

A woman with dark hair is shown in profile, eyes closed, in a meditative state. Her face is surrounded by a soft, ethereal glow of orange and yellow particles, resembling dust or light. A blue, crystalline structure is visible in her hair. In the foreground, an open book lies flat, its pages illuminated by the same warm light. The background is dark and out of focus.

GUIDED MEDITATION FOR DEEP RELAXATION



MindMovies

Deep Relaxation

Clark Night, William Bates



Deep Relaxation:

Deep Relaxation Sister Chan Khong, 2012-11-30 For nearly 30 years Sister Chan Khong's Deep Relaxation practice has been a highlight for thousands of people who have attended Order of Interbeing Buddhist retreats. With Deep Relaxation the reader/listener will learn to meditate and relax body and mind at the deepest level, leading to a measurable reduction of stress levels. Sister Chan Khong effectively guides readers/listeners through the practice with a combination of spoken words and traditional songs from around the world, initiating a process that shows how we can achieve a more positive and healthy life as we move out of the meditation and into the world. With her soothing voice, her pacing, her extensive experience of practicing mindfulness in everyday life, and with the beauty of the gentle music, practitioners are able to achieve a state of profound relaxation. The relaxation practice is designed not only for those interested in mindfulness or Buddhism but for anyone who needs to relieve stress. Working with the body's innate capacity to heal itself, these exercises will bring the listener/reader to experience ever deeper levels of relaxation that can activate the body's natural healing abilities. The book will leave the reader with a deep sense of well-being. [Meditation Deep and Blissful \(with Seven Guided Meditations\): How to Still the Mind's Compulsive Thinking, Let Go of Upset, Tap Into the Juice and Meditate at a Whole New Level](#) Sharon Rose Summers, 2013-07-23 Comes with seven guided meditations as audio downloads, your free gift with purchase. Details inside. This book is designed for both the new and experienced meditator. For the newcomer, it has practical guidelines with everything you need to know, as well as an excellent selection of techniques. You'll come away with a personal playlist of techniques you love and that really work for you. For anyone who's tried meditation and found the experience disappointing, nothing was happening, or your mind just wouldn't stop, this book gives you powerful insights into the reasons why people can become frustrated and discouraged, the obstacles to moving into higher states, and shows you how to navigate your way through. Even the long-seasoned meditator will come away with new realizations and techniques. There are three essentials to really rich, deep, satisfying meditation, which this book goes into in depth. Once you understand these, the way is paved for you to really tap into the juice and enjoy truly beautiful, deep and blissful meditation. **Relaxation For Dummies** Shamash Alidina, 2012-03-19 New ways to embrace relaxation every day. Relaxation For Dummies provides a straightforward guide to understanding the importance of relaxation in our readers' day-to-day lives. Covering a variety of simple relaxation techniques, including meditation, breathing techniques, hypnotherapy, guided imagery, and yoga, this book shows readers how to use physical and emotional relaxation to combat a range of issues, including stress, anxiety, phobias, and fears. The book is accompanied by an audio CD that provides accompanying relaxation exercises for readers to follow. Relaxation For Dummies shows readers how to understand the meaning of relaxation, provides relaxation strategies to help you take it easy, teaches the benefits of healthy breathing, allows the reader to harness the powers of Yoga and Tai Chi to increase well-being. Note: CD files are available to download when buying the e-Book version. **MEDITATION, YOGA AND RELAXATION COURSE**

Marcel Souza, Embark on a transformative journey with the Meditation Yoga and Relaxation Course This comprehensive program is your gateway to inner peace mindfulness and a healthier more balanced life In this course you ll explore the ancient practices of meditation and yoga tailored for modern living Whether you re a beginner or an experienced practitioner you ll find valuable insights and techniques to enhance your well being Discover the art of mindfulness reduce stress and unlock the secrets to relaxation Join us on this path to self discovery and mental clarity Embrace a life filled with serenity and vitality Don t miss the chance to experience the profound benefits of meditation yoga and relaxation Your journey to a calmer more centered you starts here

