



# THE ESSENTIALS OF DYNAMIC SOPHROLOGY®

## **COLLECTIVE WORK**

Under the direction of Doctor Martine Dupuy,  
President of the European Federation of Sophrology

**EUROPEAN FEDERATION OF SOPHROLOGY**

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## FOREWORD

"I came across sophrology for the first time in 1985, when I attended a childbirth class for my first baby. I had just finished medical school, where science was first, with a definite separation between body and mind. I tried the experience with caution and circumspection. It was then an "archaic"-type of sophrology: physical relaxation in a specific environment (lying down, no movement, soft light and music...), likely to promote the mental work of autosuggestion, as guided by the deep voice of the group leader, using imagery/words to describe how the cervix dilates at each contraction."

However, I was quite surprised as much by the simplicity of the technique (training every day a little with a recorded standard session), as by its efficiency during labor (the ability to turn a passive muscular pain into active muscular labor). I retained two great lessons:

- ***The link between body and mind**, as it was experienced so vividly on that occasion, deserved a deeper exploration, especially of its positive side.*
- *In healthcare, instead of passively accepting the treatments that are delivered, the patient is better off playing an **active role** in his/her care.*

Two years later, a severe type of cancer gave me many opportunities to really test this first skill. The challenges to be faced were many:

- invasive exploratory techniques: adaptation to the unknown, staying relaxed in spite of fear, discomfort and often lack of understanding, waiting for results and their multiple outcome and schedule changes...,
- aggressive chemotherapy cycles: anticipation of many hospitalisations and discharges living as well as possible the repeated ordeal and its consequences, facing one's own vulnerability when exhausted...,
- serious surgeries: preparing in a positive manner, becoming active in the healing process and in rehabilitation, accepting one's physical change,
- radiation therapy sessions: facing daily unfathomable danger in solitude and confinement...,
- and nearly all the time refraining from feeling overwhelmed by fears; resisting the temptation of discouragement, keeping one's morale up against all odds during the long periods of intense loneliness in a patient's life.

From such an “informal” experiment (but how fruitful it ended up being indeed!) I, both as a patient and as a doctor, learned another great lesson:

*Even though a person is bedridden, physically and morally weakened, even though he or she “no longer believes” in cure, that person has **incredible resources** within herself. She can face very difficult situations and be able to get back on her feet in her own life all over again! The problem was that no one, neither the patient nor the caregivers, realized that, or knew what to do, except for providing “good advice”. Sophrology, as basic as it was then, was leading the way to a simple and extraordinary means to discover such incentives, otherwise hidden, and get them working.*

In 1990, as soon as my health allowed it, I started training more intensely with Doctor Yves Davrou. His Sophrology was different. For a long time, he had been assisting and translating Professor Caycedo, the creator and founder of Sophrology. He then developed a more **dynamic** sophrology, from his own research:

- practising only in the sitting and standing position, obtaining a tonic relaxation with active body movements,
- using a clear language easily understood.

His method was more **personalized and free**: suggestion was replaced by the awareness of inner imagery and words naturally associated with perceived changes in the body. It was more **thorough**, with specific techniques based on emotions and an “energy” approach.

Such training, requiring that I “work” on myself, strengthened my health.

Long term survival could be envisioned, and I made a radical change in my professional practice as a generalist physician.

During seminars, I met people involved in teaching, sports, art, social work and education; people of all ages, some of them physically challenged... All were curious about discovering new possibilities for help, and eager to adapt them to their respective job or interest. Such a collective dynamism is in itself another lesson:

### ***The resources of Human Consciousness...***

*(Capacity for attention, concentration, perception, emotional adjustment and motivation, improvement of self esteem, memorization and anticipation, search for meaning, and how to find one's place in a human history...)*

***... go well beyond the therapeutic framework, when the objective is to help a Human Being Stand again, and be the captain of his own life.***

After Yves Davrou's death, the European Federation of Sophrology, which he had founded, gathered its strength and talents in order to continue teaching, doing research and to keep on advancing in this branch of Sophrology. This very book is the first fruit of our collective work. Our ambition has been to clarify and make **the essential of present** Dynamic Sophrology® available to all; such as we are currently using and teaching it, with its own words, its concepts, its techniques and its values. A clear, concise and "compact" book. We advise you to "taste" it a little at a time...

