

Potential & Creativity

A Comprehensive Guide to Creativity & Originality

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Introduction

Personal realization is the perfect balance between the positive and negative energies in us.

Once this equilibrium is established, our actions are constructive and harmonious and we are able to use our entire potential of vital energy.

What then happens is that we live and act not only for our own profit but for the good of all beings; and in this case our deeds also enrich culture as a whole.

To realize this goal, a whole set of personal power work-procedures are available for every person that is seriously interested to develop her true creativity potential.

Let me suggest you some of them that I have myself practiced over the years:

- Autohypnosis
- Dream Work
- Prayer Healing
- Healing with Music
- Sleep Tapes
- Spontaneous Art

Autohypnosis

Autohypnosis is a technique that uses deep relaxation in order to connect us to our subconscious mind that, as a result, unleashes our full self-healing potential.

There are different ways to dive into the auto-hypnotic state. You can use music while changing the ambient light to sweet candlelight, stretching out comfortably in an armchair. You can also use a crystal bowl or a pendulum that you hold in front of your eyes while you stoically gaze at the tip of your nose, while praying. . .

In New Age terminology this state of mind is called *alpha state*. Without applying a scientific method, we are in this state every morning after awakening, and in the evening just before falling asleep.

The alpha state is characterized by a lowering of our normal consciousness. It is different from sleep in that normal consciousness is still working and that there is still a certain control of thought processes (which is normally no more the case during sleep).

However, in this particular state the inhibitions and blockades of the Ego-Controller which hinder the subconscious mind from acting beneficially on our body and soul, are considerably decreased.

How can this state of mind be profitably used for creativity development? There are essentially three applications:

- 1) Healing the soul from trauma
- 2) Changing the self-image (the subconscious body image)
- 3) Erasing negative thought prototypes in our subconscious mind

The first application could be called a healing approach, the two others corrective approaches. The first is thus an auto-therapeutic work, the others are methods of positive self-programming.

The Auto-Therapeutic Work

As an introduction, let me shortly inquire into the question why some work is necessary to realize our full creativity potential.

In every one of us, even if we have grown within a relatively healthy milieu, there is a residue of wounds that have not completely healed. These wounds are resulting from maturation and adaptation conflicts that we have overcome imperfectly. These wounds have the tendency to behave as triggers for behavior that will repeat their first appearance. This is so much the more true for those who have experienced more or less heavy traumata during their childhood and/or adolescence.

Every single of those interior wounds creates a blind spot, a particular vulnerability that falsifies the way we perceive life so

that it interferes with a flexible approach to life, an approach which is healthy and happy and which would be characteristic for a person who has not experienced such wounds.

Such a falsified approach to life that is more or less regularly fearful, inflexible and rigid, will lead, in extreme cases, to mental disease (neurosis, psychosis).

Before the illness becomes somatic, we may experience depressions, we may suffer from insomnia or general dissatisfaction; many report a feeling of inner emptiness and/or migraine headaches. In most cases there are muscular tensions, anxiety, hate, feelings of revenge or a generally negative outlook on life. For all those problems the same therapeutic approach, i.e. the restitution of emotional balance and inner peace, is the most effective remedy, and one which has absolutely no side effects.

To put this approach to practice is relatively easy: get yourself in a relaxed state using relaxation or music or else, look inside yourself (introspection), get to the roots of your present problems and find solutions. Please be aware that this is not a conscious search which uses thought, but an entirely intuitive, spontaneous approach.

After having quietly asked your subconscious mind to reveal to your consciousness the reasons and origins of your present

problems or anxieties, you focus with all your energy a state of bliss, beatitude and well-being in front of your mental eye while at the same time fixing your attention on the energy flow in your body (which gets more and more enhanced through your mentally inducing happiness). Then typically a flush of intuition will come up, perhaps the lost memory of a past situation or a particular person you knew during your childhood; even an event of the past or the future may become visible with crystal clarity. Or else you may experience a creativity boost or artistic revelation. All depends on your particular mind set and how much *vital energy* (*élan vital*) you invest in the experience. The more you invest, the more you get out of it.

In this moment you simply let pass like a film all what comes up. It is important not to block your emotions but to let go and to voluntarily get connected again to feelings of sadness, anger, hatred, violence or powerlessness that have been imprinted upon your soul. You may feel again a deep-rooted wound, a deep humiliation that you once experienced but tried to forget by all means. Or a great fear shows up again that you thought to have overcome since many years, or even the dreadfully hurting feelings of having been abandoned by a close person or a person you needed very much at a certain time.

