

International University in Geneva

CRE – Creative Relaxation Exercise

MANAGE YOUR BIO-COMPUTER

*With Imagination, Relaxation, Psycho-feedback
and a PGC - Personal Goal Contract.*

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BRIEF SUMMARY

The key issues in the book are:

1. The human brain is a wonderful bio-computer with input, output and programming, normally using only about 2% of capacity.
2. The bio-computer controls the whole range of mental and physical activities of the body.
3. Imagination is the critical mental strength of brain used to develop a PGC (Personal Goal Contract).
4. In conflict, imagination is superior to will-power, but in harmony they provide an unlimited resource for the bio-computer to resolve every problem in every environment.
5. The bio-computer can be managed with techniques of psycho-feedback, imagination, relaxation and control.
6. With training, your bio-computer can achieve goals, which are very well defined in a written irrevocable personal goal contract.
7. With exercise you can make the best possible programs for your bio-computer, for your life to have a new quality in achieving your potential ...

This book is inspired by the work Paul Thomas the author of “Psycho-feedback – A Handbook of Practical Cybernetics “published by Prentice Hall in 1979.

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CHAPTER 1 – BASICS

1. Introduction

This book is about achieving control of the mind and the body with a PGC (Personal Goal Contract) supported by psycho-feedback, imagination and your bio-computer.

The part of the brain which functions at the unconscious level is an information processing mechanism. It can be called your bio-computer, in which your program operates and can be changed and improved.

You can get full access to and control over your bio-computer, by using a psycho-feedback, imagination and your PGC.

With training you can make the best possible program for your bio-computer, so that your life can have a new quality and joy for achieving your potential and your satisfaction.

2. Imagination

Imagination is your most powerful resource for achieving your potential in life.

Imagination and will-power? Which one seems to be more important to you?

Question: Which is more powerful, your will-power or your imagination? Answer: Your imagination.

Exercise: Can you walk along a plank one meter wide and 500 meters long which is lying on the ground. Answer: Yes.

Question: Can you walk along that same plank 300 feet in the air over Niagara Falls? Answer: No!! Imagination is always more powerful than willpower.

3. Motivation & Personal Habits

Your personality is the sum total of your person's habits and characteristics. You are dressed in a mixture of good productive habits and poor unproductive habits. So look at the following and select and mark the habits you already have:

- Confidence
- Energy
- Do it now
- Diligence
- Decisiveness
- Discipline
- Punctuality
- Empathy
- Patience
- Good Judgment
- Outgoing Personality
- Aggressiveness
- Concentration
- Physical Relaxedness
- Positive Attitude
- Creativity
- Productivity
- Authority
- Conviction
- Persistence
- Concentration etc. etc

Your Imagination is the key to habit formation. Imagination is a force of incalculable power. When you handle it unconsciously it is often prejudicial to you.

When you direct it in a conscious and wise manner with a controlled bio-computer, it gives you mastery of yourself. It allows you to help others with physical and mental problems, and to live in relative happiness, whatever your physical and mental environment may be.

But how can you become motivated to do the things you have to do with the right habits? Answer: Use your imagination and your bio-computer more efficiency (doing things right) and more effectively (doing the right things).

When the imagination and willpower are harmoniously pulling in the same direction, an irresistible force is the result

4. Control

The concept of control is of fundamental importance to you and the organizations you are in contact with. It affects: formation of strategy, structure, selection and evaluation of human resources, leadership and motivation.

Control is directly related to power and influence.

With a PGC (Personal Goal Contract) you can achieve personal self-control.

Exercise:

Each and every morning when I wake up, I wake up with a very positive attitude.

This positive attitude stays with me all day.

I am aware of negative people and negative situations that I come into contact with at all times during the course of the day, but they only cause me to be more positive.

I aware of any negative thought which happens to slip into my mind.

As I become aware of it, which I immediately reject it as a spurious thought

5. Decision making

Your life is filled with decision situations in which involve:

1. Data on a problem to be resolved.
2. At least two alternatives for action (always a better habit to think up seven alternatives) .
3. Data on objectives and relationships
4. Consequences of the decision to be established and sometimes quantified ($NQ + Q = D$)

With psycho feedback, biocomputer, imagination and PGC
Better decisions can be made.

6. Cybernetics

Cybernetics is the science of communication (input and output) and control (programs) in both mind and in the computer.

Cybernetics studies the flow of information in a system and the way the information is used for control.

Socrates said, "Cybernetics saves men's lives and material possessions from the gravest perils."

Individual cybernetics studies information-processing systems, and the methods of control of Input – transformation – Output processes.

Managerial cybernetics provides rules and methods for establishing and improving regulation, control and communication in organizations.

Entrepreneurial cybernetics offers new ways of thinking and approaching business for survival in complex competitive markets

Social cybernetics studies interaction in societies where the researcher himself often forms part of the subject under investigation.

7. Psycho-feedback & Cybernetics

You have within you a force of incalculable power for communication with psycho-feedback and cybernetics.

When you handle it unconsciously is often prejudicial to you. When you direct it in a conscious and wise manner, it gives you the mastery of yourself and your perception of your environment.

Psycho-feedback is very difficult to control various aspects of one's own mind, mental activity, and consciousness.

But when psycho-feedback and cybernetics are harmoniously pulling in the same direction, an irresistible force is the result.

8. PGC –Personal Goal Contract

A PGC is a formal written irrevocable contract for one year between your conscious and your unconscious personal mental and physical and spiritual resources.

It commits you to action and provides the motivation and power to achieve your goals.

The PGC is something your bio-computer has been wanting you to do. for years. It relates to your personal priorities: business, health, values, habits, family, personality etc

When you do it in writing your bio-computer will heave a great sigh of relief and say: "At last! Now I know where we are going!" ... and I will get you there, somehow. It give you the chance to set your priorities: money, work, family, health, social, art, music, politics, spiritual issues etc.

For example:

PGC - Personal Goal Contract - Earnings

Name:

Date

By December 31, 2009, I will have earned a minimum of \$60,000.

I will have earned this amount as a result of giving the most efficient and effective service of which I am capable, rendering the fullest possible quantity and the best possible quality of service, in the capacity of my job.

This is an irrevocable contract that I freely make with myself.

