, not men!

Structurally balanced music has been shown to incorporate the divine proportion in the composition; this also is an important element that needs to be accounted for in the consideration of which music is beneficial for our organism. It's not only the instrument but also the music that is played on it.

For example, the music of Bach, Vivaldi, Handel, Telemann, Haydn, Mozart or Beethoven, and especially the even older Renaissance *Lute* music exudes positive vibrations that foster inner harmony and balance in our psyche and body. This is also and especially the case with music that was deliberately composed with the divine proportion in mind such as the music of Hildegard von Bingen.

It is very important in this context that the musical instruments be acoustic, not digital, for a digital instrument is deprived of overtones, and thus has no soul. It doesn't vibrate together with our body's frequency, our 'inner strings.' Suffices to take a simple guitar, a cello, flute or a piano, and really listen to the sounds produced, and you will feel that the vibration affects your mind and body, in a way that may surprise you, if you never actually made the experiment.

Great music has a direct access to our soul! Without music there is no creation, no life, for all our universe is nothing but a gigantic musical instrument, and life is a cosmic dance!

There is no better way for experiencing religious ecstasy and contemplate wholeness than to use high-quality music to get you in a trance-state that helps you to surpass your conceptual thought interface, and venture into the realms of true creativeness.

It is very important in this context that the musical instruments be acoustic, not digital, for a digital instrument is deprived of overtones, and thus has no soul.

The ancient myth of Orpheus conveys a very important message: the enchanting effect of music. If you don't believe it, you don't have to for you can explore the matter in a scientific manner. It is a fact that music harmonizes our two brain hemispheres and coordinates them, and that it gives structure to our thoughts and emotions.

—See, for example, Jonathan Goldman, *Healing Sounds: The Power of Harmonics* (2002) and Joachim-Ernst Berendt, *Nada Brahma: The World is Sound: Music and the Landscape of Consciousness* (1991).

Depending on your personal preferences, you may not want to use progressive relaxation, as I presented it above in this chapter, but music for getting you into a state of direct lucid awareness; you may not want to use meditation either, so much the more as it's a technique born in the East which has barely any connection with our own culture.

If you choose music for guidance, healing and creativity boosting, you have chosen a *powerful catalyzer*, but you need to listen to the right music. I won't write more about this subject here, for it's not for everybody to choose the direct way to heaven ... and you need to develop your intuition for distinguishing good music from bad music, and good vibrations from bad vibrations. It's difficult to express this in language other than music itself which is of course a language, and an innate one, for that matter.

The Spontaneous Artist

Last not least, I propose an auto-therapeutic method I am working with since more than twenty years. It has been called 'spontaneous art;' some call it serendipity art. It is art that comes without a technique, which means that everybody can do it. You just need paper, crayons, or water color, gouache, felt

pens, markers, or whatever you prefer to express yourself with colors and forms. The most important in spontaneous art is that you *create what comes to mind*, without using your rational thought interface.

This means that you do not judge—this is very important! Forget as much as possible what was told in school, in your art class, and what you learned about great visual artists. We are not here for becoming great painters, we are here for healing ourselves! That’s a marked difference in intention and that’s why you can relax and let go, and leave behind all your preconceptions about art creation.

—Every child is an artist, the problem is to keep creating like a child once one is grown up! said Picasso.

There is thus no need that what you produce has any resemblance with outward reality. The idea is to express your inner reality!

Who says that our inner world is less real than the world around us ignores that fact that humans come with a unique faculty called the ‘imaginal realm.’ In the words of psychiatrist Robert M. Stein:

Creative psychological development,
individuation, is dependent on spiritual freedom.

When we say, for example, a man has a free spirit, do we mean that he freely or necessarily transgresses the imposed manners, mores and taboos of his culture? I think not. But it does mean the freedom to do anything or go any place he desires in the imaginal realm. He is a man who has clearly distinguished the sacral, timeless world from the secular, historical world. He knows he can move with unashamed dignity among the gods and demons which belong to the mundane world.