If you do not fight those feelings but accept them, a profound change will take place in your soul. You may have cried, or shouted, depending on the emotion you went through. Now, after you get calm again, take all your time to relax (because you may have gone through considerable inner stress) and, during this relaxation, fill yourself at a maximum level with positive, consoling and encouraging feelings - and to tell yourself that from now this wound will not bleed any more because it has healed!

If you meet, in your imagination, the person you suddenly remember (this can even happen with persons that you have forgotten since twenty or more years), you must get in touch with this person, first by reliving the past situation, and then, still in your imagination, by meeting this person in a positive way, a way which is pleasurable and peaceful. In most cases this is only possible if you really forgive the person in your mind and, more importantly, in your heart, and give her freedom wishing her all the best in her present and future life. *Without forgiving, you cannot switch from judging the person to accepting her, and if you cannot do this for others you will not be able to do it for yourself!*

This connection between others' fate and ours is the reason why religious books stress forgiveness so much. It is really not a

fancy but true wisdom about the spiritual laws of life! If you refuse forgiveness you will remain in an inferior state of evolution and you will not easily move towards accepting love as the ultimate ruler of life, and of *your* life!

In the case that you meet yourself in your imagination, for example the child that you were - and which is now our *Inner Child* - you can peacefully and tenderly dialogue with him/her. You can accord your Inner Child all the confidence you can give and with deep empathy understand its feelings; you can ask your child how it is going, how it feels, why it is anxious, nervous or sick. By means of this inner dialogue you get again in touch with your Inner Child, this child that often has been neglected for years and years or that we even have killed some time in our distant past (perhaps under an anti-life education in which we felt that this voice was against adapting to social rules and mores).

If you try this you will acknowledge of how surprisingly this simple inner work shall bring your deep-down creative potential to the surface. At the same time a real blossoming of your affection will happen and anxiety will be greatly diminished if it has not all the way disappeared.

Once this contact with your Inner Child is established, it will never get lost again. This child which is always a little genius,

once we have saved it, will bestow us with a source of constant creativity, joy and intelligence for the rest of our life.

Every true creative impulse, every originality or inventiveness, all what is really intense and lively in us, comes from this Inner Child. Human genius is *enfant prodigue*, exceptional, bluntly original, highly creative, grandiose and at the same time truly simple, childish.

The Auto-Corrective Work

The two modes that I propose effectuate the following results:

- Erase negative conditioning in our subconscious mind
- Establish a new positive thought structure

Every conditioning leaves a trace in our subconscious mind. If our conditioning, our upbringing, our education was, for example, negative towards life, our subconscious mind will be filled with negative thought patterns and, as a result, our life philosophy will be essentially negative. Since thought attracts action, we shall then also encounter experiences that identify as negative or destructive.

To change our life, we have to change our thought. But since thought is again conditioned by our subconscious thought patterns, i.e. the basic images about life that we have internal-

ized, we have to change in the first place those archetypal images in our subconscious mind.

The image that we have built about ourselves often differs from what we really are. If our self-image is negative, we will lack self-confidence and suffer from guilt and/or inferiority feelings. This is the root of much evil in the world because the image that we have about ourselves is the one we project onto others and on the world as a whole. If we lack respect towards ourselves we will inevitably lack respect toward others. If we cannot love ourselves, how could we love others?

This is why in order to change the world, we have to begin changing ourselves: we have to change our inner *view of life*.

In the state of deep relaxation we can positively modify our self-image. The best way to do this is to use suggestions in order to affirm our value, our beauty, our usefulness, our originality and first of all, our divine nature. This alone will already erase most of the negative thought patterns we have accumulated from our childhood and youth.

In addition, we must develop a certain attentiveness towards negative thought so that we can act counter repeated negative self-talk which is, in fact, very destructive. We must realize that those thought patterns are most of the time unreal and reflect our

deep and unacknowledged fears and idiosyncrasies. They are shadows of things, not things themselves.

This approach will help us to correct negative thought patterns in our subconscious mind. Furthermore, in a pre-hypnotic state of deep relaxation we can get into a state of inner reflection (which is attentive observation of thought and emotions), in order to find out what exactly we project (often unconsciously) on others. A projection is a mental image that results from blind spots; refusing to admit that we are not perfect, we cut ourselves off from what we deny and project it unconsciously on others. With other words, we condemn in others what we refuse to see in ourselves.