Deep Healing Emmett E. Miller, M.D.,1996-12-01 Deep Healing brings new hope to every reader It awakens even the most skeptical among us to the miraculous inborn self healing capacities of our mind body Emmett Miller M D practicing as a traditional family doctor for 20 years discovered that when a part of your body is sick the whole body system is out of balance He saw that how his patients thought about and saw life affected and seemed to create whatever their current state of health was He has stated that it is not enough to heal the particular illness without understanding the emotional and psychological basis for the ailment or problem We must heal the entire person not just a specific part Dr Miller has had great success with guided imagery to promote physical health and emotional well being He has even been successful using guided imagery to do minor surgery without any anesthetic again proving the mind body connection and the control of our bodies by our thoughts Through the presentation of stories reflections and case studies Dr Miller presents his wonderful deep healing theories that will instill a new sense of hope and optimism into all who read this book

Curing Hay Fever Naturally with Chinese Medicine Bob Flaws,1997 This book explains the Chinese theory on the cause of allergic conditions It offers many low or no cost home therapies to prevent and heal this widespread disease including self massage Chinese patent medicines and herbal teas

Cognitive Behavioral Therapy for Tinnitus Eldré W. Beukes, Gerhard Andersson, Vinaya Manchaiah, Viktor Kaldo,2020-10-28 For many individuals afflicted with tinnitus the condition causes substantial distress While there is no known cure for tinnitus cognitive behavioral therapy CBT can offer an effective strategy for managing the symptoms and side effects of chronic tinnitus Cognitive Behavioral Therapy for Tinnitus is the first book to provide comprehensive CBT counseling materials specifically developed for the management of tinnitus This valuable professional book has two primary purposes to provide clinical guidelines for audiologists who are offering CBT based counseling for tinnitus and to provide self help materials for individuals with tinnitus In addition these materials may be of interest to researchers developing evidence based therapies for tinnitus The book is structured into three sections Section A provides background information about the theoretical aspects of CBT and some practical tips on how to use this book Section B provides the CBT counseling or self help materials which can be used by both audiologists and those with tinnitus Finally Section C provides some supplementary materials for clinicians that can aid monitoring and engagement of individuals experiencing tinnitus during the course of intervention Key Features The CBT materials contained in this text

have been tested in numerous clinical trials across the globe Australia Germany Sweden United Kingdom and the United States both as self help book chapters and self help materials delivered via the Internet The counseling materials are presented at minimum reading grade level U S 6th grade level to maximize reader engagement The authors of this book have extensive experience in the management of tinnitus offering useful insights for clinicians and those with tinnitus Includes expert advice videos for each chapter to facilitate its adoption to clinical practice *A textbook for a pregnant woman. Everything you need to know when carrying a child.* O.Nashchubskiy, There is nothing more magical in this world than the moment when life begins its new story This is the moment when a small miracle awakens in the arms of mother and father and the whole world reveals its miracles in new colors Like the pages of a magic book the life of a pregnant woman is filled with mysteries and surprises Every moment is a chapter every movement is an art and the beating of a small heart is a magic that cannot be described in words This book is the key to this magical book of life She invites you on a journey full of mystery and wonder into a world where the smallest touches become the most important This is a journey into the world of motherhood and fatherhood where every day is a new chapter every minute is an encounter with magic Here you will find stories about how dreams and hopes are born about how love and happiness are born This book is a colorful picture of life where every color every note is part of this magical symphony Let s open the first page of this magical book together and go on an incredible journey where every moment is filled with the magic of a New Life In this world where every step leads to a new beginning and every beginning carries with it the eternal circle of life conceiving a child is one of the most magical and mysterious moments It is like a quiet whisper of nature a promise of new life gently emerging in the secret depths of existence This act of creating new life is the moment when love transcends the visible and becomes a force that can change the world Conceiving a child is not just a biological process it is an act of love and hope This is the moment when two hearts work together to create a miracle giving the world a new soul This is the beginning of a journey full of excitement joy sometimes fear and uncertainty but always full of love And then comes the moment of birth a solemn and magical event when new life meets the light for the first time This is the moment when time stops and the entire universe seems concentrated in this small creature that lies so helplessly in the arms of its mother The birth of a child is the fulfillment of the meaning of life the embodiment of love and hope that were inherent at the moment of conception With this event comes a new responsibility responsibility for a new life for this little miracle which now depends on its parents This is a responsibility not only for the physical well being of the child but also for his emotional and spiritual development Parents become the first teachers the first mentors and the first support in this world for their child And of course with the birth of a child comes incredible love love that knows no boundaries knows no fatigue and knows no fear This is love that is stronger than anything in the world love that is capable of the greatest sacrifices and deeds This is love that stays with parents for life grows and develops with the child Conceiving and giving birth to a child are not just natural stages of life they are sacred acts full of deep meaning

