

# THEORETICAL FOUNDATION OF AUTOGENIC TRAINING

If you don't know what "auto" means you shouldn't expect too much from the MORE of autogenic training. A certain intelligence is required, intelligence insofar as one should have at least enough motivation to inquire what the meaning of "auto" is.

This incidentally leads to the acquisition of a certain degree of education and enables you to think theoretically. This theoretical thinking enables you to explain connections that were previously unclear.

If one can think theoretically, autogenic training (AT) will bring considerable success and - as long as one has thought about oneself and the world - it will proceed to a MORE which will help to answer the question of man's existence and can solve it for the individual.

That you can't call this final stage more than AT is quite unimportant. Because you will reach a philosophical goal which forms the beginning of a "rest-in-onself" and a "feeling of self-comprehension" in this world. And this is where definitions and standards are worthless because meaningless.

*Albert Schweitzer* probably meant something similar (I only know about his writings through quotes) when he described it as "the result of rationalism in its bravest and most radical consequences."

Ultimately all philosophies that think things through to a last conceivable conclusion seriously and consistently objectively and logically, should arrive at this result, without stopping at an intermediate level just because going further might lead to terrifying consequences.

Here at the beginning I don't want to reason about the end; because it is an unknown quantity, but individually different and surely innovative, and far, far away from the beginning.

Let's start there where everything starts. With the basics. Even Albert Einstein had to learn his basic tables before he could advance to the theory of relativity.

As there are excellent books about the basics of autogenic training, like the one by *Hannes Lindemann*, who crossed the Atlantic solo in a short canoe in 72 lonely days and nights and who is an intimate expert about the AT founder *Johannes-Heinrich Schultz*, it would be useless for me to repeat with different words what others have already written about more professionally, more didactically and more sensitively.

Buy the appropriate book and

<p>You absolutely must enrol in an AT course Without individually tailored, expertly delivered start-up help You will not find a reasonable entry into our subject</p>
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Don't worry, AT is really simple, in the true sense of the word a natural thing. AT is pure nature and no hokus-pokus. Only the entry should be made easier by an expert who saves you from dead ends and errors.

It is like all things virginal. If there is a mistake being made right at the beginning it is so ingrained that it can never be removed. Something you should definitely avoid!

Therefore you should enrol in a beginner's course

**YOU CANNOT DO WITHOUT IT**

AT means relaxation of the whole person through mental concentration.  
AT means self-hypnosis developed from medical hypnosis.  
AT is ...MORE or can be for you ... IF. - It's ONLY up to you!

AT is based on our obvious

First Insight

**Man is  
A UNIT  
of body and brain  
He does not consist of two separate parts**

Professor Dr. Dr.h.c. Johannes Heinrich Schulz, having made AT publicly respectable in 1932, formulated this fact very pertinently but better than I in his beautiful sentence:

IT'S NOT THE BODY THAT DRINKS AND THE BRAIN THAT GETS DRUNK  
BUT A LIVING PERSON DRINKS AND GETS INEBRIATED HEAD TO TOE

Schulz: " drink...get drunk,.....drink and get completely inebriated"

I would like to clarify with an example the statement about the unity of body and brain, i.e. their inseparable togetherness and their mutually caused convergence.

If you reach for something, the "order" to do so certainly does not come from your arm or your hand but because you want it from your head. And your head, that is your brain or more exactly your thoughts, want it, because the eyes first saw the object that you reach for.

The eyes are not part of the brain but the body. Therefore the body saw something first up. The nerves have passed this on to your brain. The brain decided to grasp, conveys this via other nerves to arm and hand - and the hand grasps, after having been put into position beforehand by the arm. And it drops the object in a hurry. Because it got burned by the red hot pot handle. And the pot wasn't even on the hotplate but somewhere completely different. Therefore your intelligence, which is your brain with its stored life experience, did not assume that the handle was hot.

"Quick..." went the hot message from the fingers via the nerves to your brain. From there came the reflex order "...Smart".

The whole process functions as fast as in a computer. The computer is a machine consisting of endlessly many different parts that all have to cooperate to make an unquestionably functioning unit: the computer.

It is exactly the same with a human being. He too is an "apparatus", only a living one, consisting of endlessly many parts that all function together. And only and exclusively in their sum do they form the living = functioning human being.

Take away only one essential part and it is not a human any more but a corpse. In the case of the computer it will be junk. With a less important part the human will limp, or he can't smell, or he needs a guide dog or a wheelchair. I don't mean to be light-hearted or macabre. I think it is just like that - because that's the way it is.

One of these human parts is the brain  
And that extends to the little toe

By this I mean the FUNCTION of the brain which communicates to the entire body via the NERVOUS SYSTEM. - And vice versa.