These projections can be neutralized by developing consciousness. Once a projection has become conscious it is gone because it really is but a shadow that fades under the light that consciousness brings.

The quality of a relationship essentially changes once the partners have destroyed the images that they previously kept of each other. Since we all have a tendency to unconsciously build up images about others and about ourselves (thought does this constantly), we have to regularly destroy those outdated images in any valuable relationship. For images are rigid and stiff whereas people move and change. Therefore mental images of people sel-

dom correspond to the reality of the people there are derived from. If we cannot make it to live completely without images (only very advanced yogis and highly evolved beings can do that), we can at least update them at regular intervals. For example during meditation.

It is the same with the images we hold about ourselves. We see ourselves as this or that person, stuck as we are in certain roles in which we see ourselves acting, stupidly limiting our horizon to those roles instead of recognizing that actually we can be all we wish to be. If we do not destroy those images from time to time, adapting them to our evolution, we risk to remain the *Eternal Child* or the *Eternal Adolescent* or *Peter Pan*, living continuously in the past.

We can call those limiting images retrograde because being attached to them, we stagnate and actually retrograde in our evolution, just as a planet retrogrades, i.e. runs backwards.

Many people are stuck in the past and retrograde, many live in a state of stagnated energy because they refuse renewal and, as a result, growth.

Dream Work

The dream is the most fundamental and perhaps the most real expression of our subconscious mind.

Dreams contain very important messages that reveal us our subconscious thought patterns. They show us the images that we have internalized and how this part of our consciousness is made up, they show us the quality of our life, its value within the human community; they show us how we look at this world, this life.

The quality and the honesty of this information is often amazing, sometimes exasperating. Why? Because not seldom we either ignore certain things because they represent blind spots or we see them but feel utterly powerless to effectuate the change that is necessary for our evolution.

By our conscious thought, we impregnate our subconscious mind with content that is registered there. Every thought that we thus 'store' in our subconscious memory potentially bears fruit, and is an energy factor. This energy is empowering (positive), neutral or disempowering (negative). Thought is creative in the sense that it attracts alike: positive thought patterns attracts more positive thought content, negative thought patterns attract more negative thought content. Thus, parent thought creates child thought.

Another important factor that we need to be aware of is that we are not the only thinker in our universe. Others think through

us. I mean that we are also influenced by other people's thought patterns. We may pick them up in conversations, through the media, through personal relationships, through groups we are involved in, perhaps even through dreams or extra-body experiences.

Our subconscious mind registers all content be the input from others or ourselves. The subconscious mind does not discriminate the input. That is why we should be so careful what we absorb and with whom we carry on relationships, what groups we may want to belong to and what others not...

Dreams, besides their functioning as a bridge between conscious and subconscious thought patterns, play a primary role in maintaining mental health. Dreams build harmonious solutions between all our inner conflicts and contradictions. They prepare us for further evolution, growth and transformation of our personality. They prepare our inner vision for new worlds, new situations, and new horizons.

They give us trial versions of new life patterns that we are ready to engage in, a bit like a flight simulator does. They also help us to adapt to new and challenging life situations so as to maximize our positive impact, our success.

Doing this, they help us assimilate new experiences to the content of the known. This is very important since we always try

to stick to the known because it is securing. Krishnamurti found that this is the way our brain works, a kind of biological safety mechanism that helps us to survive even under the most threatening situations. It is a bit like a fuse, because otherwise the sensitive mechanisms of our nervous systems might more easily collapse under stress.

Finally dreams help to get over the deepest and most repressed anxieties and fears. Through dreams those fears can express themselves and thus the energy blocked in them can be released so that we can use it again constructively. Dreams also have an adaptation function: they help us prepare to new and challenging situations or tasks, focusing our mind so that we can more easily adapt to the new.

This function of dreams is especially important since thought, conscious thought, is predominantly conditioned by past experiences and thus not ideally suited to help us prepare to something new and unusual. In this sense it is also true that dreams assimilate new content of thought, playing thus the role of a mediator between the past and the future.

This explains why researchers found that dreams enhance the stability of the personality preventing it from splitting off in different partial entities. Perhaps working with dreams is the key for healing schizophrenia and psychotic disorders.

It is interesting to note that in dream work cultures such as the Malaysian *Senoi* tribe, mental illnesses as well as social disorders are practically non-existing.

In the dream work as I understand it here, I do not talk about dream interpretation systems or methods as they have been established since ancient times and then, nowadays, been re-adapted to the Western culture by the different psychoanalytic healing systems.