*You'll have to wait for our second book, dealing with more sophisticated explanations, with specific meanings, subtleties, and new advances, in theoretical bases as well as in our practices. The second book is currently under production by a renewed group of writers!*

Wishing you a great reading, we are looking forward to your comments, remarks and ideas; they will enable even more progress...

**Doctor Martine DUPUY**

President of the European Federation of Sophrology

# CHAPTER 1

## A LITTLE HISTORY

Sophrology is 50 years old. Dynamic Sophrology® is over 25...  
It is a science, a philosophy, an “art of living”...  
All that at once? It is a question of history...

### TO START WITH, THE CREATOR OF SOPHROLOGY

---

#### ▷ PROFESSOR ALFONSO CAYCEDO

He is originally from Columbia, and practised as a psychiatrist in Spain. He was looking for non aggressive means to improve the state of consciousness of people who were severally mentally disturbed. As his research progressed, he created a great cocktail from health practices: some very old ones from Greece and Asia, and more recent ones from Europe.

**1960: Sophrology was born “The Study and Harmony of Consciousness”!**

### THEN, AN INNOVATOR

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#### ▷ DOCTOR YVES DAVROU

He went on doing research in the field of emotions and vital energy. Along with his own work, he completed and reorganized the initial cocktail. He was convinced that everyone can improve his life with the practice of Sophrology. He clarified the content and the form of the method, with the goal of making it “accessible to everyone”.

**1983: A new Sophrology was born “Consciousness made human”!**

## NOW, A COLLECTIVE FORCE

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### ▷ THE EUROPEAN FEDERATION OF SOPHROLOGY

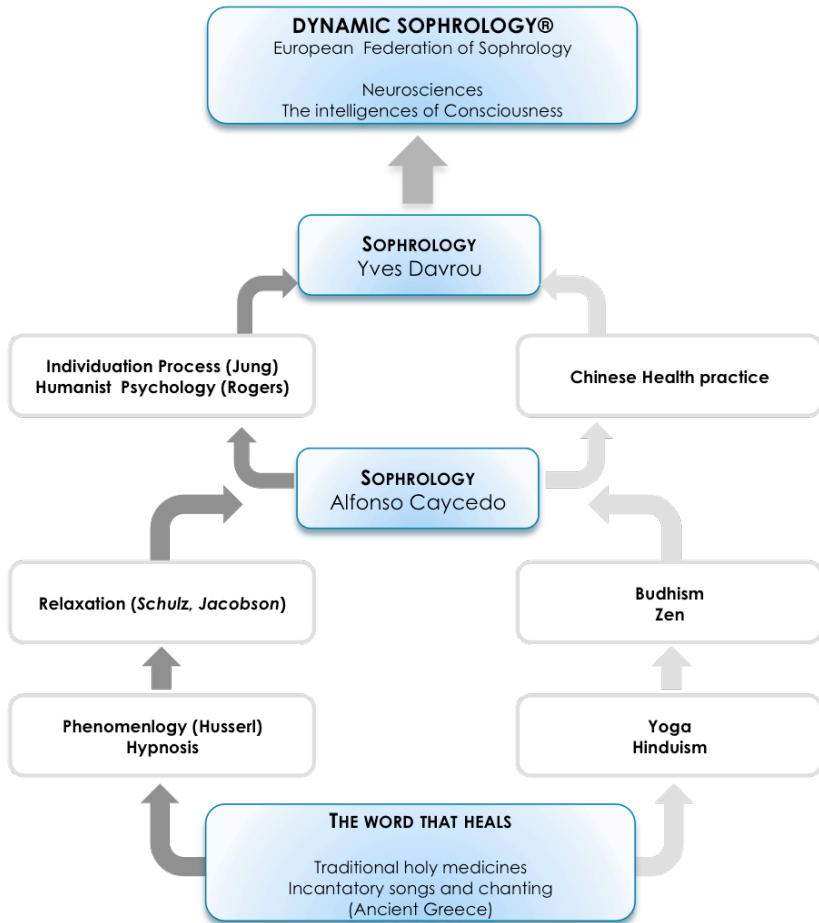
A European team of motivated sophrologists, who collaborated with Yves Davrou and inherited his work, resumed his task after he died in 2003. The team, looking at neurosciences (science of the brain), placed Yves Davrou's Sophrology on the "road to the discovery and recognition of our individual resources", proposing the successive exploration of sensorial, emotional, intuitive, rational and transcendent intelligence.