If you stub your little toe on the edge of the half open bedroom door, because you wanted to quench your thirst late after making love, and you didn't want to wake your beloved partner by turning on the light, then it is not the toe that screams like mad but your voice i.e. your vocal chords, your larynx, your lungs and your tongue or, whatever else constitutes the voice. And that shows that even the little toe is seamlessly integrated into the whole person together with the nerves to the brain and to the vocal chords and to the larynx and to the lungs and to the tongue and to simply everything.

One part of this "everything" is the brain. One calls it the brain because it can be spatially defined just like the little toe can be spatially defined. You say toe because predominantly it is the toe. But there is also a little part of brain in the little toe! Namely the ends of the nerves, which are undoubtedly part of the brain. On the other hand one says brain because it is without question predominantly the brain. But there is also a small part of the little toe in the brain! Namely the ends of the nerves that start in the little toe.

Or do they end there? It is not worth discussing. Brain and little toe are one whether it frightens or amuses you.

You can also define the word "can" in this sentence spatially. But this second word in the last sentence is also only a spatially defined part of it. Without this word "can" this sentence would not be a sentence, it would not work and it would not make sense. It would be a corpse – or rubbish. On the other hand without the rest of this sentence the single word "can" would not make any sense. It would be rubbish too.

But let's return to our "quick-smart" topic. The order to grab something is certainly an intended therefore a conscious decision of your brain. To be more precise: a decision of your CONSCIOUSNESS, a decision of that part of your brain where you consciously therefore deliberately "think".

The process of the hot "quick" to the lightning "smart" of opening your hand did certainly not involve this consciousness. This is to say that you did not consciously think about the fact that your fingers became red hot and that you then consciously decided to free your hand from the handle. This happened quite automatically and completely subconsciously as a bodily reflex caused by something that is not your consciousness. I might simply call it through your NON-CONSCIOUSNESS.

The "quick-smart" concept shows us quick smart a basically important fact: The consciousness caused certain muscles to grab the handle. The non-consciousness caused certain muscles to drop the handle.

Exactly the same muscles function the "other way around" in different life constellations, for example, when the pot is about to fall off the stove and you grab it as a subconscious reflex. Or you let go of the handle because you put the pot there where you wanted to put it. - Out of this fact results our

Second Insight

**A muscle can be activated  
through Consciousness  
as well as  
through Non-Consciousness**

And what goes for the whole muscle goes naturally all the more for muscle fibres and for vessels and for cells and other microparts, even for the smallest parts of the bodily structure which are attached to the most peripheral ends of the nervous system. For a muscle is formed out of those micro parts. Not only the muscle - the entire human.

And it is exactly these microparts which are being addressed by our consciousness or non-consciousness and are prompted to coordinated action.

This shows for example when the loved partner embraces you comfortingly after the toe debacle. It is not the brain here that steers both arms as a compact comfort-embracing-unit but millions of microparts are being activated which only in their combination result in the soothing, alleviating caress and stroking-holding-embrace. From this comes our

Third Insight

**Every cell in the body which is connected to the nervous system  
Can be controlled by Non-consciousness  
As well as by Consciousness**

We already know that everything in humans is functionally compellingly linked. Therefore consciousness and non-consciousness are certainly interlinked as well. That is why it must be possible, as in the case of the muscles, to steer the non-consciousness by the consciousness or to at least to influence it.

#### **EVERYTHING IN A HUMAN BEING IS CONNECTED AS A COHERENT FUNCTION**

Man is an integrated being with ALL the functions of his (spatially definable) parts being influenced by and dependent upon each other.

The SUBCONSCIOUSNESS is that part of the shapable brain (the part that is not occupied by vegetative body signals) where from earliest childhood on the nurturing persons impress the basic patterns of their behaviour as the first and only impressions. In particular those of the mother, who is primarily and nearly exclusively concerned with the child, and then naturally later and with greater difficulty and duration those of the father- because the child only becomes really "interesting" for the father later. These practically exclusive examples that a child normally has - or at least should have - form the basis of the child's behavioural patterns (models) from the very first moment of being able to feel. Inevitably everything that follows is based on these first and only influences on the child's virginal brain: his EGO, his behaviour - his entire life.

The parents - primarily the mother - lay down the subconsciously guiding tracks  
the basics for his entire life, through their dealings with the child

These behavioural patterns direct the person fossil-like unconsciously = subconsciously in his actions and in his reactions, just as deeply indented car tracks in the landscape direct a vehicle. They direct his entire behaviour. - He can't help it!