Dream work as I practice it, is not interpreting the dream, but to live through the dream experience again, once we are awake from it. We do this immediately after remembering the dream, in a relaxed state. The thing is not to understand dreams intellectually but to receive their emotional and creative messages, captivating more or less intuitively the content of the message. As we let the dream again pass like a film in front of our mental eye, we just observe what the dream ego does in the dream.

If we do not at all agree with how a dream has developed, for example that we disagree with our dream behavior, we can imagine how the dream could potentially have passed. Doing this, we influence our dream ego and prepare it for different action in future dreams. Perhaps not everyone would engage in such kind of self-correcting action. This is perfectly okay and the work has

much potential anyway with the passive part of it, i.e. simply observing the actions of our dream ego.

The surprising thing is that even without consciously manipulating the dream ego, it will change by itself positively by the mere fact that we observe it. You may not easily believe that, but it is a fact that can be proved experimentally. It can be repeated and it is consistent, to speak in scientific terms.

Since every dream expresses a specific action potential, we really change our life positively if we change the content of our subconscious mind by dream work.

By the way, this work does not require any knowledge of psychology because the dream symbolism will not be interpreted nor explained to our conscious mind. We just observe those symbolic happenings in much the same way we contemplate a painting or a film.

This dream approach has the advantage that the original dream message stays intact in its multi-dimensionality whereas all dream interpretation, every rational explanation of dream symbols and happenings, every intellectual approach to the dream message limits and even mutilates a part of the holistic image a dream represents. In addition, in my opinion, dream healing already takes place through the dream itself, and not only where additional dream work has been done with it.

In case of specific problems we may desire to find constructive solutions; then it is advisable to pray before falling asleep and in our prayer addressed to the Infinite Intelligence we should ask for guidance; for example we may ask to communicate us the solution by means of a dream. Even if dreams do not offer constructive solutions, the very fact that we have dreamt about the problem will be the first step to its solution. A creative process is then triggered which will lead us on the right path to solving the problem.

However, we must allow even destructive dreams because otherwise our negative potential will interfere with the positive solution we expect. Denying our negatives drives and desires is not constructive at all; in the contrary, it disintegrates us and leads ultimately to chaos.

An integrated personality is composed of both negative and positive energies. Allowing our negative voices, our shadows, to live, to exist within us, we channel their energy in positive and constructive outlets.

Affirmative Prayer

Prayer can be used as a powerful Selfbuilding tool.

More and more, we find again prayer groups or individuals who pray, after people have seen that prayer is something completely different from the power abuses the Church has committed during its existence.

Now, we can see more clearly that praying does not mean that we subscribe to a religious dogma, but that it is rather a natural spiritual expression, and something truly spontaneous and creative. The power of praying comes from a concentration of thought energy that is directed in positive, healing channels. These channels work on a subtle, invisible level of consciousness, but their effect on human existence is very powerful.

This guide is certainly not the place to point out in detail the mechanisms of how prayer works. Other scientists have done wonderful work on this and I refer my readers to those studies.

It should be sufficient, in this text, to say that prayer creates powerful positive thought patterns and vibrations that affect all beings through the invisible bio-energetic currents of the ether.

To give a practical example, we may cite here a healing prayer that we have taken from one of Dr. Murphy's books:

For health and well-being

"My body and all my inner organs were created by the Infinite Intelligence of my subconscious mind.

This wisdom forms all my organs, my tissues, my muscles and my bones. This infinite curative presence that is in me transforms now every atom of my being and renders me healthy and perfect. The works of the Infinite Intelligence which is in me are wonderful." (*)

In case of illness or whatever handicap this prayer may be recited loudly, slowly and peacefully, by preference in a calm and relaxed state of mind (after awakening or just before falling asleep), several times per day. At the same time, a light may be visualized that the person praying associates with healing: for example white, pink, golden or green.

Another prayer, against fear and anxiety:

Liberation from fear

The Infinite Intelligence guides me on all my ways. She liberates me from all fear and establishes in me harmony and peace. She dissipates in my conscious and unconscious thought every shadow of negativism, of fear and of inferiority. Creative energy fills me with an imperishable potential of positive force, joy and peace. I am conscious that nothing can hurt me and advance every day towards more freedom.