The team made Sophrology available for everyone to use, enabling each person to understand herself / himself better and to adapt to the present world, whether in healthcare, social work, education, any work field, sport... or just simply for oneself.

**2003: Dynamic Sophrology® was born! At last, a tool to be used by all in order to discover the resources of our various intelligences!**

The history of sophrology is like weaving webs from the knowledge of the West and the East in order to help people live better! Sophrology is a history of Consciousness...





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# CHAPTER 2

## WHAT IS CONSCIOUSNESS?

### DÉFINITIONS

*"After that event, I became aware that... I became more conscious of..."*

*"To have a good conscience, a guilty conscience"*

*"He is no longer conscious of what he is doing"*

*"She lost consciousness..."*

*"He does not have a conscience!"*

The same word is being used in a variety of situations.  
But what does it mean?

#### ▷ LAROUSSE DICTIONARY

Consciousness = perception, vague knowledge about our existence, about the outside world.

This seems complex...however every morning, our "consciousness wakes up" with us. It is the very moment when we start **perceiving**...

- Life **around us**, with our 5 senses:
  - The morning light,
  - The sound of the alarm clock ringing,
  - The great smell of toast...
- Life **within us**, with a little more attention:
  - The rustle of our breath,
  - The softness of our muscles,
  - Hunger pangs calling for breakfast...

Becoming conscious also means recognizing all the data, in order to act for the best under the circumstances.

#### ▶▶ Becoming conscious in order to act

*"It is cold, I am numb. It is Sunday, I **am staying in bed a little longer.**"*

*"There is a beautiful sunshine outside, birds are singing. I feel rested, **let's get up!**"*

#### ▷ NEUROSCIENCES

They are presently exploring various **levels of consciousness**, with regard to brain activity.

- In daily life (when the brain is wide awake, active, even hyperactive): **consciousness is attentive, clear, in the acting mode.**
- When waking up, going to sleep, day dreaming or during a light sleep (general brain activity, though of a different type): **consciousness is relaxed, floating...**
- In “deep” sleep and comas (partial and gradually reduced activity): **no consciousness + pieces of residual consciousness.**

## ▷ IN DYNAMIC SOPHROLOGY®

Consciousness is defined as a FORCE.

**Consciousness = FORCE to perceive and recognize life data, to integrate it and to get moving.**

- Such FORCE can **grow**.

As a child is growing, he can:

- perceive more things at the same time,
- understand and solve problems that are more and more difficult,
- achieve more and more complex tasks:
  - > getting dressed, driving a car,
  - > creating a pleasant home life,
  - > getting together with others in order to defend a cause...



- Such FORCE may also diminish, **get weaker**.

When we are tired, sick or stressed:

- it takes us longer to perceive things
- a small problem seems more difficult to solve
- and acting requires more effort...



**With regular practice, Dynamic Sophrology® enables us to increase this FORCE.**

As a matter of fact, the level of consciousness chosen for this practice lies between:

- “daily life” (being attentive)
- “beginning to fall asleep” (being relaxed)

**= consciousness both attentive and relaxed** or “paradoxical level of wakefulness”.

In order to reach this level, and stay there, the sessions are practised in the sitting or standing position (except in case of handicap or sickness), to prevent sleep and its lack of consciousness.

