



#### IV. Program Your Subconscious For Success (mp3)

This basic *Askesis* taught within The ALKISTIS Method® is for inducing a calm, relaxed and harmonious state of body, mind and spirit, which also happens to be conducive to ‘programming’ the subconscious to realize a specific “instruction-mission” for example a ‘**Personal Mission Statement**’.

**BACKGROUND:** The practice of consciously recognizing and controlling our imagination or dreams, has been around for centuries, since ancient Greek times, when "*Morpheus*" the ancient Greek God of Dreams (popularized in the movie ‘**MATRIX**’) was venerated.

Many temples (Epidaurus, Delphi, Ephesus, and others) contained a special area for ‘**dream incubation**’ where pilgrims were induced into a sort of **sleep-trance** for dreaming with the intention of meeting a particular divinity for the purpose of healing or receiving a message or insight. (*Hypno-agogia: Greek for ‘Sleep - Channelling’*)



Photo: Ancient bronze sculpture of ‘*Morpheus*’, **Greek God of Dreams**, the one with the amazing ability of appearing in dreams of mortals in any form. As his name implies, the Greek word “morphe” means “form” (*meta-morphosis ie to trans-form*). He was the one who shaped and formed dreams. The name of the opiate drug *morphine* is from the name of Morpheus.

Today, modern doctors recommend **daily practice of a deeply relaxing inner state of body and mind**, of at least twenty minutes, to help us manage stress and anxiety in a natural, non-chemical way.

Furthermore, scientific studies have proven that in relaxed state, the mind is more than two hundred (200x!) times more receptive to suggestions, than in ordinary, conscious state. ie 'allowing' new thoughts to 'slip through' the 'defenses' of the 'older guard' of thoughts and habits. In addition, when we introduce a 'Personal Mission Statement' (or positive affirmations) during this practice, it can bring on positive, powerful changes in our life. If you are a practicing Christian, Muslim, Buddhist, Hindu, Jew or any other religion, *the Deep Relaxation can enhance your spiritual experience and euphoria.*

Here are the **benefits** of this Deep Relaxation through Guided Visualization on mp3:

- Calms your nerves. Helps you handle stress better in general.
- Cultivates the process of self-induced deep relaxation, so that you can 'relax yourself' *at will*.
- Increases your mindfulness, allowing you to become more intuitive.
- Offers space to insert a deeply empowering **mission statement** for personal transformation.
- Relieves migraines and other psychosomatic stress related symptoms.

It's no wonder many professional athletes, top entrepreneurs use these techniques to get outstanding results.

### **NAME: The Deeply Relaxing Guided Inner Journey®**

**INSTRUCTIONS:** This Askesis, can be done on a daily or weekly basis. You will need to find a place where you will not be disturbed for 20 minutes. Switch off your mobile devices and close the door, making it clear that you should not be disturbed during the practice.

Lay on a bed, a yoga mat, a carpet or a reclining chair. Cover yourself with a light blanket or through a jacket over the top part of your body if you are at the office. This is because you will make you feel more protected, as your temperature drops slightly during relaxation.

Lay back, with your legs slightly apart and your arms rested at the sides, preferably with the palms facing upwards.

Press PLAY on your mp3 player and simply listen to the voice that will guide you along a beautiful and relaxing inner 'landscape' (for example, a walk along the beach.)

Note: Somewhere around the middle of the mp3, there is a special section, you will be **invited-prompted** to repeat (mentally) a **suggestive statement**. This is any kind of positive affirmation or mission statement of a result that is compelling for you. For example: your **Personal Mission Statement**. As you do the Deep Relaxation every day, it is like watering a ‘seed’ which will grow and flourish and will begin to transform your life in a positive way.

**Download your FREE Deep Relaxation MP3 here:**

Note: The music on the mp3 has been *inspired by ancient Greek music*. **Composer:** B. Blazoudakis, from The Athens Concert Hall, ‘MEGARON’.

[http://www.alkistis.net/free\\_mp3.html](http://www.alkistis.net/free_mp3.html)



Ancient Greek God playing the lyre and feeding a sparrow,  
painted circa 480 BC