Signed

Witnessed

CHAPTER 2. BIO-COMPUTER

1. Computers

All computers are capable of rapidly performing complex calculations. They compile, correlate and select data to solve difficult problems. By virtue of:

- 1, Input and output
2. Stored information
- 3, Instructions (programs)

Computers may actually describe how the brain functions, with Input, Output, stored information and programs to ensure some measure of reliability. Programs cross-checking each other with integrated storage mechanisms

The human brain weighs about 50 ounces in adult male (5 ounces less in the average woman – sorry!). It requires 1/10 volt of electricity to perform efficiently, with tens of billions of nerves. It operates less rapidly and less accurately than a computer, but has a greater capacity.

The network of interconnections (synapses) between the billions of nerve cells (neurons) in the brain reaches a grand total of more than thirteen trillion, neatly packaged in the human brain.

Much of this enormous capacity goes unused. Even that, at best, we process information more slowly than computers. The average process rate is less than 2 percent of the rate we can achieve by concentrating and thinking hard. Imagine what mental prodigies we should all be by improving our average to 4%.

The human brain directly relates to computers your brain is your wonderful all powerful bio-computer. Output from your bio-computer is as good, or as bad, as the Input, so control you're Input. Willpower may control Input.

If you fail to control your own thoughts you will have difficulty in controlling anything else.

2. Reticular Activating System - RAS

The RAS is about the size of your little finger. It is the *only* part of the brain that connects with every other part of the brain and the whole of the body.

The requirements for an efficient intelligent system for human brain functions are very complex. The RAS seems to control knowledge acquisition, selection, storing, reconfiguration and retrieval for virtual memory. It seems to be the only part of the brain that ceases all activity when you lose consciousness though aesthesia, illness or sleep.

The RAS underlies your awareness of the world and your ability to think and act. Without it you are helpless, senseless, paralyzed protoplasm. The RAS is the physical key to the mind.

The three duties or of the RAS are

1. To identify your environment, analyze, criticize, accept or reject the conditions of the environment and to activate your perception of your environment.
2. To activate your imagination.
3. To activate your willpower.

RAS collaborates with all other brain functions. The most is interaction with memory - information storage, which mostly takes place at the unconscious level. If at every waking time we WERE consciously aware of all the billions information stored in the memory circuits of the brain, we should be unstable. So storage control is a problem.

The three kinds of storage are:

1. Experiential - every experience you have ever had in your life is stored in the unconscious somewhere.
2. Word - groups of neurons for every word in your vocabulary
3. Conceptual – groups of neurons which identify your ideas or an animate of inanimate objects

Exercise:

What is the word “nomel”?

In a few seconds can you recognize this word? Experience the hearing of it? See it in writing? Conceive it?

Scan your word storage? You may recognize it. Conceptual storage? It is another word spelled backwards?

Of course. Look again.

Now what has happened? Given the input and correct program, you found your word storage. You received a number of concepts. You used parts of your brain’s unconscious level with three kinds of storage: Experiential Storage, Word Storage, and Conceptual Storage. All in your human bio-computer

3. Goals

The bio-computer demands goals and is depressed when it does not have them. It is not more very discriminating about the intrinsic value of the goals, than a mechanical computer is about the value of the programs it is fed with.

To the bio-computer your goal must simply to exist, and it will help you to achieve it. Simply existing is not much of a goal. You need new goals with a PGC.

4. New Goals

Imagination can create a new goal which affects both your mental and physical powers.

Exercise:

Hold a pen between your thumb and forefinger. keeping the other three fingers out of the way.

Keep your forefinger horizontal.

Hold the pen or pencil firmly, looks at the end of the pen or pencil.

Without taking your eyes off the end, and say to yourself and *think* hard.

Important think hard – you can say something and yet think exactly the opposite).

So say to yourself and think hard:

"I can drop it, I can drop it, I drop it, I can drop it, I can drop it."

Repeat that over and over to yourself fairly quickly ...

While you are thinking and talking to yourself, try to open your thumb and forefinger.

You cannot do it ... Agreed?

You made a personal contract with yourself and it affected you.

Imagination is more powerful than will-power. Agreed/

CHAPTER 3 – PSYCHO-FEEDNACK

1. Feedback

Feedback is a method of controlling a system (man or machine) by reinserting into it the results of past performance.

The value of the feedback must always be questioned.

Bad feedback motivates bad action.

2. Biofeedback

Bio feedback with an electronic device has been used successfully in alleviating: insomnia, anxiety, high blood muscular tics, headaches, asthma, and many physical complaints.

It is a way gaining mastery normal ongoing bodily processes. It is not a revolutionary process. Yogis and Zen masters have been doing it for centuries.

Biofeedback relies on electro-mechanical devices for its implementation, to produce the medical benefits, and becomes a certain kind of Conceptual Storage.

3. Psycho-feedback

You get biofeedback every day of your life without the aid of electromechanical devices. It is psycho-feedback.

You use psycho feedback to control your physical and mental systems by inserting results of past performance and present performance into your bio-computer - your brain!

The brain has of tens of billions of cells, of different sizes and shapes. For everything you do, think, see, taste, hear, touch etc. here is a stored neuron chain (*ganglia*).

When a neuron forms a link in the neuron chain, it generates electricity within itself and alters its voltage. When it reaches a certain threshold it fires a pulse, changing its polarity from negative to positive and then back to negative.

All of this is happening in your bio-computer from your psycho feedback, which you can use to accomplish your goals.

During each day you .constantly insert into Experiential Storage. The entire process will be goal oriented. Some goals may be trivial, others very important.

But without using your psycho-feedback, you could not achieve any of them.

Your management and control of your psycho feedback is critical to achieving your PGC.

CHAPTER 4 IMAGINATION

1. Basics

Imagination is more powerful than willpower. But the bio-computer cannot tell the difference between real and imagined experience.

When willpower and imagination conflict, imagination will win. Imagination is your most effective means of positive input into your bio-computer. What the bio-computer accepts as real input becomes permanent storage.

Is the imagination objective? No! Be very careful. Subjective imagination is more attractive input for your bio-computer? There is something in the brain structure that makes it more responsive to this kind of Input.

Yet from this storage and processing of this input, will come Output—strong augmented output of almost unbelievable power.

2. Using Your Imagination

“Life has been filled with misfortune, most of which never happened!”