## CONSCIOUSNESS AND INTELLIGENCES

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*“ I am conscious I am hurting or that I am feeling well...”*

*“ I am conscious I am happy, sad, angry or in love...”*

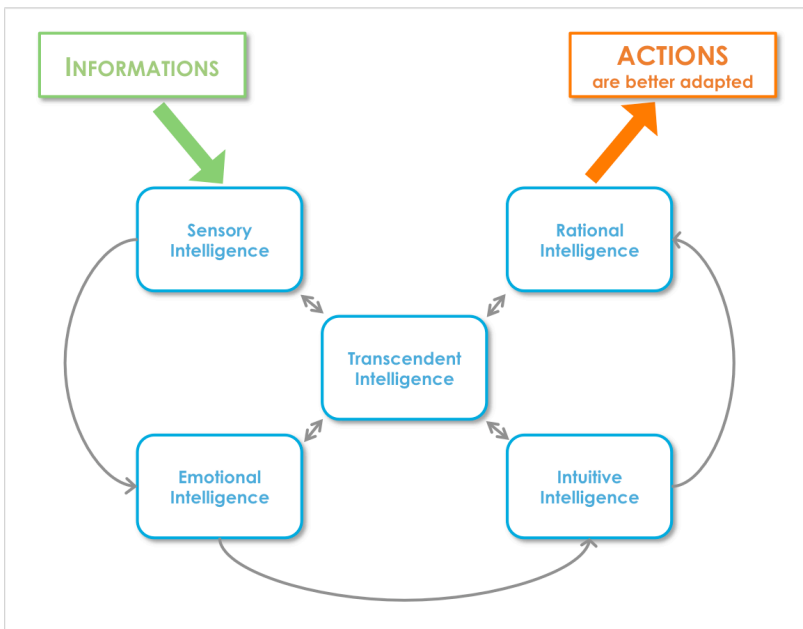
*“ I am conscious I am making a mistake, I am making the right choice, my way is true...I am Alive.”*

Consciousness touches everything, from our physical state, our emotions, the way we lead our life, we think about ourselves, about others, about Life...

And to do so, it uses great labourers: our intelligences.

“ **Capture ► Think ► Act**” is the classical pattern of reaction to face what happens to us.

In Dynamic Sophrology®, besides thinking, we are going to trigger and use other facets of intelligence BEFORE we react.



- First, use **sensory** intelligence because as we grasp more data, with more precision, we'll be better able to adjust our actions.
  - *Practical interest: to live better within one's body at any age.*
- Next, use **emotional** intelligence: with an improved and more accurate appreciation of every situation, we'll know better how to react.
  - *Practical interest: to cope with life events.*
- Then, use **intuitive** intelligence: letting go of rational thinking allows for new associations of ideas and links that will open other approaches.
  - *Practical interest: to boost our creativity.*
- **Rational** intelligence is being used all along; it helps organize consciousness (to sort out, file, compare, analyze what was experienced).
  - *Practical interest: identify and value what is found out to be pertinent for oneself.*
- **Transcendent** intelligence comes out and feeds them all. It allows a person to surpass himself or herself.
  - *Practical interest: to put into perspective what happens to us.*

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# CHAPTER 3

## THE RULES OF THE GAMES

At the beginning of any evolution or improvement, there is an awakening of the mind that allows us to become suddenly aware of what we need to change to be able to move on. What a coincidence: sophrology is a good means, a tool to become conscious!

As for any tool, there is an instruction manual. And even if we can have fun while learning, there are game rules to follow. In Dynamic Sophrology®, there are 3 main rules.

### RULE N°1: GET THE PHENOMENOLOGY ATTITUDE

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#### ▷ PHENOMENOLOGY? WHO ARE THEY?

It's a philosophical school of thought born in Europe in the XIXth and XXth centuries. First, Husserl, the founder (1859-1938), then his followers: Heidegger (1889-1976), Merleau – Ponty (1908-1961), Sartre (1905-1980)...

