

Askesis II - MORPHEAS MIND MECHANICS

Program Your Subconscious For Success (audio-mp3)

This basic Askesis, taught within The ALKISTIS Method®, is for inducing a calm, relaxed and harmonious state of body, mind and spirit. It is also conducive to ‘programming’ the subconscious in realizing a specific “instruction” or “mission”, for example a Personal Mission Statement (as discussed in the previous askesis: “*Define Your Ithaca*”)

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 was venerated.

Many temples (Epidauros, 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/insight. (*Hypno-agogia: Greek for ‘Sleep - Channelling’*)



Image (CC) 2.0: 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*)

Today, modern doctors recommend the 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 a relaxed state, the mind is more than two hundred (200x!) times more receptive to suggestions, than in its ordinary, conscious state, 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 also enhance your spiritual experience and euphoria.*

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

When asked about hypnotherapy in an article of the *Harvard Medical School Journal* (Sept. 2015) Dr. Max Shapiro, psychologist, answered that:

"It is now known that the brain has greater ability to influence the body than previously acknowledged... A hypnotic trance empowers people to activate neural circuits that are otherwise hidden... This circuitry can activate greater comfort for pain relief, greater mental focus for certain activities, and greater self-esteem."

Hypno-Learning and Meditation in Alpha State

The use of hypnosis and meditation has been scientifically proven to be an effective tool to increase memory, mindfulness and to reprogram our brain for new habits.

"People don't know that a third of their life is a third where they could change or structure or better themselves," writes Adam Horowitz, PhD at MIT

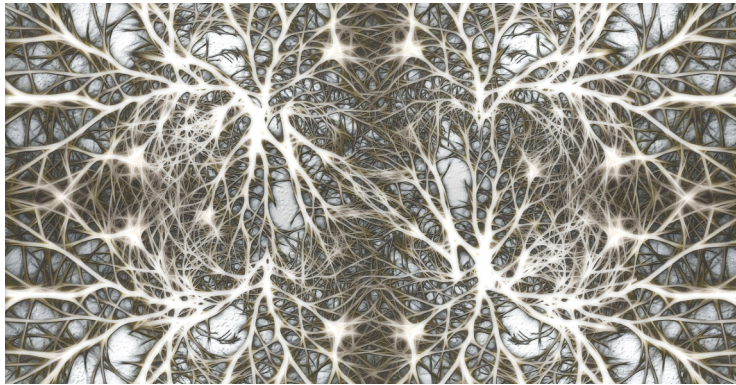


Image (CC) 2.0 : Neural networks, 'firing' electrical pulses to each other.

At the root of all our thoughts, emotions and behaviors is the communication between neurons within our brains. Brainwaves are produced by synchronized electrical pulses from masses of neurons communicating with each other.

Our brainwaves change according to what we're doing and feeling. The higher frequencies are dominant when we feel hyper-alert. When slower brain waves are dominant, as in hypnosis, we can feel relaxed, slow, dreamy and open to suggestions or instructions. In Meditative (*Alpha*) and Deeply Relaxed (*Theta*) states, the mind becomes a receiver, much like a radio or television, tuning into a specific 'Learning Channel'. (Greek Hypnagogia, *Hypnos* = sleep *Agogia* = learning).

Researchers have long known that sleeping plays an important role in the learning process. While we are in a deeply relaxed state (Alpha, Theta), our brains are busy organizing and consolidating the information and events we encountered that day. Important things get filed away, while the rest gets deleted to make room for new learning.

A new study from the 'Decoding Sleep' Interfaculty Research Cooperation at the University of Bern, Switzerland, has shown that the brain's channels for learning are open during sleep.

“What we found in our study is that the sleeping brain can actually encode new information and store it for long term. Even more, the sleeping brain is able to make new associations,” said Marc Züst, co-author of the study.

The hypnagogic state:

- Calms your nerves and 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 deeply empowering *positive affirmations* for personal transformation.
- Relieves migraines and other psychosomatic stress related symptoms.
- Connects you to higher level of insight and powers ie the World of Ideas. (See Plato section for references)

Name: MORPHEAS MIND MECHANICS

Purpose: To get you into a relaxed state, open to suggestion and reprogramming of your subconscious to more positive beliefs and habits.

Instructions: To perform this Askesis you will need to listen to a Guided Meditation (also called Deep Relaxation). There are many on the internet. To start you off you can **download your FREE Deep Relaxation MP3 from the link below:**

http://www.alkistis.net/free_mp3.html

The music on the mp3 has been inspired by original Ancient Greek music. by composer B. Blazoudakis, of The Megaron National Athens Concert Hall, exclusively for The ALKISTIS Method®.

This Askesis can be done on a daily or weekly basis.

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 throw a jacket over the top part of your body if you are at the office. (This is because it 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.

Play the MP3 audio and simply listen to the soothing 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 where you will be prompted by your “inner Guardian” to repeat (mentally) a **suggestive statement**. This is any kind of pre-chosen positive affirmation or mission statement of a result that is compelling for you - for example, your **Personal Mission Statement or ideal state of being**.

Doing the Deep Relaxation every day is like watering a ‘seed’ which will grow and flourish. It will begin to transform your life in a positive way and rewire your brain for success.

"Zeus has assigned to each person a daimon as guardian and committed his safekeeping to this trustee, who does not sleep and cannot be misled. To what better and more careful guardian could he have committed to us? So when you have shut your doors, and darkened your room, remember never to say that you are alone, for you are not alone; but God is within, and your daimon is within, and what need have they of light to see what you are doing?"

Epictetus discourses 1.14.11-14