By using your imagination in a certain way and under certain conditions, your mind mechanism operates most efficiently.

There are two ways that you can use your imagination: objectively and subjectively.

When you use your imagination objectively, you look at a screen and see a picture. You can "see" yourself doing something and really feel you are participating in the action.

Alternatively you could, with a little more effort, have imagined the same thing subjectively. You would have to close your eyes. Only children can imagine subjectively with the eyes open. .

3. Therapeutic Imagination

If an amputee still has muscles in his forearm, he can use his imagination objectively to the necessary electrical signal which switches the drive motor to forward or reverse.

However, when the muscles of the forearm of an amputee are wasted he cannot generate a big enough electrical signal for amplification, but he can be trained to use other muscles in his anatomy.

His imagination must be trained. He cannot use other muscles in his anatomy unless he uses his imagination subjectively.

When using electro-mechanical devices for therapeutic biofeedback, it is the imagination which has to be trained.

The more complex the disability, the greater the switch from objective to subjective imagining that is required.

The patient with an allergic reaction to cats, which produce asthma attacks, cannot bring on an attack just by just looking at pictures of cats. However, when her subjective imagination has been trained, it seems to her that the cats are actually with her and an asthmatic attack is triggered which she can then learn to control.

Similarly, with biofeedback machine techniques for the control of migraine headache—warming the hand by switching the flow of blood to the hand—the individual can use her subjective imagination.

The power of the subjective imagination is great!! Your imaginative faculties are not counterproductive. They may have fallen into disuse. So you must make the effort to use them again. Otherwise, your Psycho-feedback will be limited and you will not achieve the goals you set.

CHAPTER 5. GOALS

1. Basics-

Your bio-computer wants a well defined clear goal. Not a vague idea! Input for your bio-computer needs to be phrased with absolute precision. Your PFC must always be carefully written down, checked signed and witnessed, to avoid ambiguity.

Just “wanting” is not good enough! Goals of “I want to be financially independent or I want a promotion,” may seem clear and but are not sufficient for the bio-computer to help you with.

2. Precision

The bio-computer needs precise cybernetically precise information. Good intentions are not good enough.

For goals work very carefully as you jot down the exact words of a "goal contract" on paper. Print or type onto a card of manageable size. Memorize it completely, to get it deep into your sub-conscious mind. .

3. Time

To begin you must make a PGC for one year. Realize that this is not long-term goal, but is better for you until you come truly goal-oriented.

Of course, if you are already goal oriented, no reason why you should not set a much longer goal for yourself—say, five, ten, or even twenty years. Your goal is to become financially independent may have to be long term. Financial independence: to have earned an

amount of money. Perhaps emotional independence is more important?

4. Levels

What quantitative amount should you shoot for? This is dependent on many variables. The key variable is your intensity to your goal. Other variables include: time, resources, relationships, environment, culture etc.

So you must pick quantities that are realistic, given the variables. Not fantasy figures. So often exactly the same effort is required aim high as to aim low. Set your goal, which when you look at it, will leave you somewhat incredulous doubting your ability.

Yet do not be too concerned, at the about how this is going to happen. When the contract becomes part of your Permanent Storage of your bio-computer, when you use Psycho-feedback in you are supposed to use it, then like any other servo mechanism, your bio-computer will , way to take you to the goal.

Zigging and zagging, but all the time directing your every move upon the information you put into it.

5. PGC Examples

Following

PGC - Personal Goal Contract - Business

Name:

Date

By December 31, 2009

Forthwith and from this day forward, I will strive to advance in the company organization as fast and as far as is humanly possible, be it with ... or any other company.

I will increase my yearly income by \$10,000 in the next three years or less. I will start a savings program and deposit at least \$100 per week.

I will start exercising regularly and lose 10 pounds by August 1, and not gain it back.

I will accomplish these goals as a result of giving the most efficient service of which I am capable, rendering the fullest possible quantity and the best possible quality of service in the capacity of any job title I may ever hold.

This is an irrevocable contract I make with myself.

Signed

Witnessed

PGC - Personal Goal Contract - Career

Name:

Date

By December 31, 2009:

1. I will have seen to it that my materials have been accepted by a publisher;
2. I will be at least half finished preparing them for publication;
3. I will have completed the necessary restructuring of my classes;
4. I will be working on a teacher's guide, tape recordings, or other means of making the classes available to other individuals, institutions and organizations;
4. At least 35 new families will have enthusiastically adopted the Life-style I teach.

All of this will have been accomplished as a result of my having given the most efficient service of which I am capable, rendering the fullest possible quantity, and the best possible quality of service in the capacities of writer-compiler, course originator, and teacher.

This is an irrevocable contract I make with myself.

Signed

Witnessed

PGC - Personal Goal Contract - Family

Name:

Date

By December 31, 2009 beginning today and for the foreseeable future, my personal goals are:

1. To go to sleep quickly and sleep soundly every night;
2. To set aside a minimum of 15 minutes each day for problem solving and program planning;
3. To be friendly, outgoing, and self-confident, even when confronted with negative people I find situations.
4. To organize my home life with the same efficiency and enthusiasm I apply to my work.
5. To support my husband and children in their endeavors;
6. To establish and stabilize my weight at a constant 118 pounds; and to relax completely one day each week, without allowing weekday cares to interfere.

I will accomplish my goals:

1. By self-discipline and a "do-it-now" attitude;
2. By working enthusiastically, systematically, and efficiently six days each week; and
3. By using and developing my inherited and acquired abilities to the fullest possible extent.
4. In accomplishing my goals, I will become a better person, wife, mother, housewife, and teacher.

This is an irrevocable contract I make with myself.

Signed

Witnessed

PGC - Personal Goal Contract - Health

Name:

Date

By December 31, 2009 and for the foreseeable future, I will give the most efficient service of which I am capable, rendering the best possible quality and the fullest possible quantity of service in the capacity of Director of Clinical Rehabilitation Services.

I will be a more confident person and act in a more confident way allowing myself the credit I deserve, while at the same time acknowledging and allowing others theirs.

I will express my feelings and not fear them.

I will be a leader and be self-reliant and also include others in my achievements.

I will no longer fear new experiences, but enjoy and look forward to meeting new people and old friends, doing new things, offering my opinions, giving all types of professional services and presentations in a confident manner.