and grandeur They remind us of the miracle of life the power of love and how important it is to cherish every moment spent with our children This is a journey that changes us makes us better wiser and happier In a world where every breath and every step carries the invisible magic of the beginning the psychological education of a child starting from the moment of conception and especially in the first year of life is one of the most significant and subtle threads with which we adults weave the fabric of the future From the moment of conception when new life barely begins to pulsate in the womb it already absorbs the essence of the surrounding world through the senses of the mother The emotional state thoughts sensations of the mother become the first colors with which she perhaps unknown paints the first images in the mind of her child Love calm and harmony surrounding the mother become the basis for the development of a sense of security in the child When a baby is born his psychological development takes on a new round Every touch every look every word of the parents is imprinted in the child's tender memory forming his ideas about the world about himself and about those who surround him In the first year of life when the baby cannot yet speak he actively learns to understand the world through emotions and tactile sensations This is the time when the foundation of trust in the world is laid through the warmth of hands the tenderness of hugs and the confidence that parents are always there Mom's smile dad's gentle voice their calmness and confidence are transmitted to the baby giving him a feeling of security and anticipation of good things The importance of psychological education during this period cannot be overestimated This is the time when the foundations of self esteem adaptability and first social skills are laid Parents are the first teachers and mentors through whom the child learns to understand himself and others learns to feel and express his emotions The love and attention respect and understanding that a child receives in the first year of his life become the cornerstone of his psychological health and well being for the rest of his life This is the foundation on which all his future relationships his self confidence and his ability to face difficulties will be built Thus psychological education begins long before the first word the first step it begins with the first heartbeat in the womb and continues with every moment of the first year of life It is a mysterious and majestic task to fill this world with love raising a new soul that will one day make it a better place

Strong and Fearless Phil Nuernberger, 2003 Dr Phil Nuernberger tells us that stress arises when we let fear and self doubt control our thoughts and actions He then shows us how to take charge of the powers of our mind addresses the roots of our fears and offers real workable solutions to the epidemic of stress in our world today

Sport Psychology for Coaches Damon Burton, Thomas D. Raedeke, 2008 This book presents an applied approach to sport psychology and is designed to enable coaches and students to understand key sport psychology tools It provides coaches with a practical discussion of motivation communication stress management mental imagery and other important topics It is a reader friendly organisation that includes learning objectives that introduce each chapter sidebars illustrating sport specific applications of key concepts and principles and chapter summaries

Escape! Joseph O'Neill, 2011-06-01 Description The book is a complete recovery plan for all those suffering from agoraphobia It deals with

every aspect of the condition and provides clear simple and effective strategies for full recovery It adopts a holistic approach which ensures improved general health and fitness that form the springboard to recovery Written in clear jargon free language it explains the condition in layman s terms It contains guidance on diet sleep lifestyle and exercise and explains how these play a vital part in regaining good health Most important of all are the step by step guidelines for overcoming your fears and living a full life These enable you to progress at the speed that suits you and to tailor your progress to your needs It is written by a former agoraphobic who understands the nature of the illness and knows how easy it is to avoid fearful situations and allow the condition to strengthen its grip The author explains how to confront and overcome these excuses and motivate yourself to full recovery About the Author Joseph O Neill is a freelance author and broadcaster He has broadcast and published in both Ireland and Britain He suffered from agoraphobia for almost thirty years and experienced most forms of therapy during that time His experience of what works and what doesn t forms the basis of this book **Headache Relief**

Alan Rapoport,1991-12-15 Presents information on the latest diagnostic tests and cures for headaches and discusses types of headaches biofeedback relaxation techniques and diet and exercise **Yoga Myths** Judith Hanson Lasater,2020-08-25

The essential guide to correcting yoga misconceptions and avoiding injuries in your practice from Judith Hanson Lasater a yoga instructor physical therapist and bodywork expert Tuck your tailbone to protect your back Increase your breath Pull your abdominal muscles into your backbone Following these movement cues is often believed to benefit your yoga practice and protect your body when entering and holding poses However what may seem like a helpful correction can actually lead to injury or physical harm In Yoga Myths Judith Hanson Lasater draws on almost fifty years of experience as a yoga instructor and physical therapist to address the most common mistakes in our yoga practice and provide clear instructions for correcting these errors Focusing on the eleven myths most detrimental to our practice Lasater provides a comprehensive discussion of what the myth is why it can hurt us and how we can avoid it through step by step instructions and guiding photos This book will allow you to return to the inherent wisdom natural goodness and spiritual wholeness of yoga and avoid life altering injuries for as long as you practice **EFT -Emotional Freedom Technique and Acupressure, Color**