Self-Realization

I accept myself. I truly and completely accept mySelf, my inner nature, my ego. I am harmonious and constructive and I face reality. I am full of love, peace, joy and harmony. Every morning, I charge my thought with positive vibrations. Every evening, I prepare my subconscious mind to inner integration. Every day I am more positive and harmonious. During sleep I reconstruct myself harmoniously. My self-image is every day more perfect.

This way of praying can be used to improve health and well-being, to become more relaxed, more focused, more happy, more confident towards life, more prosperous, not only for oneself, but also for others. If we wish we can thus create a thousand good deeds in only five minutes.

Combined with the personality work that I have proposed above, such prayers exert a considerable influence upon our subconscious mind. As a result, all the old hurts that every one of us still maintains in their soul will eventually heal and cease to haunt us.

Furthermore, our entire approach to life can be positively transformed and the negative thought patterns be gradually dissolved. New positive thought patterns are created at the same time.

(*) See Dr. Joseph Murphy, *The power of your subconscious mind*, NJ: Parker, 1981, N.Y.: Bantam, 1982, p. 55. See further examples of

the scientific prayer method in Dr. Murphy's other publications, such as *The miracle of mind dynamics*, NJ: Prentice Hall, 1964, *Miracle power for infinite riches*, West Nyack, N.Y.: Parker, 1972, *The amazing laws of cosmic mind power*, West Nyack, N.Y.: Parker, *Secrets of the I Ching*, West Nyack, N.Y.: Parker, 1970. [Back]

Healing with Music

Music has a considerable impact on our subconscious mind, especially baroque or classical string music.

Strings, particularly cello and contrabass, exert fantastically harmonious vibrations on our psyche or ethereal body. This is equally true for lute music, for classical guitar, for the harp and the lyre, its older version, as the ancient Greeks knew so well.

Orpheus was not for nothing represented with a lyre in his hands. Organ music, as well, can reveal to be beneficial, but only if the person likes this instrument. (There are people who almost abhor it today since they associate it with the repressive force of the Church).

Music that is structurally well balanced such as, for example, the music of G.F. Händel, J.S. Bach, Telemann or Mozart transmits to our psyche stable and positive vibrations that reinforce inner harmony and integrity (*).

In the choice of music everybody should be free because we can hardly profit of things we do not like.

The old myth of Orpheus bears a very important message: the enchanting force of music. Music harmonizes the two brain hemispheres. Most of us Westerners are dominated by our left-brain hemisphere (intellect), a fact which is well the result of a mutilation, a castration of our right-brain faculties we suffered, from early age, by our cultural conditioning.

This mutilation concerns most of all our emotions and our intuition. Western man, with its erroneous over-estimation of technology, is often the slave rather than the master of his narrow categories of intellectual reasoning. Our thought structure is more or less stuck in deductive logic that is based upon premises that, to say the least, are neither universally recognized nor eternal.

The Japanese Zen meditation (which is originally based upon Mahayana Buddhism) that is now widely recognized and practiced also in the West helps tremendously to go beyond this left-brain tendency of modern man re-establishing harmony and balance between the two brain hemispheres.

This is not the place to write about Zen (**). However, the reader may permit us to point to the remarkable power of Zen meditation in its dimension to achieve a better psychic equilibrium, combined with the power of music. For example, I can testify from personal experience that Zen meditation combined with the passive listening to Chinese Zheng music represent a wonderful synthesis leading to effective results.

(*) This choice of composers is of course not exclusive. You could equally cite Telemann, Couperin, Rameau, Boccherini, Haydn, Vivaldi, Beethoven, and many others.

(**) See for example Kapleau, P., *Three Pillars of Zen*, Boston: Beacon Press, 1967, Herrigel, E.: *Zen in the Art of Archery*, New York: Vintage Books, 1971, Leggett, T., *A First Zen Reader*, Rutland, Vermont: C.E. Tuttle, 1972, Reps, P., *Zen Flesh, Zen Bones*, New York: Anchor Books, Watts, A.W., *The Way of Zen*, New York: Vintage Books, 1957.

Sleep-Tapes

What is a sleep-tape?

When I presented, above in this text, the laws and principles of our subconscious mind, I have talked about auto-suggestion with prayer and beneficial positive suggestions. I have shown that it is particularly in a relaxed state of mind that we achieve the best results with autosuggestion.

It is thus logical to go farther and to ask: if we are more receptive just before falling in sleep, we are still more *during* sleep. This is true not only for sleep but also for narcosis and deep hypnosis, as many experiments have shown. In these states of mind the suggestion will be directly absorbed by the subconscious mind.