I will stay on my diet to the best of my ability and avoid foods that are not healthy and I will exercise regularly.

I will no longer worry about things I cannot control, but will distinguish between constructive planning and dysfunctional worrying. I will continue to listen to the tape and concentrate on the principles therein.

This is an irrevocable contract I make with myself.

Signed

Witnessed

PGC - Personal Goal Contract - Spiritual

Name:

Date

By December 31, 2009:

1. I will have fashioned my life to that befitting a Christian.
2. I will become a more loyal friend and be less critical of others.
3. I will earn straight "A's" in my last two years of high school.
4. I will become completely organized, overcoming my procrastination, and developing more self-discipline.
5. I will obtain the spot of first trumpet, first chair in the Saxon Concert Band.

I will go about these goals with great vigor and immense dedication. I will give the best quality of service in the capacity of Christian, friend, student, and musician.

This is an irrevocable contract I make with myself.

Signed

Witnessed

6. Problems

The actual achieving of the goal is important, but less important than the actual setting or establishment of the goal. If you do not achieve your goal, the strength of character you will have gained in the attempt will better equip you for your next attempt. Even, perhaps, for your repeated attempts, if your goal is a particularly high one. But in no case will you be disappointed.

If you fall short of your goal on your first try, you will be amazed at the progress you have made toward reaching it. Since writing your goal(s) down clearly, concisely, and without ambiguity, and then memorizing them.

You feel better when you have done so, because your bio-computer heaves a great sigh of relief and says, "At last. Now I know where we are going."

Every time you do the relaxation, spend two minutes imagining as vividly you have already achieved your goal, using Psycho-feedback, inserting into your bio-computer the results of your present performance.

Enjoy the rewards of achieving your high goal with feelings of excitement, of pleasure and triumph.

CHAPTER 6. EXERCISE SCHEDULE

1. Plan

The schedule of self-training to achieve your PGC must include:

1. Study the whole book
2. Practice each relaxation exercise
3. Complete your PGC in writing, sign with a witness and learn it by heart.
4. Plan your specific personal exercise routines over four weeks.

2. Four Week Schedule

Week 1 – Long relaxation routine (Exhibit A1) with PGC and review of bio-computer inputs and outputs – daily (45 minutes).

Week 2 – Medium relaxation routine (Exhibit A 2) with PGC and review of bio-computer inputs and outputs, plus two selected reinforcements (Exhibit C 1) - daily (30 minutes).

Week 3 – Short relaxation routine with PGC and review of bio-computer inputs and outputs, plus two selected reinforcements – daily (20 minutes).

Week 4 – IRT relaxation routine with PGC and review of bio-computer inputs and outputs – plus two selected exercises (Exhibit C2) – twice daily (20 minutes).

Thereafter do relaxation. PGC mental review etc. once daily as needed (20 minutes).

3. Supportive Functions

-
Be aware at all times of your own thoughts, because the Input into your bio-computer is critical.

Cut out little negatives which creep into your conversation.

Develop your habits of thought.

Respond positively to a question "Hi, how are you?" big expressive words

Do NOT respond with: "Not bad," or "Could be better," or "I've been worse".

Respond with big expressive words: terrific, fantastic, marvelous, magnificent, outstanding, wonderful, and stupendous. Make this new habit!!

Input into your bio-computer: relaxation, positive attitudes, confidence, energy "Do it now decisiveness" etc.

Use selected needed reinforcements from Exhibit C1 with your relaxation routines.

Test and reward yourself with the Exercises in Exhibit C2.

Spend 2 minutes daily, seeing yourself in your imagination as a much more successful person in every way.

Concentrate particularly on positive outputs.

Praise others freely and sincerely.

Use psycho-feedback to change your life for the better by attaining those "impossible" goals, that until now you have only dreamed about.

Search for the unsuspected strengths that exist within you and gain mastery at last of yourself, your environment, and your life.

Insert into your bio-computer "self-discipline" and it will respond with motivation and energy.

Strengthen the program in your bio-computer without a positive combination and harmony of imagination and willpower.

CHAPTER 8. - SUMMARY

At this very moment feel wonderfully enthusiastic about your life and work, and act in a very enthusiastic manner.

The human brain is a wonderful bio-computer with input, output and programming, normally using only about 2% of capacity.

The bio-computer controls the whole range of mental and physical activities of the body.

Imagination is the critical mental strength of your brain, so use it to develop and achieve your PGC (Personal Goal Contract).

In conflict, imagination is superior to will-power, but in harmony together, they provide an unlimited resource for the bio-computer to resolve every problem in every environment.

The bio-computer can be managed with techniques of psycho-feedback imagination, relaxation and control.

With self-training encouragement, your bio-computer can achieve your personal goals, when well defined in a written irrevocable personal contract.

Make best possible programs for your bio-computer, so that life will have a new quality and joy in achieving your potential.

You now have the concepts and training schedule. Make it work for you. Make it all fun with an enthusiasm which is contagious. Then other people will catch and benefit from your spirit of enthusiasm.

So, how are you now? Answer: Terrific!!

Exhibit A - Relaxation Routines

Four alternative relaxation routines are provided:

1. Long Routine (40 minutes)
2. Medium Routine (20 minutes)
3. Short Routine (10 minutes)
4. IRT – Instant Relaxation Technique (2 minutes).

NOTE:

READ THE WORDS DEEPLY AND SINCERELY MANY TIMES.

MAKE YOUR OWN AUDIO RECORDING OF EACH BASIC ROUTINE.

LET YOUR BIO-COMPUTER LEARN THEM ALMOST INSTINCTIVELY.

THE ROUTINES PROVIDE ACCESS TO NEW INNER RESOURCES FOR ACHIEVING YOUR PGC.

FIND OUR WHAT SUITS YOU BEST!

Exhibit A - Relaxation Routines

1. Long Routine - Daily 1st Week (40 minutes)

The first is to take deep breath and then continue to breathe just a little more deeply than you usually do.

Close the eyes and concentrate on the monologue (which you can record if needed) as follows:

I'm thinking of my feet and I'm allowing them to relax. I'm thinking of my feet and I'm allowing the feet to relax. As I think of my feet, becoming more relaxed.