Breathing, Visualization for Healthy Mind, Body and Clear Eyesight Clark Night,2011-03-06 Color version EFT is an Easy Type of Chinese Acupressure Puncture without Needles or Hard Pressure EFT is applied by TAPPING activating energy points meridians on in the body with the fingertips Tapping removes energy blocks stuck stagnant energy orients polarizes corrects balances and strengthens the energy flow in the body through the Meridians Energy Pathways Energy Points Chakras Nervous System Electric Chi and other Energies Physical and Spiritual Tai Chi Qi Gong Karate Energy Control Methods are related to EFT EFT removes negative destructive emotions thoughts feelings stress from the mind brain system by correcting energy flow The body s energies flow correct and strengthen EFT balances and improves function of the left and right brain hemispheres This produces good health clear eyesight Neck chest shoulder eye muscle tension stiff

infrequent eye shifting movements headaches strain in the mind brain negative unhappy past present thoughts emotions experiences blocked energy flow lowered liver kidney health staring squinting cause unclear eyesight Negative destructive thoughts emotions worry are a common cause of mental strain back chest shoulder neck eye muscle tension and unclear eyesight Lowered eyesight increases worry mental strain which then increases the body neck eye muscle tension Eye function is impaired Light rays focus incorrect in the eye Circulation to in the eye lowers Vision is more unclear EFT Nutrition Natural Eyesight Improvement corrects these conditions Blocked energy experienced during a stressful event happens first before the negative emotions occur and locks them into the mind body Negative thoughts emotions maintain blocked energy flow Removing blocked energy first results in removal of the negative emotions thoughts feelings and often brings instant clear eyesight As EFT Tapping removes energy blocks corrects the energy flow resulting in removal of negative emotions thoughts feelings the person can then place positive constructive thoughts into the mind system think feel in a positive constructive way about the past or present stressful event Positive thoughts emotions help to correct and strengthen the body's energy flow Correct energy flow is now maintained Mental and physical health improve eye function returns to normal eyesight is 20/20 and clearer at all distances close and far Health of body organs systems improve as energy flows correct throughout the body EFT improves the function of the brain visual cortex left and right brain hemisphere activation integration This improves function of the brain with the eyes retina eye muscles and body Eyesight and mental physical health improve Memory imagination math science speech learning creativity art music skills all functions of the brain left and right hemispheres even the oldest deep survival areas of the brain improve This is a main treatment of Natural Eyesight Improvement 20 free PDF E Books Natural Eyesight Vision Improvement Training Do It Yourself Natural Eyesight Improvement Original and Modern Bates Method Better Eyesight Magazine by Ophthalmologist William H Bates Unedited Full Set 132 Magazine Issues 11 Years July 1919 to June 1930 Illustrated with 500 Pictures and additional up to date Modern Natural Eyesight Improvement Training Original Better Eyesight Magazine by Ophthalmologist William H Bates Photo copy of all his Original Antique Magazine Pages in the 1900's Print All of William H Bates Clark Night Books included in the PDF Video and Audio lessons Read this book on Kindle See William H Bates Author's Page for Video of internal book pages full description of the Paperback Kindle and 20 free E books <https://clareyesight.com/batesmethod/info> **Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method** Clark Night, William Bates, 2011-12-08 Natural Eyesight Improvement based on the Method Treatments of Ophthalmologist William H Bates Color Version Paperback contains popular EFT book and Dr Bates books Magazines in the E Book Amazon look inside will soon have the color preview Includes 20 Color Printable PDF E Books with this Paperback book Eyecharts Audio Video Lessons 600 color pictures all the Author's and Ophthalmologist Bates 50 books Contact the Author for the download link Address is on the Thank You Page inside the book E Book contains Word Search type in any word Example Myopia to see 50/100 Treatments for unclear distant

