

Methods for Growth and Transformation

In today's webinar, we will explore the results that different methods produce, how personal transformation occurs, and why constructive action must accompany any attempts you make to "manifest" your intentions.

When we examine the Human Growth Continuum, we notice that there are specific techniques drawn from psychotherapy, hypnosis, and meditation that appear to be associated with producing each level of change in the client. We excerpt from the original published version of the Human Growth that first appeared in *Meditation for Recovery: Key Techniques for Maintaining Sobriety, Sanity, and Serenity* in 2008.

We have taken the liberty to add the level of Encounter, and to clarify the differences between personal transformation, and spiritual transformation—spiritual transformation is more correctly subsumed under Initiation. These are shown in the table below.

Level	Description	Techniques that Produce this State in Therapy, Hypnosis, or Meditation
<i>Encounter</i>	Facing an unknown situation that you perceive may be risky; or disclosing personal information to someone unknown to you, who you are not certain you can trust	Initial interview [Meeting the psychotherapist, counselor, hypnotherapist, or meditation teacher, and having to disclose the nature of your problem, which you may feel is embarrassing or shameful]
<i>New Awareness</i>	Moving from normal waking consciousness into another state of awareness	Focusing [moving attention to focus on feelings, or upon the reactions of the ego]; Reframing; Hypnosis induction; Watching the breath, or using Vipassana to explore the bands of the Conscious mind

Level	Description	Techniques that Produce this State in Therapy, Hypnosis, or Meditation
<i>Insight</i>	Becoming aware of the causal or associated events preceding a present attitude, behavior, or life condition	Free Association, following memory threads or themes into your past; Hypnosis suggestions that ask you to discover the origins of a condition; Contemplation of an issue, sustained Vipassana that uncovers deep layers of the unconscious, Reflective and Receptive meditation, Process Meditation
<i>Catharsis</i>	Re-living painful life experiences and expressing the emotion buried in them	Focusing on feelings of pain, fear, guilt, shame, sadness, rage, or self-hatred; Gestalt or dialog methods that allow the issue to be dramatically enacted or spoken; Hypnosis suggestions that give permission to express dysphoric feelings; Rebirthing or sustained breathing exercises, Intoning [giving a voice to these feelings and dramatically expressing them]
<i>Release</i>	Letting go of old attitudes and long-standing negative emotions	Tracing negative feelings to their roots through sustained focusing; Hypnosis suggestions to find the origins of a painful emotion; Process Meditation sustained to end phenomenon [uncovering the first incident underlying an emotion], sustained breathing methods
<i>Re-choosing</i>	Deciding upon a new life direction or a new life script; deciding to alter fundamental conditioning	After uncovering an initial incident in which the client made a choice, asking the client to make a new choice based on his or her current perspective of what would be best; Life Re-scripting hypnosis; Affirmation or Process Meditation done until attention is united with the Transpersonal Self

Level	Description	Techniques that Produce this State in Therapy, Hypnosis, or Meditation
<i>Rebirth</i>	Awakening to your transpersonal or spiritual life	Pastoral or spiritual counseling that directs their clients to focus on a nucleus of identity, their spiritual heart, or their Transpersonal Self; Guided Affective Imagery, Psychosynthesis, or Active Imagination techniques that focus on archetypes that evoke the spirit or Soul; Hypnosis “guided meditations” that lead the attention to unite with the spirit or the Soul; Contemplation of the spirit (Surat Dhyān), a nucleus of identity (Manasa Dhyān), or the Soul (Atma Dhyān); retelling a mystery tale or koan to bring sudden awakening as that spiritual essence
<i>Breakthrough</i>	Moving through inner blockage into states of spiritual absorption or attunement	Body Work therapy that traces muscular armor to its release point; Hypnosis suggestion that has the client move beyond the blockage into freedom; using Vipassana to fully process experience at one level, which leads to transcendence; Rebirthing and sustained breathing methods; Yoganidra
<i>Synthesis</i>	Forming a coherent, unitive understanding of your life and your place in the universe	Personality reconstruction through working out all current issues; Psychosynthesis methods; Hypnosis suggestions that ask the client to report the complete or global picture; Raja Yoga contemplation on integration centers, Reflective and Receptive meditation, the Synthesis technique

