

# DEEP RELAXATION

## THERAPY

### (DRT)

Compiled by

Campbell m Gold

(2009)

CMG Archives

<http://campbellmgold.com>

--()--

#### What is Deep Relaxation Therapy?

Deep Relaxation Therapy (DRT) is a non-invasive, natural therapy in which the individual is guided into a deeply relaxed state. Once relaxed, the individual floats in a timeless state, and is immersed in positive visualisation and ambience. Each session lasts for approximately 45 minutes and can be effected by a live therapist, or from a specialist recording. Generally, a pre-recorded session is more effective, and has greater impact and results, than a live session.

#### How does it work?

Throughout the session, the individual is guided into a pleasant and powerful alpha state. However, though a positive ambience is developed and maintained, no specific programming or post session suggestions are implanted. Instead, the individual's subconscious mind (higher-self) is allowed to take full control and dominate, and in this "relaxed state" a natural balancing of the individual's energy takes place. Negative/unwanted energy, from this or past life cycles, is simply reviewed and then grounded without the "conscious individual" getting involved in any way.

The principle behind this type of therapy is simple - the subconscious mind, or higher-self, knows exactly what has been, what is, and what is desired; and it is completely unaffected by past events, images, emotions, or experiences. Moreover, the subconscious mind unconditionally accepts and approves of the individual, and it knows what the individual "really wants", and what their desires (past, and present) really are. Consequently, it is able to effectively ground negative energy, subconscious stressors, and past images that the individual does not want, or need, to deal with in their conscious mind. Then, the subconscious mind, through synchronistic attraction, can help the individual to fulfil their desires.

In fact, after a session, the individual remembers absolutely nothing; but they feel physically, emotionally, and mentally fantastic. A good time for self-administration, of such therapy, is just prior to going to sleep - typically, the individual slips into the altered state within one to two minutes of the session starting, and on "awakening" they have no recall of time passing or what took place. Consequently, Deep Relaxation Therapy is suitable for everyone (whether they have any unresolved problems or no, they will feel great after each session), but it is especially suitable for individuals who have deep rooted issues that they do not want to face, or deal with, consciously.

#### Healing

It has also been noted that all healing processes can be greatly augmented by the use of Deep Relaxation Therapy. Again, the individual is simply completely and deeply relaxed, and the subconscious mind (higher-self) does the rest.

**Where can I get specialist Deep Relaxation Therapy recorded sessions?**

You can get more information and a comprehensive range of CDs/mp3 files at:

<http://campbellmgold.com>

End

--()--

<http://campbellmgold.com>

17112009/1