In order to avoid linguistic pain I will mostly use the term "unconsciousness", even though it should be "subconsciousness". It is inconsequential for our AT. Your brain automatically makes the right decisions for itself and for your body and therefore for you as a whole - even when this happens un(sub)consciously.

Unfortunately these days a father often doesn't influence his offspring because he is indispensable in his job and even indispensable in his club. Hence he must not be surprised when his child takes him for a fool later on and has unrealistic expectations regarding life, because only the experiences with a caring mother have sunk in to his childish head as a personality-steering force. There are people that are still childish when they are pensioners and have mercilessly demanding expectations towards life, like a toddler has towards a naturally, unquestioningly and permanently protective, spoiling, caring mother.

*Please read the chapters "Unconscious" and "Conscious" in this context. It is urgently necessary because it is absolutely impossible to explain the subconscious in a few sentences without causing terrible misunderstandings and disbelief. - It is urgently necessary because nobody wants to know these days about the massive influence of the subconscious.*

Heredity is only of subordinate importance. It passes on dispositions which upbringing promotes to a greater or lesser degree, and which therefore come to bear to a greater or lesser degree. Naturally a human being will have a similar disposition to his mother if the mother was the only formative permanent example. This has as little to do with genes as the analogue formative example of the father - if he is present for his child.

The CONSCIOUSNESS is that "part" of the shapable brain in which the consciously registered events = experiences, knowledge and learning outcomes are imprinted, much later and only once the person is able to register things consciously, therefore critically, and can think in an active manner. The already imprinted thought and behavioural patterns of the subconscious are not changed (or only gradually to a small extent) because it is exactly these un(sub)conscious structures which determine the person's value system in all experiences.

If unconsciousness and consciousness are in harmony, if the result of critically, therefore objectively logically connected, consciously registered facts of life meet corresponding realistic subconscious direction, this is optimal, it is the ideal case. If this is not the case...

for example in a unrealistically spoiled upbringing (being spoiled without being asked for anything in return, without duties = only taught "taking", not "giving") which necessarily produces an egotist at best and at worst a narcissist or worse,

... the person will register in the course of his life that he will rub everybody up the wrong way and he will have difficulties with his unconsciously demanding attitudes towards his fellow men. He will register this with his consciousness, with his conscious thought. - Naturally he is not aware of his unconscious expectations. They originate unconsciously from his unconsciousness. He only registers his difficulties.

If the person realises in the course of fiercely antagonising, unpleasant experiences and antagonising, unpleasant years that the cause of this antagonism lies within himself, he will try to change in order to lead a better life in his own interest. This is not an easy exercise and very painful; because it contradicts his subconscious direction, his unconscious "I'm the greatest", against his unconscious, ultimate EGO. But the person will wear down his sharp edges in the course of the years, not smooth but broken and without splinters. Simplified you could call it a change of character through life experience, or the pulling in of one's horns, or that one has developed or that one has grown up or in the best case the getting of wisdom.

After that the person will act less antagonistically because he exchanged the automatic direction of his unconscious steering for a new automatic one, or he installed only a detour from this track for a self-critically noticed emergency.

*Please read the chapters "Demystified" and "Click" in this context. It is urgently necessary because it is absolutely impossible to explain human reasoning in a few sentences without causing terrible misunderstandings and disbelief. - It is urgently necessary because nobody wants to know these days about the massive influence of ignorance.*

Generally speaking there are three sections in human brains. They are **consciousness**, **subconsciousness** and **vegetative controls**.

These functional sections will become apparent in the course of the book. It will also become apparent that none of these sections act independently from the others, because everything in humans is linked together in a functional way. This too will become apparent.

Section 1 **The Consciousness**

The storehouse of the consciously registered data and their processing through their interconnectedness (rational thought) = section of the **shapable** brain, the section where eg AT is being "thought"

Section 2 **The Subconsciousness**

Subconscious-instinctive direction of thought and behaviour = part of the **shapable** brain = part of the non-consciousness, resulting from upbringing\*.

Section 3 **The vegetative controls**

responsible for bodily functions (eg the reflex "quick-smart") = part of the non-consciousness and part of the **NON-shapable** brain.\*\*

\* Upbringing is generally every influence on a person's life, in particular as long as he is not grown up.

\*\* First the vegetative steering part is not pregnable but it is in the final phase of AT.

In the Second Insight we have stated that a muscle can be activated through consciousness as well as through non-consciousness. In the Third Insight we stated that this ability extends therefore to the smallest structural parts in humans that are interconnected through nerves.

By separating the functions of the brain we see, based on our insights so far: Section 1 (part of the *shapable* brain) can control Section 3 (part of the *non-shapable* brain).

