

THE ESOTERIC SIGNIFICANCE OF BIOFEEDBACK TRAINING

From Elmer Green's Journal

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Worked on this journal in early morning, describing a *vision dream* in which I received specific information on the significance of biofeedback training. In this dream there was a spiritual Teacher. I was a student. Nothing came in words, all was in symbols with *associated* meanings. As a form of communication it was superb. In a few symbols, with specific non-ambiguous meanings attached, several paragraphs of words were transmitted in single gestalts. This mind-to-mind dialogue was far better than speech, with its language and culture-bound limitations.

The experience was like watching a video with a Teacher explaining the meaning of what I was seeing. Interestingly, the instructor seemed to know exactly what I understood, or didn't understand, without my "saying" anything, and would immediately repeat the symbol or use a modified image with a sharpening of meaning, so that my mind would get it right.

Apparently I was creating thoughtforms while watching the Teacher's symbols, and he could see what I was producing. An, if my thoughtform construction wasn't quite right, he would stop and repeat the idea until I had it straight. No semantics. The gist of the message was:

1. *The High Self of the client* (the Causal Body of the Transpersonal Diagram, Section 3, Figure 3.1) *is the Being who in biofeedback training is directing what is being done.* We practitioners may not think of it that way, but that's the way it is.

And that's why Biofeedback Self-Regulation for health is important. As the client learns body-control skills, thoughtforms of his or her own High Self are being followed, not thoughtforms of the therapist.

2. *A specific physiologic problem tells the client that something needs to be worked out at a spiritual level.* This is Cosmic feedback.

3. *The body is a reflector of mental-emotional-spiritual problems, and whenever a physical change results from self regulation (such as warming a finger to get rid of Raynaud's Disease), a beam of light has come down from the client's High Self like a laser spear and punctured the specific glamour-bubble of EGO connected with the problem. When speared, the offending bubble vanishes, and so does the physiologic problem.*
4. *Destruction of glamour is the goal of biofeedback training.* Though clients are initially unaware of it, this destruction-of-glamour process (which we never explain in advance) helps clients become objective. Biofeedback thus sets the stage for dialogue between the client's High Self, Conscious Self, and Body.
5. *Consequently, when a stress response is self regulated through biofeedback training, the client moves one step closer to transformation, purification if you like, of the semi-refined subconscious emotio-mental sub-personalities w ho comprise most of his or her personality.*

In talking with medical people, I usually point out that biofeedback implements *dialogue between the client's cortex and his or her lower brain centers, the limbic system and the hypothalamus, etc.* That explanation merely reflects, of course, the psycho-spiritual facts which underlie biofeedback-facilitated change in *physiologic* processes. The High self, working through the pineal, influences the cortico-limbic-hypothalamic matrix, which includes all endocrine and immuno-functions of the body.

The instructor of this *vision dream* emphasized that a most important result in biofeedback training is the development of **Human Potential**. That is what we are born for. It is our destiny to manifest, in full, the Divine Being who latently is *Us*. And that, it was stressed, depends almost entirely on dialogue between the *subconscious* Selves and the *superconscious* High Self, all through *mediation* by the Conscious Self.

From the above perspective, it is easy to evaluate any method of treating psychosomatic disease. Specifically, procedures are of value when they promote contact between the client's *Lower Selves* and the *High Self*.

In this context, it isn't the therapist's task to make the patient well, but to act as a facilitator of dialogue between the client's various Selves. Interestingly, not only the client but often the spouse and family are benefited. It seems that **other High Selves are stimulated by the success of one of Them**. That is

why, I believe, that clients sometimes say that biofeedback training had a *spiritual* effect on the whole family.

In order to help people in this way, the instructor of the vision *dream* implied, it is useful that we counselors, teachers, advisors, and ministers move into our own ego-free High-Self mode and help clients by *empowering them to develop their own thoughtforms for control of bodies, emotions, and minds.*

Correlated with this: However ego-free and well-intentioned a biofeedback therapist may be, he or she can seldom know the specific mental-emotional ramifications of the client's physiological problem, and should make an effort to stay out of the therapeutic process, once started, and let the High Self of the client call the shots. This is pure Rogerian client-centered therapy!

In summary, when a biofeedback client works to overcome a psychophysilogic problem, that client's own *High Self* has an opportunity to make contact with its *Conscious Self* and its *Lower Selves*, and in the most beneficial form of such training, this process does not involve the therapist's thoughts or interpretations.

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