I'll wiggle my toe to become more aware of my feet, and as can feel my feet becoming more relaxed. Now they are completely and utterly relaxed. I continue to relax my ankles and the calves of my legs.

I am thinking of my calves and I'm allowing them to relax. I'm thinking of my calves and I'm allowing my calves to relax. I can feel my calves become more relaxed, as I twitch the muscles and feel my calves becoming more relaxed. Calves now are completely and utterly relaxed. Relaxation continues up over my knees to my thighs.

I thinking of my thighs and I'm allowing my thighs to relax. I'm thinking of my thighs and my thighs are more relaxed. My thighs now are completely and utterly relaxed.

I have allowed both of my legs to become relaxed that my legs are now feeling very limp. I allowed both of my legs to become so relaxed that my legs are now feeling very limp, and they beginning to feel just a little heavy. Relaxation is like a blanket being pulled up over my hips and covers my abdomen.

I'm allowing all the muscles around my stomach to relax. I'm allowing all muscles around my stomach to become relaxed. The muscles around my stomach are completely and utterly relaxed,

Now I will allow all the muscles around my rib cage and my midriff to relax. I allow the muscles around my rib cage and my and diaphragm to become completely and utterly relaxed.

I realize that I'm breathing more deeply. Breathing deeply and rhythmically. I'm becoming more more pleasantly relaxed. Relaxation spreads to my back. My back fits the chair with comfort and ease.

I'm sitting (or lying) comfortably and very contentedly. I'm comfortably and very contentedly. As the muscles in my back to relax it seem I'm blending with the chair or the bed.

Relaxation continues up my spine into my central nervous system, relaxing muscle and sinew all over my body; and as it continues up my back, under my shoulder blade shoulder blades, I can feel my shoulder relaxed. I'm allowing my shoulders to relax.

I allow my shoulders to relax. I can feel my shoulders begin to droop. As I allow my shoulders to become relaxed I can feel my shoulders drooping and they become completely and utterly relaxed.

My arms are hanging from my shoulder loose and limp. My arms are hang shoulders in a very loose and limp. I am allowing my arms to relax. I'm allowing them to relax.

Relaxation is spreading from my arms to my forearms and to my hands. Relaxation is spreading from my forearms and to my hands. I have allowed both of my arms to become so relaxed that I am now feeling very limp. I have allowed both of my arms to become so relaxed that my arms are now feeling limp. And they also are beginning to feel heavy.

Now I'll allow all the muscles around my neck and throat to relax. I'm allowing muscles around my neck and my throat completely and utterly relaxed. As I allow all the muscles around my throat to relax, my head begins to feel heavy and droops toward my chest.

I'll allow all of my facial muscles to relax. I'm allowing all of my facial muscles to relax. I'll erase all the frown lines from my forehead between my eyebrows. I'll erase all the frown s from my forehead and between my eyebrows. I allow all of my facial muscles to relax, my face ns to be bathed in a gentle feeling of relaxation.

I've allowed the smallest muscles in my body-muscles around my eyelids—to relax and my eyelids feel very heavy. I've

allowed the smallest muscles in my body—the muscles around my lids—to become so relaxed that my eyelids are feeling very heavy.

And I slip gently into a deep 'e of complete and utter relaxation. I'm going per and deeper into this wonderful relaxation. breathing deeply and rhythmically, and with each rhythmic breath I take, I become more and more pleasantly relaxed.

All the sounds I hear in the background are only helping me to become more relaxed and go deeper into this complete and utter relaxation. Each and every time I use this relaxation, I will become more deeply relaxed I be able to use it faster than the time before. Each and every time I use this relaxation, I will become more deeply relaxed I be able to use it faster than the time before.

Each and every morning when I wake up, I wake with a very positive attitude. This positive attitude stays with me all day.

I am aware of negative people and negative situations that I come into contact with, at all times during the course of the day, but they only cause me to be more positive.

I aware of any negative thought which happens to slip into my mind, but as I become aware which is immediately — I reject it as spurious. I will then spend a moment remembering some occasion in my past which I felt eminently successful.

CONTINUING ...

NOW:

1. REPEAT YOUR FULL PGC ALOUD
2. BRIEFLY REVIEW YOUR DAILY BIOCOMPUTER INPUTS AND OUTPUTS ON PGC PROGRESS.
3. REPEAT YOUR PGC ONCE MORE.

THEN SAY:

Now I will end the relaxation exercise by counting from 1 – 5.

At 4 ...my eyes will open and I will be back feeling relaxed, motivated and wonderfully well

1 ... 2 ... 3 ... 4 (EYES OPEN) ... 5!

Exhibit A - Relaxation Routines

2. Medium Routine – Daily 2nd Week (20 minutes)

Remember to first close your eyes, take deep breath and continue to breathe deeper than you usually do.

I am thinking of my feet and I'm allowing my feet to relax. As I think of my feet, I can feel my feet becoming more relaxed. My feet now are completely and utterly relaxed. Relaxation continues my insteps past my ankles to the calves of my legs. I am thinking of my calves and I'm allowing my calves to relax. As I think of my calves, I can feel them become more relaxed. My calves now are completely and utterly relaxed.

Relaxation continues up over my knees to my thighs. I'm thinking of my thighs and I'm allowing my thighs to relax. As I think of my thighs, I can feel my thighs becoming more relaxed. My thighs now completely and utterly relaxed.

I have allowed both of my legs to become so relaxed that my legs are now feeling very limp. I have allowed both of my legs to become so relaxed my legs are now feeling very limp, and they beginning to feel just a little heavy.

Relaxation is like a blanket being pulled up over up over my hips and now covers my abdomen. I'm allowing he muscles around my stomach to relax. As I allow the muscles around my stomach to become completely and utterly relaxed, my stomach feels very limp.

Now I will allow all the muscles around my rib cage and my midriff and diaphragm to relax.

As I allow all the muscles around my rib cage midriff and diaphragm to become completely utterly relaxed, I realize that I'm breathing more deeply.

I'm breathing deeply and rhythmical with each rhythmic breath I take, I'm becoming more and more pleasantly relaxed. Relaxation spreads around to my back. I'm sitting (o very comfortably and very contentedly. As all the muscles in my back to relax, it seems as though I'm blending with the chair or the bed.