—Robert M. Stein, *Redeeming the Inner Child in Marriage and Therapy*, in: *Reclaiming the Inner Child*, ed. by Jeremiah Abrams, New York: Tarcher/Putnam, 1990, 261 ff., at 265.

Spontaneous art is a way to exteriorize our inner images. Everybody can do that. That's why we are all born artists. We only have to let go and do it.

There is no need to interpret the images, forms, symbols or colors that you will produce; the effect is therapeutic, a direct expression of our subconscious mind. This is so because all what comes to the surface of consciousness loses its negative energy and becomes positively transformed. In reality, it's our ego with its dualistic thinking, it's splitting off life in 'good' and 'bad' that creates inner tension. It's our inner war, the eternal struggle of self against self, so deeply rooted in our cultural heritage.

Spontaneous art was known to sages, shamans and healers around the world, since times immemorial.

The adaptation to norms and social rules we are all going through during our younger years is a dialectic process in the sense that total adaptation would result in the loss of individuality—we would become robots—whereas total rebellion would lead us into a more or less painful state of isolation from society that would equally not result in happiness. Thus, a midway needs to be found between individuality and adaptation to society, so that we can expand our individual vision of the world within the whole of society, without transgressing the limits of the self and interfering in the boundaries of others.

Rewrite Your Life

Writing bridges the conscious and the subconscious mind. It is a psycho-neuromuscular activity and literally imprints the brain.

—STEPHEN R. COVEY, *THE 8TH HABIT*, 157

Rewriting your life is a neurointegrative process in that your conscious mind *interacts with your subconscious mind*; this interaction is astonishingly not limited to the time spent in writing but has also an

after-effect. It may well go over the next 48 hours and even a few days. This is why every writing session, when you write with your imagination engaged, is a process of *restructuring your entire thinking process*, and thereby an agent for healing.

In other words, writing makes order in your mind; by putting words on things, events and feelings, you are raising your personal life to a cultured life, for culture is language.

This is the reason why writing down your dreams contributes to building self-awareness. Even more so, when you rewrite your autobiography, you are changing the framework of the 'reactive psyche' into a new framework of 'acting psyche.' Let me explain.

I wrote my autobiography at a time of inner turmoil and deliberate change, in my thirties; it was around one thousand pages and covered just the slice of time until age 33. In this text I had really undertaken a psychoanalysis not only of each family member but also of the family 'climate;' and the result was totally disempowering.

I had painted my life entirely in black color, influenced by the psychology of the 1960s and 70s that reduced all in life to what we have experienced

as a child, a psychology that denied karma and personal responsibility by and large. It was basically saying: 'When you had a bad childhood, you can never have a good life.'

In this sense, this psychology was deterministic and left little room for personal achievement if only one had a 'difficult childhood.'

Today we know that this psychology was mechanistic as we are not driven by events suffered in childhood. Neuroscience has given us the proof in recent years that our brain is incredibly flexible and has amazing plasticity for our neuronet to be changed when there is a deliberate intention to do so, and we act upon this intention. In addition, studying the lives of many highly successful people, I found that they grew and grow through challenges, not because they had ideal conditions at any time in their busy lives. And busy they are, and even as children!

I realized that rewriting our autobiography is the way to achieve this seemingly uncanny transformation.

It doesn't mean to cover up negative events or experiences; it rather means to put the focus on the positive ones.

We all had and have both positive and negative experiences in life. Research delivered the proof that people do not grow into failures or successes because they had more negative or more positive experiences in their lives, but because *they react differently* upon those experiences.

In other words, there is a space between stimulus and response, and there the people who are successful use this space for giving meaning to the pain they experience, while the others don't.

What happens when we do that? We acknowledge that life is a learning process and that often in life we learn more through hardship than we do when everything runs smoothly.

In addition, neuroscientists discovered that we *remember negative events and experiences more readily than positive ones*. This is probably one of the reasons why our first autobiographic sketch, especially when written in younger years, is almost always one in which we try to blame parents, teachers or 'destiny' for our shortcomings. In my own case, I did not exercise at that time the 'inner space' that would have shown me that my childhood had been a tremendous

learning experience that enriched and strengthened me.

