

Enhancing Psychic Energy

by Lee R. Steiner, Ph.D.

Based on the book, "Psychic Self-Healing for Psychological Problems" by Lee R. Steiner, Ph.D. - Prentice Hall, 1977



ENHANCING PSYCHIC ENERGY
LEE R. STEINER, PH.D.

"Enhancing Psychic Energy" (the EPE) by Lee R. Steiner, Ph.D.
(Enhancing Psychic Energy; Lee R. Steiner, Ph.D., Prentice-Hall, 1977)

This self-help method of emotional healing utilizes the electromagnetic energies of the body to activate them so as to bring the nervous system and the brain to a state of optimum efficiency and tranquility. It is based upon the observation, through many years of experience with teaching it in the author's profession as a psychologist, that if a person can keep his brain and nervous system in working order, he has no need for anyone's help in solving his personal and emotional problems. He should be able to steer his own emotional ship in a manner that gives him a feeling of emotional balance. That kind of emotional adjustment seems sufficient reason to give the seeker-for-solace the incentive to put forth the necessary effort and practise to achieve the method of EPE.

The method is explained in detail in the book of which this recording is a part. However, it is not possible to achieve a state of deep relaxation by reading about it. One must experience it by being led into it by an experienced teacher.

The first side of the record teaches the introductory method. With daily practise it can be learned in about two weeks. The student is warned against using the second side before he has thoroughly mastered the first side because the second side is based on the premise that a certain skill has been achieved. The second side, likewise, should take about two weeks to master. Then, to retain the skill, one should practise it daily for as long as he wishes to retain the skill. Like any other talent, it fades without practise.

The author would very much appreciate your sharing with her your experiences with the recording.

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Enhancing Psychic Energy

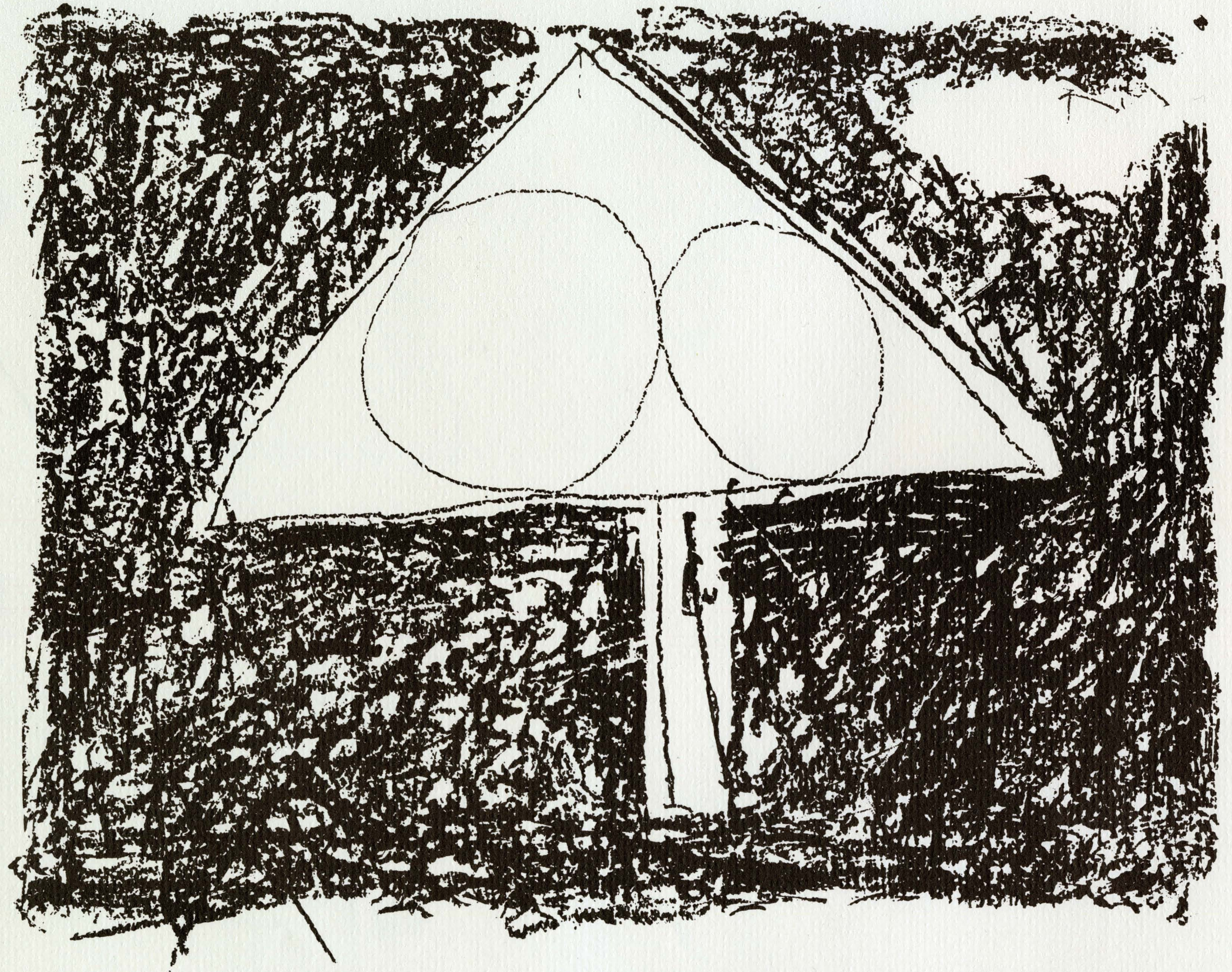
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Lee R. Steiner, Ph.D.