Level	Description	Techniques that Produce this State in Therapy, Hypnosis, or Meditation
<i>Transformation</i>	(Personal) Creating a lasting change in your behavior, life condition, health, character, wealth, values, or life direction. (Spiritual) Making the next step in your spiritual development, or in the level of your ability or Being—see Initiation	Helping the client work through fear and doubt and to act with courage and determination on a clearly defined goal; Using coaching, which gives the client a structured system to achieve a goal, together with holding the client accountable to carry out the steps and to achieve results; Hypnosis suggestions that ask the client to perform behavior as if he or she had already achieved the goal; Affirmation, taking action in faith, using willpower to take constructive action despite fear, doubt, or uncertainty
<i>Initiation</i>	Making a quantum leap in spiritual development, level of your ability and Being, together with being empowered by the Divine to use this new knowledge and ability in the service of self or others	[There are no psychotherapeutic or hypnosis interventions that produce this result]; Transformational mantra, Kriya Yoga, and in some cases, Nada Yoga and Kundalini Yoga; Light Immersion (Guru Kripa Yoga)

When we drill down and ask, “What brings about personal transformation in people’s lives?” We find that personal transformation may come about both by self-help methods and *through* the intervention of professionals. It is important to discern when facilitating change is within your ability, and when it is not.

In the next section, we discuss how you can facilitate personal transformation, and when to get professional help.

Thoughts on Personal Transformation: Moving from Desire to Fulfillment

A person who strongly desires to change has a variety of methods to do so; the justification for obtaining coaching, psychotherapy, or counseling, is that often the person is unable to (a) visualize a way to get to where they want to be, and (b) do not know how to get there.

In the popular imagination, Coaching is founded upon the supposition that someone who has made the journey to personal wealth, loving relationship, business success, successful weight loss, or who has overcome trauma or hardship, is in the best position to guide others to that same state of fulfillment. [In actual practice, some coaches may not have been to the Promised Land, but like a skilled counselor, can guide and motivate others to reach their dream.]

In that same imagination, people view Psychotherapy as a way of overcoming the mind's inability to adjust and cope with the stresses of living, which form secondary obstacles to the attainment of fulfillment. Indeed, some have gone so far as to suggest that the symptoms of anxiety, depression, self-sabotaging patterns of relating, self-medication, and acting out are rooted in this lack of fulfillment; it is the organism crying out to say it is not fulfilled.

Counselors are seen as experts in their field, who can guide others through the steps to reach identified goals; if a person can set a goal to what will truly make them happy, then counseling can be seen as a tool to help achieve that personal dream.

If you have the inner determination to do this without the help of a professional helper—whose fees may range from ten dollars to ten thousand dollars per hour—there are a variety of methods that you can use to travel on to the goal. In the popular metaphor, we could say that you are providing your own boat to travel to the island of your dreams, instead of someone else's boat.

To do it on your own, you will need to have certain character traits that will carry you to your goal:

Resolve – making the decision to attain the goal, regardless whether it is difficult or may require personal sacrifice

Commitment – doing whatever it takes to get to where you want to go

Perseverance – sticking to your commitment to get there no matter how long it takes

Honesty – the willingness to look at internal patterns or beliefs that are holding you back from moving beyond your current limitations

Decision to change – the determination to do something different than what you are currently doing, realizing that this is not allowing you to achieve what you desire, and deciding to do things in a different way

Embracing change – practicing new methods until they yield success, and they have become second nature

Leap of faith – being willing to act in a radically new way, to invest substantial money, to do things that are well beyond what you could believe was possible to do

Living the dream – the willingness to embody what you have dreamed, making your dream an actuality

If you can marshal these inner qualities to stand with you while you make this journey, it will become possible for you to achieve what you have envisioned.

While this is all straightforward enough, the issue is that generally, people become stuck at one of these levels, short of reaching their goal and living their dream. They cannot overcome some personal block—fear, self-doubt, not believing in themselves that they can succeed, or not being willing to sacrifice something to which they are strongly attached. Moreover, they do not see what the obstacle is; it is in their blind spot.

If you cannot get past the block, or see what is hindering you, it may be time to get professional assistance. Sometimes your little dinghy will not cross the channel, and you must get on someone else's boat.

Change Strategies

There are a variety of methods through which you can change when this is necessary. Some of these you can do yourself; for some, you will need a professional.