It was only more than twenty years later that I discovered the positive benefits of ‘rewriting my life’ in the way I present it now in this program.

Q & A Session

Q. What are the ‘head’ and the ‘tail’ of *Life Authoring*?

A. It’s a metaphor for the fact that the relationship we maintain with others reflects the relationship we have with ourselves. In Antiquity this was called ‘Know Thyself.’ When this inner dialogue is constructive, we experience inner coherence, which is something like an alignment with the higher purpose of the universe. In other words, there is a dialectic relationship between our inner reality and the world around us.

Q. Why is dialogue of importance at all?

A. All human history teaches that at the beginning of war there is a rupture of dialogue between the warring states. On the inner level, it is important to embrace all our emotions and integrate them. All the energies we disown will turn against us. Hence the importance of a dialogue with all our inner entities or energies.

Q. How would you define voice dialogue?

A. Voice dialogue is a method for getting in touch with our inner selves. It requires us to get into the alpha state through relaxation, for relaxation lowers our inner defenses and makes us more focused on our inner processes.

Q. What are some of the things we can heal in the alpha state?

A. We can heal childhood trauma, change our self-image or reprogram ourselves positively.

Q. Why do some people experience a ‘repetition urge?’

A. It’s an automatism of our brain and has to do with the trauma response. When we experience trauma, our brain always protects us by a response that releases the emotional pain by substantially reducing conscious perception of the event, and subsequently represses the memories of it in the unconscious. This results in our surviving the hurt sanely, but has the disadvantage that later we will face a ‘repetition urge’ which means that our organism tries to repeatedly bring about a similar event in order for us to react to it properly and thus gain the overhand.

Q. What happens in our luminous body when we experience traumatic events?

A. Imprints will be created in the luminous body. The memory lapse or amnesia is only one effect; another is

the fact that such traumatic events leave in our luminous energy field an impression which causes our energy flow to stagnate or turn negative with the result that our emotional flow and balance are impaired.

Q. Can you name one well-known result of those imprints in our luminous body?

A. It's the so-called 'fear of life,' a general fear or anxiety that has no direct object.

Q. What may happen if imprints in our luminous energy field are not detected and healed?

A. They may cause physical and mental illness and they also have an impact upon our sexuality and the way we handle our emotions.

Q. What is the best therapeutic approach for healing those imprints?

A. It's to revitalize the emotional flow, the vital energy flow of the entire organism, which will restore inner harmony and peace.

Q. Do we need a professional therapy or psychiatric counsel for doing that?

A. No, it can be done in meditation or through the equivalent process of introspection, at least as long as no somatization of such an imprint has taken place yet. In case physical or mental disease has set in, professional counsel is of course needed and recommended!

Q. Can you name a typical signal that healing is taking place?

A. Typically, in such a case, key events from early childhood are suddenly remembered, and when we follow up to such keys we may detect the original event that led to the trauma response.

Q. What is another term for the 'younger self'?

A. Inner child.

Q. What kind of child is that inner child?

A. It's the child we have been in the past and that we have internalized. Its energy is still present in our psyche and we can establish a fruitful dialogue with this inner entity. However, with many people, the inner child has to be recovered first as it was silenced by the inner controller of the person. With most people in our culture, the inner child is in a state of catalepsy and needs not only to be recovered, but also to be healed.

Q. What is the one single most important influence of the inner child on us?

A. It's the immense creativity of our inner child, its youthful careless approach to convention, conditioning, dogma, rules and regulations, and authority. The inner child is badly needed for the creative process, and all creators are aware of that in one way or the other.

Q. How to deal with inner images?

A. We automatically create mental images about ourselves, other people, and the world at large. These images may condition us if we are not aware of them, and do not regularly destroy them, thereby refreshing our perception. In relationships, these inner images can really have destructive effects for they actually constitute projections. These projections lead to sentimentality and falseness in the relationship, and they are often the cause for divorce, both in intimate relationships and in business relations.