#### ▷ WHAT IS IT?

*Five friends are talking under a beautiful chestnut tree:*

- the first one thinks it's nice to rest under its shade,*
- the second one can see the good wooden floor he could make from it,*
- the third one is already enjoying the chestnuts he will soon roast,*
- the fourth one regards it as a big guest house,*
- the fifth one thinks it's a lovely "speakers' tree"...*

#### ▶▶ Different perceptions

- 1 - coolness
- 2 - color of wood
- 3 - taste of fruit
- 4 - songs of birds and insects
- 5 - feeling of well-being with friends

*They are watching the same tree but each one has his own perception of it!*

**Reality** (here the chestnut tree) is always seen from our own point of view, from what we feel within while we are living the experience.



So, in any situation or event, everybody catches things in his own way because information goes through personal and unique **filters**: our body and our brain.

The first step in Dynamic Sophrology® is to become aware of this “personal filter”. With this aim in view, the effort of attention (self awareness) is turned to what is felt, experienced, every minute during the training session...

- **here** (in the reality of the body itself, nowhere else, not in fantasy or imagination),
- **now** (in the real time of the practical experience: neither in the remembrance of things past, nor in the wild imaginings of what could happen).

**The big challenge:** stop any kind of thought (reasoning, appraisal, judgment...) to be fully aware of what is being lived here and now.

The phenomenological attitude, in Dynamic Sophrology®, means watching **EVERYTHING** at work, inside of us, without any judgment.

## RULE N°2: FOCUS ON WHAT IS GOOD FOR US

In Sophrology, the inner living experience is called: the vibrancy (“vivancia” in Spanish, “vivance” in French). It includes all the dynamics of life, at work within us, that we can discern at the moment.

*Well, all right, when you sit in your armchair, quiet, doing nothing, sure, you can't feel anything much! But if you stand up for a while and stretch yourself out, like a cat, then, it's crazy how big the changes are...*

### ► Multiple changes

...in height or width,  
...in tension in some parts of the body  
...in general tonicity  
...in the rhythm of breathing  
...in mood...

Some changes are pleasant, others may be less pleasant... but that is not the question.

In Dynamic Sophrology®, the effort of attention is turned to the most invigorating aspect of these changes: that is to say what gives us a little more vitality or energy, which can boost us, right now, in the very moment we are living. That is where our vital resources are found.

Our resource is what is good for us.

### **RULE N°3: FOLLOW THE ORIGINAL PROGRESSION**

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In everyday life, there is first Yesterday, then Today and Tomorrow. We can't go backwards, except in films...and in Dynamic Sophrology®.

In Dynamic Sophrology®, the effort to become self – aware deals with:

- first the **Present**: the main priority is to live better and to regain strength immediately
- then the **Future**: it's easier to get involved in the future with the new and strengthened energy of the present.
- at last, the **Past**: being stronger thanks to these two new perspectives of ourselves, the memory of things that have been looks different!

**Priority number one, from now on, let's start getting better, to build a better future and rediscover our past.**

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# CHAPTER 4

## FIRST STEP, EXPLORING SENSORY INTELLIGENCE

### WHAT FOR?

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**Laetitia:** *"Sophrology helped me a lot when I wanted to have a baby. It helped me find a very precious body balance: I let go of tensions and I take the opportunity to really feel all that is pleasant within me. It taught me how to put life into my life, to give Life".*

**Ludovic,** 8 years old: *"In the morning I have a stomach ache and I throw up before going to school; I also throw up in the car when I am going to a sport competition. Doctors say everything is normal. With the help of sophrology, I've learnt a lot of things: what a sensation is, what is at work in my body and my mind when I feel like vomiting and when I don't feel like it; how to breathe, do simple exercises, sometimes funny ones, in order to be well. I do my exercises alone as if I was training for a sport. It is good for me; I feel stronger and more relaxed at the same time. My parents say it was a good idea to put sophrology in my school bag and in my sport bag...everything is OK now".*

**Sandy:** *"I haven't got any strength left. Even if I tell myself I must...I should do this or that to feel better, it doesn't work: I don't know what to do to get better".*

As Laetitia and Ludovic experienced it, exercising our sensory intelligence can help us, as it can help Sandy to feel better.