If the two Sections 1 and 3 belong on one hand to the shapable and on the other hand to the non-shapable part of the brain, then it *necessarily* follows that Section 2, which like the conscious Section 1 belongs to the shapable part, *must* also be able to be influenced by Section 1.

Which means: Through concentration with AT (in Section 1) one can directly influence one's subconsciousness (Section2)! - This leads to our

Fourth Insight

**The Subconsciousness is modifiable through autogenic training**

This insight is not new, not new in regard to the basic changeability of the subconsciousness through the consciousness. This happens quite automatically in the course of the life of every person who, through painful, conscious experiences over many years, changes his subconsciousness in such a way that this subconscious direction more or less excludes similar painful experiences. - Every objective person knows this.

## **IT IS NEW**

**that through the application of the entire focused bodily energy  
using the concentration of Autogenic Training**

**being aware of undesirable elements in the subconsciousness  
and consciously wanting to change them**

**IT IS POSSIBLE**

**within relatively few months**

**to achieve stable changes**

**of the subconsciousness**

**that would not have been possible**

**in an entire lifetime using normal thought processes**

**THIS IS POSSIBLE.** - Assuming one fulfils some conditions which will be mentioned further down.

A person can influence and change his body and mind to an *amazing* extent using the self-suggestion of AT, a fact not being held possible in western cultures. This knowledge and ability was alive in the old cultures of the Far East, China and India.

The fakir on the bed of nails, on broken glass or glowing coals or being buried alive for some time in a coffin is not a magician or a clever con artist with tricks and artifice and deception. He is a man who makes the extremely stressed body parts resistant through a most concentrated "mental preparation" against otherwise unavoidable damage, or he puts himself in a form of controlled hibernation with extremely slowed down bodily functions, so he can survive on half a cubic meter of air in a coffin for many hours under the surface.

Should you know a first rate and serious hypnotist, he does the same with you, only the other way around. But at your own risk. He suggests you are standing on a hotplate - and you will get blisters on your feet.

And exactly as the hypnotist hypnotises blisters on your feet via your brain, so the fakir hypnotises himself via his brain that he does not get them.

And that's exactly how you "hypnotise" yourself = consciously influence yourself with AT and through AT.

- that not only your arm but your entire body relaxes and turns heavy and warm
- that your heart beats slowly and evenly
- that you are calm and relaxed
- that you can't be disturbed by anything
- that you can't be burdened by anything
- that you basically change your subconsciousness as you CONSCIOUSLY want to.

It is fascinating what you can bring about, with and within yourself. You can, for example,

- grow a certain amount of hair on your bald head
- get rid of athlete's foot
- at least reduce your caries
- improve your damaged meniscus
- partly detoxify and regenerate your smoker's lungs
- improve the capability of your reasoning
- get your psyche back on track out of a crisis

**PREREQUISITE** is: that you believe that man is really an entity of body and mind in which everything works together, in which everything complements everything else and in which everything is dependent on each other. But it's not good enough only wanting to believe this, but one has to know this from a deep conviction inside and therefore feel it. One has to feel it the way a toddler believes in baby Jesus and that his mother is an unquestionable person - a saint.

**AND** please do NOT think you are something special, but know deep down in an unconscious knowledge of your ultimate self that you are absolutely, in yourself and for yourself, just as valuable as any pygmy in the jungle, or Nobel Prize winner in Stockholm, or waterbird in brackish water, or a stalactite in the cave of a limestone-mountain. Not more but also not less - simply and plainly a part of the whole.

**IF** you have not only consciously recognized this, but have let this insight take root within you, then you will be able to do things in your body and in your subconsciousness through your willpower, through your consciousness with the help of your body, that will amaze you. You will experience it - if.

**THEN** you arrive at the MORE. That takes time and is strenuous and turns you into a human being. But let me assure you it's worthwhile like NOTHING else in this world. - Not only for you.

Without question our subject is a very complex matter like everything in this world. What exists without being connected to other things? - That does not exist!

Everything is interconnected to many other things. Just as every part of our body is interconnected to other parts in our body. - In the end EVERYTHING is somehow connected.

That's why we will first of all address certain things that are closely connected to our subject. Firstly that is the mind. That's why we want to concern ourselves with a great mind to whom they dedicated an exhibition which I visited one afternoon at the end of 1995. The next day I took some notes about my thoughts arising through this. The following chapter is its final version.

It is a good idea to take notes about important and impressive events - the more current the better! That's how you preserve them and later on you can use them for something practical.

#### **END OF TRIAL CHAPTER**

**You are now able to form your own opinion about The 8<sup>th</sup> Day  
Its content as well as the standard of its communicative expression  
and therefore about Couvaloup**

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