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Content of “Enhancing Psychic Energy”—Side 1 (loosely interpreted leaving out the repetitions)

“I am not trying to impose anything upon you. I am trying to teach you to understand that which you already have. In introducing you to this method of relaxation, I want to tell you that it's an inborn capacity. You have born into you a mechanism by which you can cure yourself physically and mentally, just as the animals do, by going into deep relaxation. I have selected a novice for my subject for this recording and shall time this for his needs, so that the timing will be for your needs of learning how to go into relaxation. In order to understand relaxation, you must recognize tension. So let's try it.”

“Stretch your legs out; put your hands on your thighs. Start from top of your head; wrinkle your brow; tight; tight; that is tension.”

(From here I instruct the individual to tighten up various parts of his body so that he is rigid; and then suddenly relax. I ask him to see how all of this affects his emotions and makes him angry because his body is so tight. We do this from head to toe and then for the entire body. I want to teach him how to recognize tension in various parts of his body.)

“Now look at an object that is easy for you to focus on, straight ahead of you and continue to look at it until I tell you to stop. Now I shall teach you deep breathing. All forms of relaxation depend upon deep breathing to some extent because when one breathes very deeply there is some carbon dioxide left in the body, which is a relaxant. Now we are going to breath deeply in a very special way. Start at your waist and inflate your chest so that you feel it away up into your shoulders and hold it as long as you can and then breathe out audibly. We shall do this 5 times.”

(There is instruction that helps him breathe deeper and deeper and more and more relaxed. It is monotonous and intended to be so. In between he is instructed to raise his hands and let them fall loosely. Put his feet on his heels so that his toes can wave freely to loosen his legs and torso.)

“Now close your eyes and visualize a spot you like to go to where it is quiet and out of doors and no one else is around. If you do not know of such a spot, imagine one. You are out of doors and looking up at the sky. There are fleecy clouds floating off into the horizon. Now, concentrate on those fleecy clouds which will eventually, on the second side of this recording, be your *carrier* to take you up there. Now stay there while we count very slowly from fifteen to zero. We count backward to let you know that you are going deeper and deeper into relaxation.”

(With each count he is asked to relax deeper and deeper and concentrate on those lovely fleecy clouds and feel as light as they are.)

“Now, if you can, imagine that you are in the midst of the same cosmic energies as those clouds. In that lovely spot in which you are lying in imagination, there is sun around you; there are the vibrations of the universe; those energies are always with us and they are the essence of all healing; just letting the energies of nature fill our organisms. No doctor or psychologist heals us. We all heal ourselves regardless of who is helping us. We can keep ourselves in good physical and mental health if we know how to use the energies of nature all around us.

“In the second part of this recording, I shall teach you how to become part of those healing energies, which to my way of thinking are at the root of all healing. But for now you are asked to just imagine a feeling as light as those clouds above you. A wonderful feeling of floating up there with the clouds.