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 From The Clinic by Emily C Lierman Bates Use Your Own Eyes by Dr William B MacCracken Normal Sight Without Glasses
 by Dr William B MacCracken Strengthening The eyes A New Course In Scientific Eye Training In 28 Lessons by Bernarr
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 William H Bates e B004H9DOBC ref ntt_athr_dp_pel_pop_ *Curing Fibromyalgia Naturally with Chinese Medicine* Bob
 Flaws, 2000 Millions of Americans suffer from the debilitating symptoms of fibromyalgia which may include sleep
 disturbances fatigue depression and digestive complaints as well as generalized body pain and stiffness This book is the first
 to discuss this common disorder from the point of view of Chinese medicine In addition to the Chinese medical viewpoint on
 fibromyalgia this book gives a host of safe simple low or no cost home therapies to help prevent or heal this all too common
 problem Provided by publisher **Migraine. Review of 600 methods of healing without drugs. Non-drug ways to
 treat and relieve headaches.** Oleg Nashchubskiy, In a world where every step is accompanied by stress and the noise of
 the city haunts you migraine is becoming an increasingly common ailment darkening the lives of millions of people This book
 is not just a book but your guide to the world of alternative medicine opening the doors to the world of pain free existence To
 a world where everyone can find their own path to healing This unique publication brings together centuries of knowledge
 and the latest discoveries offering natural safe methods to combat migraines From medicinal herbs and plants provided by
 nature itself to hydrotherapy restorative aquatic environments from sound therapy that transports you into a world of
 harmony and calm to the ancient practices of acupuncture and acupressure that open up new paths to pain relief We dive
 into nutrition supplements and diets exploring how dietary changes may be the key to reducing the frequency and intensity
 of migraine attacks Let s look at how physical exercise and activity incorporated into daily life can strengthen the body and
 spirit reducing susceptibility to stress and as a result to migraines Meditation and relaxation techniques will open you up to a
 world of inner peace where headaches have no power Lifestyle changes breathing techniques massage and many other

methods will offer you tools for self regulation and self healing This book is a comprehensive resource that includes not only traditional but also innovative approaches such as light therapy color therapy heat therapy and a variety of psychotherapeutic and psychological treatments She offers a comprehensive view of migraine emphasizing the importance of an integrative approach to treatment combining the best of alternative and conventional medicine Zootherapy magnetic therapy energy therapy oxygen therapy are just some of the unique techniques presented in the book Each page will open up new horizons and opportunities for you to achieve health without the use of medications offering alternative ways to achieve harmony of body and spirit The tips methods and clear techniques provided in the book will help you find an individual method of curing migraines or at least significantly relieving headaches The book is your faithful companion on the path to freedom from pain which gives hope and support to everyone who strives to live a full life and look for their own personal method of combating migraines and possible complete healing Together we will find the path to health because not everyone can benefit from standard medications that can be purchased at the pharmacy and thanks to alternative methods we have hundreds of additional chances to find the joy of life in every manifestation without headaches and migraines

Ten Minutes to Deep Meditation Michael J Cavallaro, 2014-12-22 With today's demands and hectic pace stress has become more common on a daily basis Oftentimes there are not enough hours in the day and our to do lists grow longer and longer It is no surprise that according to a recent report by HiFX the United States is the second most stress ridden country in the world With looming outside forces such as the depressed job market and the 9.4 percent unemployment rate you need make a calm mind your priority But when there is barely enough time for breakfast it can be difficult to find time to balance your life Ten Minutes to Deep Meditation is here to help In a simple step by step format this book helps beginners increase focus and decrease stress through the art of meditation According to a recent report from American Association of Naturopathic Physicians meditation is a proven relaxation method that can lower blood pressure without chemical supplements You will learn what meditation is and is not why you get stressed out and how meditation can truly help calm your nerves This book presents you with the two main types of meditation analytical and placement and how both can help you in different ways You will also learn the answers to common questions regarding this soothing process How is meditation different from relaxation concentration and self hypnosis Which techniques are right for you Are there any physiological effects This book will clear up the common myths of meditation and present you with structured methods to relax your body without medication You will learn practical easy to use instructions on the meditation process with dozens of specific techniques and practices including the Buddha Vairochana posture Lamrim meditation and the popular cross legged lotus position You will learn where to focus your attention and what to contemplate to fully clear your mind of outside stress You will also learn how and why coupling meditation with yoga can create a greater calming effect Going a step further this book also contains images of correct meditative postures and yoga stretches so you can get it right the first time Most importantly this book

explains how to steady and control your breathing to bring oxygen to your mind You will learn how to position your body the best clothes to wear how to stretch and what to do when you run into problems and cannot seem to clear your head Meditation specialists and real life people who have experienced the benefits of meditation have been interviewed and their expertise is dispersed throughout this book Best of all this book is written to fit into your busy lifestyle With only ten minutes a day you can let go of your stress for 24 hours If you are looking for a natural way to ease your stress Ten Minutes to Deep Meditation will help you focus your mind and balance your life