### ► TO LIVE BETTER WITHIN OUR BODY

- Liberating the persistent tensions, deep within.
- Breathing more freely.
- Relieving the painful tensions; dealing better with acute or chronic pain.
- Recuperating tonicity and/or learning how to relax.
- Regaining the capacity to fall asleep easily and to have quality sleep.

- Making peace with our body: replacing the representation of our body in our mind (the idea I have of myself) by our living reality of today (all that I sense I am).

## ▷ TO SUCCEED IN ADAPTING

- Learning how to concentrate, how to pay attention.
- Adjusting a posture, a professional or sportive or daily gesture.
- Adjusting a state of vigilance and recover quickly (driving, night or shift work)
- Balancing our energy better: a time to act, a time to rest.
- Improving the body recovery after an intense or sustained effort (during and after sport, childbirth, illness, or surgery).
- Adapting oneself to the natural physical or accidental changes occurring in life.
- Adapting oneself to temporary or permanent handicap.

**Sensory intelligence leads us towards  
a better self – knowledge.  
It gives us the opportunity to control our Energy better,  
according to our own needs.**

**Laetitia** now enjoys every minute she spends with her 18 months old son.

**Ludovic** no longer has health problems and has regained the tonus and enthusiasm of any 8 years old boy.

What about **Sandy**? *"I have found again the life energy that I thought I had lost".*

# SENSATION, WHAT IS IT?

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## ▷ LAROUSSE DICTIONARY

An impression received from the senses

## ▷ NEUROSCIENCES

To maintain life and adapt ourselves to the constantly changing world around us, our brain needs information. This information is given by receptors scattered all over the body and conveyed through nerves to the data processing centre: the brain. It is well known, we have five types of different receptors (so five different senses) to get information from the outer world (exteroception): the eyes (eyesight), the nose (smell), the ears (hearing), the tongue (taste), the skin (touch). What is less known, is that we have, as well, two other senses which receive information from within our body:

- proprioception (the state of our muscles and joints)
- interoception (the state of our organs: stomach, bladder, heart, breath...)

*"Ouch! It hurts! Too tensed or exhausted! Brr! It's freezing!  
My heart is beating fast, I am out of breath..."*

As a general rule, we pay attention to these sensations only when they become **unpleasant**.

## ▷ IN DYNAMIC SOPHROLOGY®

We learn:

- how to develop a growing attention to these two senses,
- how to recognize **pleasant** sensations with the same skill. For better self-knowledge starts with a better grasp at what is going on within ourselves, what is experienced and felt: pleasant and unpleasant things and even our body's capacity to find the right balance and to find solutions.

*"Mm... relaxation and a good tonus, breathing freely, comfortable in our standing or sitting posture..."*

**The first resource to discover is the body's knowledge.**

# HOW DO WE DO IT?

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## ① MOBILIZING THE BODY

When we move, the **inner sensations** change: it's therefore easier to identify them, to become aware of their diversity in intensity as much as in quality.

Mobilisation also reveals tonus and vitality: the body energy available at that moment.

Each exercise in Dynamic Sophrology® allows us to enrich and sharpen the consciousness of our body full of life, in its parts and as a whole.

### *In Practice...*

Close your eyes and focus your attention on one ear...feeling anything? Its presence? Shape?

Now rub it vigorously...and then, do you feel something? (Warmer? Bigger? Lighter?... More present?)

**Hint:** to help you, compare with the other ear.

### **Providing that we don't forget the rules of the games...**

- Observe EVERYTHING that is happening without judging (rule n° 1)
- Focus on the sensations which are good for us, vitalising (rule n° 2) at that very moment (rule n°3).