Relaxation continues up my spine through my central nervous system, relaxing muscle and sinew all over my body, and, as it continues up my back, under my shoulder blades, over my shoulder blades. I can feel my shoulders relax.

I'm allowing my shoulders to relax. As I allow my shoulders to become more relaxed I can feel my shoulders begin to droop. As my shoulders to become more relaxed, I can feel my shoulders drooping and sagging as they become completely and utterly relaxed.

My arms are hanging from my shoulders in a very loose, limp manner. I'm allowing my arms to relax. Relaxation is spreading from my upper arms to my forearms and to my hands.

Relaxation is spreading from my upper arms to my forearms and to my hands. I have allowed both of my arms to become so relaxed, that my arms now feel very limp.

I have allowed both of my arms to become relaxed so that my arms are now feeling very limp, and they also are beginning to feel just a little heavy.

I'm allowing all the muscles around my neck and my throat to become completely and utterly relaxed.

As I allow all the muscles around my neck and my throat to relax, my head begins to feel rather heavy and droops toward my chest.

I allow all of my facial muscles to relax. I'm allowing all of my facial muscles to relax. I erase all the frown lines from my forehead between my eyebrows. As I allow all of my facial muscles to relax. My face seems to be bathed gentle feeling of relaxation.

I've allowed the smallest muscles in my body, muscles around my eyelids, to relax, and my eyelids feel very heavy. I've allowed the smallest muscles in my body, the muscles around my eyes, to become so relaxed that my eyelids are feeling very heavy.

And I slip gently into a deep state of complete and utter relaxation. I'm going deeper and deeper into this wonderful relaxation. I'm breathing deeply and rhythmically, and with each rhythmic breath I take, I become more and more pleasantly relaxed.

All the sounds I can hear in the background are only helping me to become more relaxed and go deeper into this complete and relaxation.

Each and every time I use relaxation, I will be-e more deeply relaxed and be able to use it faster than the time before. Each and every time I use relaxation, I will become more deeply relaxed and be able to use it faster than before.

Each and every morning when I wake up, I wake up with a very positive attitude. This positive attitude stays with me all day. I am aware of negative people and negative situations that I come into contact with at all times during the course of the day, but they only cause me to be more positive.

I aware of any negative thought which happens to slip into my mind, but as I become aware of it, which is immediately, I reject it as a spurious thought

At this moment, I feel supremely confident in my own ability, and accordingly I act and be) very confident manner. I have complete confidence in my ability to handle and control any and every situation with which I am confronted in a way is best suited for me to achieve my goals.

I now have more energy than I've ever had in my entire life. I know that I have the mental and physical resources. to do twice as much I been doing, so now I demand that I have an abundance of tireless energy with which to pursue and achieve my goals.

I do not waste my energy on unnecessary and bad emotions which I know are bad for me and which I recognize are bad for me.

When I stop using relaxation, the physical me – my body - remains in a relaxed state. Each and every day, for the entire day, I am physically relaxed although my mind is always exceptionally alert and productive.

Now I will spend 2 minutes using psycho-feedback. remembering some occasion in your past when I felt eminently successful, and imagining myself as a more confident person who reaches my goal

In a few moments I will stop using relaxation, but feeling wonderful in every way, physically, mentally and emotionally. I will feel terrific and very energetic.

CONTINUING ...

NOW:

1. REPEAT ALOUD YOUR PGC.
2. BRIEFLY REVIEW YOUR DAILY BIOCOMPUTER INPUTS AND OUTPUTS ON PGC PROGRESS.
3. REPEAT TWO SELECTED REINFORCEMENTS FROM EXHIBIT C1, WHICH ARE IMPORTANT FOR YOU.
4. REPEAT YOUR PGC ONCE MORE.

THEN SAY:

Now I will end the relaxation exercise by counting from 1 – 5.

At 4 ... my eyes will open and I will be back feeling relaxed, motivated and wonderfully well

1 ... 2 ... 3 ... 4 (EYES OPEN) ... 5!

Exhibit A - Relaxation Routines

1. Short Routine – Daily 3rd Week (20 minutes)

With eyes closed, I am thinking of my legs and I'm allowing my legs to relax.

I have allowed both of my legs to become so relaxed that my legs are now feeling very limp and heavy.

I have allowed both of my legs to become so relaxed that my legs are now feeling very limp and heavy.

Now I will allow all of the muscles in the front of my body to relax.

I'm breathing deeply and rhythmically, and with each rhythmic breath I take, I become more and more pleasantly relaxed.

Relaxation spreads around to my back, and I'm allowing all the muscles in my back to relax.

Relaxation continues up my spine through my central nervous system, relaxing muscle and tissue and sinew all over my body.

Now I will allow my shoulders to relax. I've allowed my shoulders to become so relaxed that my shoulders are drooping and sagging.

My arms are hanging from my shoulders, and my arms become more relaxed, my arms feel very limp and heavy.

I have allowed all of my facial muscles to relax.

I've allowed the smallest muscles in my body - the muscles around my eyelids - to relax, and my eyelids feel very heavy. I slip gently into a deep state of complete and utter relaxation.

CONTINUING ...

NOW:

1. REPEAT ALOUD YOUR PGC.
2. BRIEFLY REVIEW YOUR DAILY BIOCOMPUTER INPUTS AND OUTPUTS ON PGC PROGRESS.
3. REPEAT TWO SELECTED REINFORCEMENTS FROM EXHIBIT C1, WHICH ARE IMPORTANT FOR YOU.
4. REPEAT YOUR PGC ONCE MORE.

THEN SAY:

Now I will end the relaxation exercise by counting from 1 – 5.

At 4 ... my eyes will open and I will be back feeling relaxed, motivated and wonderfully well

1 ... 2 ... 3 ... 4 (EYES OPEN) ... 5!

Exhibit A - Relaxation Routines

4. RT – Routine - Twice Daily 4th Week (20 minutes).

Make yourself comfortable. Gently put the left thumb into the left fist (an anchor signal). Begin to relax and breathe deeply as you do these three things:

1. With head steady, roll up the eyes and focus upon a specific spot or object high up on the wall.
2. Breathe very deeply and concentrate until the eyes want to close gently.
3. Relax and let your body float downwards. Let the left hand relax and feel like a buoyant balloon. Allow it to float upwards just a little, without any conscious effort at all. This is signal of a state of gentle deep meditation.