OUCH! The Pain of Modern Civilization Dr. Ajay

Issar, Alka Issar, 2020-04-17 Isn't it ironic that information about healthy living is in such abundance yet people are more confused than ever In excess of 80% of today's healthcare costs are spent treating chronic diseases like diabetes hypertension high cholesterol heart disease cancer and obesity This is a function of our modern society characterized by Overnutrition Under activity Circadian rhythm disruption and a Hectic and stressful lifestyle or OUCH unlike any we've seen before In OUCH The Pain of Modern Civilization authors Dr Ajay Issar and Alka Issar offer a four factor model of chronic disease that not only links these behaviours with their physical consequences but explains in detail the means of assailing them Here is a practical personalized approach aimed at health promotion and shared compellingly by way of case studies recipes and advice for exercise and creating structure in your day This book clarifies common myths about chronic disease and extends tools readers can employ in their own war against OUCH OUCH The Pain of Modern Civilization is unique for its consideration of the person as a whole and its prescription of timeless and proven solutions for optimal health This book is for anyone who cares about their well being including individuals who are already suffering from a chronic disease and those who are keen to avoid them

Understanding Psychedelic Experience Robert E. Leihy, 2011-02-16

I believe that the greatest long term benefit of psychedelic experience is that it can help to reduce mental conflict to the point where calmness relaxation and clear thinking can prevail more fully in one's life Being able to relax quickly and deeply at will for as long a period as desired is a great mental and physical benefit in this turbulent and uncertain world Inner emotional and philosophical conflicts can interfere with deep relaxation and clear thought but psychedelic experience can provide the opportunity to gradually work on resolving these issues and finding satisfactory answers and resolutions to them at deep intuitive levels If nothing else even short periods of deep relaxation and peace of mind during the day can be a healthy escape from stress It is possible to remain the stationary axle to the turning wheel of destiny even when circumstances become less than pleasant I believe that psychedelic experience is a learning experience Whether the inner teacher is considered as spiritual or a mental process or both or neither new ways of looking at things are somehow provided that can be later tested and evaluated in daily life The harder lessons take longer to learn and to require more repetitions To the extent that the mind can be cleared of unnecessary residual tension and conflict direct perception can be experienced The world can become a more vivid significant and interesting place and its miraculous quality can be better appreciated I

consider that psychedelic drugs used with reasonable care are quite safe and healthy when the cautions that I have mentioned are considered Only one of my more than two hundred clients experienced any significant aftermath after taking a high dose 500 micrograms of LSD but she was a patient in a mental hospital who had a history of similar episodes prior to her LSD experience I believe that psychedelic experience could very well be of benefit for psychotherapeutic purposes but I think that pinning too much hope on a single session is much too optimistic One needs to learn to use the experience to his own advantage In addition I am quite sure that it would be of value for the psychotherapist to be personally familiar with the spiritual and cosmic concepts that the experience has to offer I am guessing that a well motivated patient who could choose his or her own dosage and the time interval between sessions would benefit the most I am also guessing that either a disturbed or a healthy person could become quite familiar the experience and that he could benefit from and enjoy occasional self exploration sessions with low or moderate doses without needing any supervision For some people the low dose experience is a satisfying alternative to the more dangerous and addictive drugs used for recreation A rock concert could be as diverting as sitting in a nightclub A question still remains as to the extent to which the right dosages taken at the right time could gradually replace the need for alcohol It would be interesting to give a group of people who were strongly attracted to alcohol or some other recreational drug access to quality controlled self administered doses of a psychedelic drug and to see the extent to which the one could replace the other The experiences are quite different but they have in common the fact that they are both indeed altered states of consciousness They are both highs but one is considerably safer than the others I predict that there would be some success in such an endeavor and that having an experienced person to act as an ally during the transition would be of great help The moderate dose stimulates meditation relaxation self exploration and creativity The high dose permits exploration of abstract and religious concepts as well as permitting possible resolutions of emotional psychological and philosophical conflicts on deep intuitive levels At all levels t

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