Q. How has the idea of 'heroic humans' contributed to such kind of projections, and thereby to sentimentality and falseness in the public discussion about human qualities?

A. The 'hero culture' is the result of the solar worldview, as Joseph Campbell put it. It's the result of a patriarchal bias that puts the male up as a superior entity that the female has to serve. In its modern form, this patriarchal aspect is hidden, however, and what remains are huge projections made upon certain people in the sentimental longing to 'better human nature.' Apart from the fact that human nature is perfect as it is and doesn't need to be 'bettered,' the main quest of heroism is actually war, in all its forms, war of the sexes, war between religions, war between nations, war between concepts, war between worldviews, and so on. It's an eternally conflictual worldview that is often falsely

justified by Darwin's evolutionary theory. In fact, it's a compensation for feelings of inadequacy that are rampant in every 'solar' culture and which are the result of a harsh and insensitive education of children.

Q. How to bridge our subconscious mind?

A. One of the best ways is to remember and note down our dreams, as they are the language of our subconscious mind. Without interpreting dreams, as this leads to intellectual assumptions and projections, we should capture their soul content, and their emotional content. They always speak in metaphors but we need to learn our 'inner language' in order to understand them intuitively. This cannot be learnt in theory; the understanding of dreams comes with dreamwork practice over quite extended periods of time.

Q. How can the subconscious mind help you with your daily problems?

A. You can address your inner mind at the moment of going to sleep and formulate, shortly and clearly, your question. You may get a response that night, or later, depending on your readiness to receive an answer.

Q. What is the best time for dream recall?

A. Research has shown that the best time is to directly awaken after the dream rather than waiting until the morning to recall and note the dreams. What happens when we experience several REM phases (which are the

dream phases) during the night, typically only the most recent ones we be recalled at the time of waking up, while the earlier ones are forgotten. However, through extended periods of dreamwork, dream recall steadily increases and after some time it may be possible to remember all the dreams of one night, one after the other, typically going from the last to the first, in reverse order.

Q. What is important physically for dream recall?

A. Research has shown that we recall dreams better when we adopt the same sleeping position in which they occurred, which means that the best way to recall your dreams is to maintain your last sleeping position while mentally rehearsing the dreams until you have embraced them safely by your rational mind, and have memorized them. Then you get up and note them down.

Q. What is the best way of fostering dream recall?

A. To put paper and pen next to the bed, every night, and use this also during the night to at least jot down some memory hints to better recall dreams in the early morning.

Q. What is affirmative prayer? Are there any other terms to denote the same thing?

A. Affirmative prayer has also been called 'scientific prayer' (Dr. Joseph Murphy) or 'self-suggestion' or 'auto-suggestion.' I myself termed it 'creative prayer' because

this kind of prayer, which is not the prayer we do in churches, mosques and synagogues, is a creative response to life, and has a direct creative impact upon our life.

Q. What is the impact music has upon our psyche, and even our physical body?

A. Music is vibration as all in our universe is related to vibration. In addition, music is a function of time and thus can put us in a sort of timeless state for as long as the music plays. According to the type of music, and its quality, the vibration it has upon us may be positive or negative. It is our responsibility to choose good and constructive music for a positive impact upon us. In ancient times, music was used for healing the body. Music was also used for invoking ecstasy in religious ceremonies. This is still today the case to a certain extent when the church organ plays during the mass. Research has shown that music has an impact even upon the human fetus. For having a good natural vibration, music should be played on acoustic, not digital instruments.

Q. Why is spontaneous art, next to writing essays and practicing creative prayer, as part of life authoring?

A. It serves the expression of our repressed emotions, and as such has therapeutic value.

Q. What does it mean to rewrite your life?

A. Rewriting your life is a neurointegrative process in that your conscious mind interacts with your subconscious mind. This leads to a restructuring of your entire thinking process, and thereby is an agent for self-healing. It is an old truth that ‘writing is healing,’ and the technique of life authoring has given this truth a new form of expression.