Then, just imagine a beautiful white cleansing light, coming from above your head and relaxing and cleaning every part of mind and body, as it passes through your whole body, from the top of your head to the tips of your toes.

Then imagine a beautiful soothing golden fluid, coming in from your toes, to sooth and heal every part of mind and body, right up to the top of your head.

Feel deeply relaxed in mind and body as you repeat to yourself the following key SUGGESTIONS, three times, very slowly:

“I will see, want and believe in my bio-computer, imagination, psycho-feedback and relaxation to achieve my Personal Goal Contract on time in its own special way.”

Then think deeply about these suggestions ... feeling POSITIVE about your mind and body and health. Feel yourself to be in control, day by day, caring for mind and body, with the POSITIVE expectation of success.

CONTINUING ...

NOW:

1. REPEAT ALOUD YOUR PGC.
2. BRIEFLY REVIEW YOUR DAILY BIOCOMPUTER INPUTS AND OUTPUTS ON PGC PROGRESS.
3. REPEAT TWO SELECTED EXERCISES FROM EXHIBIT C2 TO TEST YOUR PROGRESS.
4. REPEAT YOUR PGC ONCE MORE.

THEN SAY:

Now I will end the relaxation exercise by counting from 1 – 5.

At 4 ... my eyes will open and I will be back feeling relaxed, motivated and wonderfully well

1 ... 2 ... 3 ... 4 (EYES OPEN) ... 5!

NOTES:

YOU PRACTICE THE TWO-MINUTE IRT AS NEEDED MANY TIMES, ON AWAKENING IN THE MORNING AND BEFORE SLEEPING AT NIGHT, WHEN IT WILL TURN INTO NATURAL SLEEP, FROM WHICH YOU WILL AWAKEN IN YOUR OWN TIME IN THE MORNING.

IRT CAN BE ALSO BE USED FOR CONROLOF: PAIN, ANXIETY, OBESITY, HABITS, SMOKING AND OTHER HEALTH CARE NEEDS.

DETERMINE WHAT YOU WANT. MAKE ONLY THOSE SUGGESTIONS THAT ARE SIMPLE AND POSITIVE. REPEAT THEM SEVERAL TIMES.

ALWAYS BE CLEAR ON HOW YOU WANT TO THINK, FEEL AND BEHAVE.

NEVER SUGGEST ANYTHING YOU *DO NOT* WANT! THE SUB-CONSCIOUS DOES NOT UNDERSTAND NEGATIVES.

Exhibit B - Further Reading

Psycho-feedback – A Handbook of Practical Cybernetics
Paul Thomas. Published by Prentice Hall in 1979.

Man's Search for the Meaning of Life
Dr. Viktor Emil Frankl (Pocket Books - New York)

Feeling Good - The New Mood Therapy
Dr. David D. Burns (Avon Books - New York)

Turning Hurts into Haloes
Rev. Robert Schuller (Crystal Cathedral - Cal. USA)

When the Living Hurts
Dr. Michael D. Yapko (Brunner/Mazel New York)

Free Yourself from Depression
Dr. Michael D. Yapko (Brunner/Mazel New York)

Final Exit
Derek Humphrey (Dell Publishing - New York)

Man's Search for Ultimate Meaning
Dr. Viktor Emil Frankl (Pocket Books - New York)

A Course in Miracles
Helen Schucman and Dr William Thetford
Amazon Books

Exhibit C - Reinforcements & Exercises

A. REINFORCEMENTS 1-20

1. Empathy

With my personality, I know what the people I come into contact with are feeling within minutes of engaging in conversation with them. With my increasing ability to empathize with people, I am more understanding with everyone. I am a much more patient person.

2. Creativity

Creative ideas come to me when I need them, and so often when I least expect them. They increase my productivity. I immediately recognize these ideas and reward myself by converting them into action that takes me more quickly to my goals.

3. Anxiety

Anxiety comes from my concern about what another person is thinking. That is the last thing you should be concerned about! What he or she is thinking is his or her bio-computer input. In the short term, there is nothing I you can do about that!

4. Confidence

When I discuss an issue with any one or a group of people, I speak with authority and conviction on those subjects with which I am well acquainted. When I need new information, I have the ability to rapidly find and absorb it with instant recall at any future time.

5. Concentration

I can concentrate deeply when necessary on any subject. No external thoughts or conditions will interfere with my ability to give my undivided attention to the subject of my concentration.

6. Punctuality

I am a punctual person. When I say that I will be somewhere at a specific time, I make sure to be there a few minutes earlier. When I say I will do something by a specific time, I will do it. I am self-reliant independent thinking person, intent upon reaching the goals I set myself.

7. Expression

I now express my ideas, opinions and feelings freely but tactfully. I enjoy meeting new people with ease and comfort. I show new people that I am friendly and that I think they are important.

8. Do It Now

At this time, I have more of a do in work and family life than ever before. What needs to be done today, I do today, because I want to achieve my goals. The happiness of my family is the most important thing in my life.

9. Decisiveness

I am now a very decisive person. When faced with a problem, I quickly but carefully weigh up facts and possibilities. On reliable facts I make a decision. When the facts are not fully known, I use judgment and base my decision on the most likely probabilities. When the decision calls for a course of action, I act immediately with confidence in my control of my affairs and my own destiny.

10. Control

Although I work hard persistently to reach my goal, there are some things which I cannot control. I cannot always control what other people may think or do. When others cause a temporary setback in my progress toward my goal, I recognize it for what it is. A temporary setback, so I respond positively, I am like a reed that bends in the wind but returns upward unbroken

11. Habits

I am a conglomeration of habits. Only by establishing and maintaining good and productive habits can I achieve my goals. Therefore, I make the special effort to be am consciously aware of my bad habits, so that I can try to convert them good productive habits.

12. Discipline

From this moment, I will discipline myself as I expect other people to be discipline themselves. I will be very strict with myself.

13. Thought Control

With control of my own thoughts, I control my perceptions and my destiny. But I do realize that 99 percent of what I do every day is done as a matter of habit with no conscious thought. So from now on I will be more careful.

14. Better & Better

Each and every day in every way I get better and better. It is wonderful little phrase; easy to say; easy to believe; and embracing everything. It gives me tenacity in reaching my goals. It strengthens me despite the temporary setbacks that I experience.