This fact can be used profitably for language learning or erasing negative thought patterns from our subconscious mind, or even images resulting from traumatizing childhood experiences. The technique is quite easy to practice:

- Formulate short and clear positive suggestions
- Speak these suggestions calmly on a cassette
- Put the cassette while you sleep
- Put the volume very soft so that it does not disturb your sleep

Some practical remarks:

The volume can be so soft that you do not consciously hear your voice on the tape any more. Be reassured: your subconscious mind hears it!

The volume should never be such that your sleep is disturbed!

If you are disturbed in falling asleep through the mere physical movement of the tape and the little noise it produces, you can put a timer: time it about one hour after your anticipated falling asleep.

You can also insert some relaxing music before the text begins, or some natural sounds like ocean waves, bird sounds or whale chant. For those of you who prefer a verbal suggestion for getting into deep sleep, here is one:

Relaxation and sleep

I stretch out completely now, I relax.

Gradually I let go and sleep comes by itself.

I abandon myself now to it.

All my hard or rigid muscles

Relax now and become again soft and supple,

Every muscle, every nerve relax now.

Soft rose light around me protects and fortifies me.

I give myself to the feeling of well-being that penetrates me now

And fills me with a wonderful peace.

I thank for it with all my heart.

Spontaneous Art

Another method that I suggest for liberating your subconscious mind from negative thought patterns is *spontaneous art*.

It means drawing what comes to mind, without any technique or effort, using color crayons or oil paint, water paint or whatever you like. You can also do it on your computer if you prefer.

Why spontaneous art? Most of us are more or less blocked against the free expression of our intimate thoughts and feelings. Our cultural conditioning has strongly emphasized that it was necessary to if not suppress intimate thoughts or feelings at all, at least to hide them in front of others. All what most of us have learned in the art class at school was to draw something recognizable, something related to the visible reality. This is so much the more grotesque as children naturally live in different realities. For children, the invisible reality is often more important than what many adults consider as the only existing reality: the one that we *see*. This attitude which is still prevalent in the majority of our public schools is one of early conditioning to the standards of the present consumer culture. This fact is not surprising because most people do not believe in an inner reality, although their childhood experience should tell them a different story. But even that memory which is the best evidence you can

get, most people have repressed. It was the price they paid to survive in an inhuman society! They have acted like Faust: they sold their soul to the devil...

However, there is another level of consciousness and there is a world not less real than the one our senses can grasp. We only have to project our inner images on the outside world in order to give them reality. Everybody can do that. Therefore everybody is born a creator. The first thing to do is to let go, to give up control. Mental control is the worse in the process of giving the universe control over our lives. Our hand, guided by the universal spirit that is in everyone, will produce marvels!

There is no need to interpret the images, forms, symbols or colors that will be the result of your spontaneous artwork. The therapeutic effect is directly achieved by the expression of our subconscious images and emotions. You must understand that those are only images which haunt us perhaps but which cannot harm us or anybody else.

All what comes to the surface of consciousness will lose its negative, harmful energy and transform into a positive expression of our whole being. To say the truth, our ego, with its dualistic moralism, has a tendency to let the Minotaur imprisoned in the depth of our subconscious ocean. However, if we liberate the

Minotaur, its destructive energy will be channeled into constructive outlets. This energy will not be lost; it will henceforth be at the disposition of positive and constructive goals in our life.

This is what Freud calls the sublimation of our asocial instincts. But Freud has only rediscovered what the ancient sages, the healers, hierophants and shamans, the poets and astrologers, the alchemists knew since the earliest times of mankind. The process of adaptation to the norms and social rules of society, of the group, is dialectic. And this is so for all of us, without exception. Complete adaptation would result in conformity and dissolve our individuality: we would become robots. Total refusal of adaptation would, on the other hand, result in asocial and destructive actions that would harm the group. This would karmically return to the individual. It is thus the midway between those extremes, flexible adaptation, which would be constructive both for the individual and the collective.

The healthy ego can effectuate such flexible adaptation to all possible life circumstances, no matter where and when. With the support of the techniques that I proposed in this article it is possible to act counter a too rigid or a too lenient ego so that the midway of flexible adaptation can naturally be found.

Of course, the techniques that proposed here are only a tiny choice from an abundance of available methods of self-realiza-

tion. They may give you the chance to find the way between the extremes. At the same time, this way will bring you steadily closer to self-realization and to happiness, harmony and balance in your whole life process. It is definitely the key to supreme creativity and a life full of riches.