Modality	Self Help	Professional
Hypnosis	Autohypnosis	Hypnotherapy, Neuro-Linguistic Programming
Faith	Prayer, believing it is possible to achieve your dreams, believing God will help you	Pastoral counseling
Process meditation	Doing process meditation with issues you identify with process routines you know	Scientology® counseling, attending a group such as Insight Training Seminars, Mindspring, or the Landmark Forum that incorporate structured process meditations
Being in the Now	Practicing Zazen, Vipassana, or mindfulness to gain enlightenment	Studying meditation with a meditation Master
Cognitive Restructuring	Using Affirmation to alter limiting or fearful beliefs; using Reflective Meditation to think through the implications of holding these beliefs, and to jettison those beliefs that are holding you back	Obtaining psychotherapy with a Cognitive Behavioral Therapist

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Modality	Self Help	Professional
Creation	Using Creation Meditations (Power Affirmations or Decrees) to anchor seeds in your Superconscious mind to manifest what you envision	Working with a hypnotherapist, coach, or meditation teacher to help you make breakthroughs into contacting your Higher Mind
Power of Intention	Visualizing what you desire and allowing the Soul to manifest it for you	Working with a hypnotherapist, coach, or meditation teacher who will guide you to unite with your Soul
Divine Grace	Praying to God or a spiritual Master to transform the conditions of your life, receiving the blessings and Grace in the presence of a spiritual Master or receiving the Holy Spirit	Having clergy or a priest pray for you, having intercessory prayer done by others, having others anoint you with the Holy Spirit

We teach several of these self-help methods in the Mudrashram® Master Course in Meditation and the Accelerated Meditation Program. These methods empower you to begin to work on and transform your own issues.

There are times when you may be stuck and need to call in a professional. If you know the techniques, however, you can do much of this work yourself.



Thoughts on Manifestation

We point out that merely wishing a thing to be so, does not make it so—all of your affirmations, suggestions, and intentions need to be accompanied by your constructive action.

Many people believe that by doing visualization or affirmation, their dreams will automatically come true with no effort on their part. Actually there are seven levels that must be aligned to bring out manifestation. Those seven levels are described in the table below.

Level		Methods that Are Typically Used at this Level
1	Psychic Realm	Creation of thought form, invoking the Law of Attraction
2	Universal Mind	Affirmation in alignment with universal “laws of mind”
3	Akashic Ether	“Wave of present time” or Akashic ether, agreeing it is so
4	Unconscious Mind	Overcoming negative beliefs of unworthiness, shame, doubt, fear, arrogance, prejudice
5	Subtle Realm	Alignment of magical will through “fiat” or “spell”
6	Volition	Choice to act to actualize the dream, aligning all forces of the Metaconscious, Subconscious, and Conscious Mind to make this dream a reality
7	Action	Concerted, continual, perseverant, planned and purposeful action that is maintained until the goal is attained.

Superconscious anchored treatments may focus only on the Higher Mind, and ignore the personality-based activity. For example:

- Many New Age and Psychic Realm teachings believe that the creation of a thought form by visualization is sufficient to make dreams come true.
- New Thought groups such as Science of Mind, Unity, Christian Science, and Religious Science use affirmation to activate the laws of the Universal Mind.

- Groups like Scientology, The Forum (formerly called EST), and Mindspring use agreement through the vortex of the present time on the Akashic Ether to manifest their intention.
- Wiccan groups and magicians use the magical will to anchor suggestion in the ethers of the Subtle Realm.

Psychological approaches seek to uncover the negative patterns of belief and motivation that inhabit the unconscious mind. They aim to augment the personality functioning or overcome patterns of self-sabotage or dysfunction.

These approaches, however, may sidestep invoking the Superconscious Mind, and may thereby exclude this powerful supportive ally that stands behind human endeavor.

Coaching and counseling seek to draw out the best in each person, and to inspire and encourage them to use their will to reach their goals. Without clearing the channels of the unconscious or activating the powers of the Superconscious Mind, however, people will sometimes self-sabotage their efforts or fail to muster the dynamic magnetism, charisma, inspiration, and enthusiasm that lead people to enter moments of self-transcendence (flow state, Satori) where they exceed their former personal limits.

Successful manifestation must align all seven levels.



Consider something you wish to manifest in your life. We will do a monitoring exercise to verify that all seven of these levels are aligned, and that you are prepared to take action to ensure that it becomes real in your life.

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