15. Aggression

Alas, I live in an aggressive society. So sometimes I need an aggressive attitude to achieve of my goals. But in every situation with which I am confronted, I am only as aggressive as the situation demands. No more!

16. Self Reliance

I am a self-reliant person. An individual thinking person who is set upon reaching the goals I set myself. With control of my bio-computer, I can rely on myself to handle any situation with poise and confidence.

17. Help

I can get everything in life that I want, when I help enough other people to get what they want. God is my help for every need. He will my every hunger feed. He walks beside me and guides my way, for every moment of the day.

18. Now create another useful reinforcement

19. Now create another powerful reinforcement

20. Now create another unusual reinforcement

Exhibit C - Reinforcements & Exercises

B. EXERCISES (1-5)

1. Swallowing

This exercise helps you to control your bio-computer. Swallowing and salivating are entirely involuntary actions. You do not think about them consciously, because your bio-computer does it for you. So ... do a brief relaxation routine and then use this monologue:

I am feeling very thirsty. I'm going to count from one to five. As I count from one to five, I will be progressively more thirsty.

There is only way I can quench my thirst, and that is by swallowing. I will feel an uncontrollable urge to swallow to quench my thirst, exactly on the count of five but NOT BEFORE!

One. I'm feeling very thirsty my throat is very dry.

Two. My throat is becoming more dry and I feel even more thirsty.

Three. The saliva in my mouth is becoming slightly watery in anticipation of my swallowing, and my thirst is increasing.

Four. I am parched with thirst. I am desperately thirsty.

Five !!!

Note: You will swallow immediately. You did not swallow during one to four, because you gave your bio-computer instruction. You have demonstrated your ability to control an involuntary action. You have begun to control your automatic nervous system - to do what you want it to do.

2. Eye Exercise

You can imagine that your eyelids are glued together so that you cannot open them, until you give your bio-computer a prearranged signal. So now... do a brief relaxation routine and then use this monologue:

Count from one to five as follows:

One. My eyelids are glued together, stuck together, sealed together, and it is impossible for me to open my eyes.

Two. My eyelids are more tightly glued together, stuck together, bonded together, and it is impossible for me to open my eyes.

Three. It is as though the moisture around my eyes has turned to steel cement, and it is impossible for me to open my eyes.

Four. I will try to open my eyes, but the harder I try, the more tightly they become stuck together. As you Input this information, really try to open your eyelids.

Five!!

Note: When you say "five" your eyelids will fly open. Almost all your physical movements, at whatever level, like the act of blinking your eyes is generally involuntary. You do not have to think about when and how to blink your eyes. It is entirely an unconditioned reflex.

Blink your eyes a few times now. Were you thinking consciously how to blink your eyes? When you can do this exercise, the act of blinking your eyes ceases to be an involuntary action; it becomes a controlled action. It is contrary to human physiology that simply by imagining that your eyelids are stuck together, they become so. Progress!!

3. Arm Exercise

So now... do a brief relaxation routine and then use this monologue:

Raise your right arm straight out from your shoulder at shoulder level, with the palm of your hand facing downward and with your fingers outstretched.

Imagine your right arm is carved from one piece of wood, using these words:

Your right arm is carved from one piece of wood and is becoming very stiff and rigid.

Your right arm is carved from one piece of wood and is becoming very stiff and rigid. Very stiff and rigid. Very stiff and rigid.

Your right arm is now carved from one piece of wood, and it is impossible for me to bend my arm.

It will be impossible for you to bend your right arm until you touch it with your left hand.

You will try to bend your right arm, but the harder you try, the more intensely stiff and intensely rigid it becomes.

When you say, "I will try to bend my arm, but the harder I try, the more stiff and rigid it becomes," then try to bend your arm.

Now you touch the right arm with the left hand.

The right arm bends easily.

You are making progress.

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4. Pain Control Exercise

1. This simple mind-body control technique, takes only about three to five minutes, and gives you the confidence to control pain naturally. To be effective, you must: understand, believe, practice and expect success.
2. The only "equipment" you need is an "open mind" and a marble (or similar small object) in your right hand.
3. Get into that comfortable position, in which you know, you really can relax. Be aware that marble gets warm as it absorbs heat from contact with your right hand. Open your hand and allow the warmth to evaporate. Close the hand again, and recognize the marble, as a physical external symbol, of the internal function of your mind and body. Allow it to receive and evaporate not just heat, but emotion, anxiety and stress, leaving you free, relaxed, confident and ready to learn to control your pain.
4. Now, relax with the hands on the lap. Fix your eyes on the marble, and repeat these words deeply, three times, feeling free to change the wording to fit your own very personal style:

**"I AM, I CAN, I BELIEVE - THAT I WILL RELAX
COMPLETELY IN MIND AND BODY AND RE-ACTIVATE
MY GENES, TO CONTROL MY PAIN AND DISCOMFORT"**

5. With the eyes fixed on the marble, or closed if you wish, start to take three slow and very deep breaths. Be sure to pause on each inhalation. Imagine each exhalation as evaporating all the anxiety and stress from your mind and body through to the marble in your hand.

6. After the third breath, identify the specific pain in your body right now. Concentrate on it. Concentrate!! Make it worse. Much much worse, in your mind, as you gently begin to feel control of it, up and down.
7. Then suddenly, switch your mind to another part of your body (say the left calf) where there is absolutely no pain at all. Concentrate intensely on that part only. Concentrate only there. Feel the relief of pain naturally. Concentrate!
8. The let your whole mind and body relax completely, thinking ONLY of your breathing, nothing else. No self talk. Just concentrate on the BREATHING. Very important. Don't rush. Everyone has a different pace.
9. Then when YOU feel you are ready, bring yourself back at your own pace, by simply counting up slowly from 1 to 5, feeling well, relaxed and confident, with no pain at all.
10. The marble is now your very personal symbol of confidence to relax and control pain, as a positive self-healing naturally without effort, by re-activating your genes to give you relief.
11. This simple IRT can be used anywhere (eyes open or closed) to achieve a calm mind, without anger, anxiety or stress, ready to control pain or anxiety, you may have to face. Change the wording according to the need.

5. Now create another powerful exercise.