“Some of you may feel that you can start practising the second part now. But that would be a mistake. You need at least two weeks of getting this feeling of lightness. You must set aside a half hour each day to practise this recording. Choose a time when you can always give the same time, when you can relax deeply with the clouds and remain there until you achieve this feeling of lightness and total relaxation. Before going to bed is a good time. First thing in the morning is also good because it prepares you for a relaxed day. When you are ready for the second side, you will

be able to condense the entire first side into one quick movement in which you go into relaxation; visualize yourself in the clouds and achieve a oneness with them. The second side starts when you have done this. You cannot play Beethoven before you learn your scales. Side one is the scales.

“Now you are ready to come out of relaxation. Never come out rapidly. Count slowly from one to five. If you come out rapidly you lose the value of the relaxation.

“And now, I shall leave you sitting where you are, in relaxation, to enjoy it for as long as you care to. When you wish, you will come out.

I should like to remind you that until you have really mastered side one, you will never be able to truly understand side two, which is the essence of the method.”

Enhancing Psychic Energy—Side 2

Start from where you were at the end of side one. You are in that spot where you love to be and you have become part of a cloud. Now feel that cloud. Feel it envelop you like a blanket. Lie on the cloud. Feel it enveloping your whole body. Energy is spouting forth. I want you to systematically learn how to incorporate this energy.”

“See this energy coming through your body just as the acupuncturists visualize it as channels for energy to come through your body.”

“Start with your left toe,” (In this manner he is instructed to visualize the energy flowing up his left thigh; onto his left hand; to his left elbow; to his tummy through the organs; back to his left elbow; up to his left shoulder where there is often pain when he is tired; down his spine; back up the spine to the nape of his neck; into his head into all the crevices and the brain; back to the nape; to his right shoulder; down his right arm; down to his hand; down his thigh; to his right toe. At each point he is encouraged to feel the energy as heat. There is much encouragement to have the sensation of the energy. He is constantly reminded that he is lying on a cloud soaking up the cosmic energy around him.)

“You will remember that you are made of the same ingredients as the rest of the universe—as the trees and the birds and the fishes and the water. They know instinctively how to utilize the energies around them. You can know it too.”

“Now let us try it again a bit faster.” (And we go through the same performance.) Remember you are in that cloud. Some people say that you can go there literally in ectoplasm. If you can, then you have some excess psychic energy. I found that this is not important. If a person learns to relax deeply enough, it is almost impossible for him not to absorb cosmic energies. All we have to do is permit it.”

“Now I want you to try it by yourself. Visualize the energy flowing rapidly through your body, part

by part as you did with me. It is this process that can revitalize you any time you are tired; when you exhaust yourself in anger or anguish. It will serve you if you permit it."

"Practise this side of the recording at a regular time for a half hour daily, just as you did with side one. You will find when you have mastered the method, that it leaves you mentally and physically relaxed with a feeling of well-being."

"Come out slowly, just as you did on side one."

"When you have mastered my method, you might wish to go on to devise one of your own. That is fine. But until you reach that state of expertise, I should like you to stick to my method."

Professional Vita

1 — As psychologist

Adaptation of the knowledge and techniques of psychology to the problems of adults and children.

Diagnostic testing for physicians.

(Clinical experience as a staff member of Michael Reese Hospital; Commonwealth Foundation Child Guidance Clinic; Institute for Juvenile Research)

2 — As research scientist

My life-time research effort has been in the nature of healing. All of my endeavors has been

See also Folkways Record FX 6104 Self-Hypnosis Through Relaxation, a self-help and improvement documentary record.

geared to this—with special emphasis on self-healing. I am not a statistician. I do not believe that human emotions lend themselves to mathematical appraisal. Therefore, mine is a qualitative approach.

I have studied the nature of healing by ten years in the occult; through radio broadcasting; through magazine and newspaper columns; through psychological practise; through university teaching; through community mental health endeavors; and platform lecturing. This theme runs through all of my publications.

3 — As associate professor of psychology

Graduate Schools — classroom and training clinicians
University of Chicago and Fordham University

Undergraduate Schools — classroom work.
Hunter College;
Queens College

College Courses in extension classes for the general public in many community colleges.

4 — Education

B.A. University of Minnesota
M.S. Smith College
Ph.D. Union Graduate College

Private instruction in Individual Psychology with Dr. Alfred Adler of Vienna.

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