### **...Listening to our body has two immediate advantages:**

- Regaining a lively, real and satisfying body identity, regardless of the perspective of others or of social standards.
- Learning how to focus our attention: concentrating it on the body sensations allows us to turn away from ruminations, for a moment.

**And yes, the body can rescue the mind.**

## ②

## MEASURING OUT THE BODY'S ENERGY

LAETITIA

*"Thanks to sophrology, I can relax, get more energetic, live the present moment in a positive way: all this by activating my body. I remove the tensions and then I can feel everything that is pleasant in me".*

Each sensation is a **manifestation of the energy** in our cells, organs, muscles.... After having identified and recognized them, it becomes possible to adjust their intensity, according to our needs.

In Dynamic Sophrology®, we speak of:

- activation** (amplifying the intensity)
  - deactivation** (reducing the intensity)
  - adjustment** (settling down in the "right" intensity)
- **To activate** (amplify a sensation and its associated energy):
    - Let's concentrate all of our attention on the chosen sensation and in the movement of inspiration when breathing.
    - At the same time let's add, as an echo, words/sounds or images/colours which are dynamic for us.
  - **To deactivate** (reduce a sensation and its associated energy), it is just the opposite:
    - Let's move our attention, by focusing on a different sensation and on the movement of expiration when breathing.
    - At the same time let's add, as an echo, a soothing word/a sound or an image/a colour.
  - **To adjust** (find the right intensity, interesting for us, and in the moment), just play with the two previous switches. It's like riding a bicycle: at the beginning, we are a bit unsteady, and hesitant, but soon it becomes instinctual... One can't forget it!

### *In Practice...*

To activate, rub your other ear...

What is the best sensation?

1.Focus on it...

2.Breathe in at the same time,

3.Tune your mind fully on to the same topic (eg. heat...)

**So, does it remain the same?**

To deactivate, defuse the situation:

Focus elsewhere (Why not on the sensations of the supporting points of your body?)

Pfff... breathing out to unwind...

Tune your mind on a relaxing word or image!

**Does it work?**



### ③ TRANSFORMING THIS ADJUSTED ENERGY INTO A FORCE

Regaining tonus, “good” sensations, it’s all well...but singing, dancing or practising a physical activity has the same effect. In Dynamic Sophrology® the goal is to transform this life energy in a **Conscious Force**, force of consciousness, in order to be able to use it better in our life..

#### What FORCE?

The force of Being, of presence, of assertiveness, of tenacity, of being able to choose what is positive...or any other force (to be discovered by you) which will be yours!

STÉPHANE

*“When I’m standing, I feel stable on my feet, I feel a pleasant verticality in my spine, my shoulders are relaxed, my breathing is quiet. The Force, at that moment, is a force of Presence, CONFIDENCE and ASSURANCE. I often use it at work.”*

The consciousness of our force is the starting point for any work in Dynamic Sophrology®: it is what allows and supports our individual evolution.

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# CHAPTER 5

## 2<sup>ND</sup> STEP:

### EXPLORING EMOTIONAL INTELLIGENCE

#### WHAT FOR?

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**Anne:** *"I attend sophrology sessions because I am more and more emotional and I cry for no reason"*

**Paul:** *"I am stressed at work and tense at home. People around me are affected as well."*

**Sylvie:** *"I am shy. I blush and I don't dare speak within a group."*

**Julie:** *"I have failed my driving license exam three times. I am getting more and more nervous and I am losing confidence."*

**Claude:** *"The more pressure I have at work the more back pain I have."*

**David:** *"Emotionally I go from one extreme to the other, often in an inappropriate way: an outburst of laughter at my grandmother's funeral."*

Emotions can really unsettle us in a powerful way. By exercising our emotional intelligence, we will be able to cope much better with them, build a better self esteem and it will give us more assets to move forward.

#### ▷ TO LIVE BETTER WITH OUR EMOTIONS

- Containing the effects of excessive sensitivity.
- Taming again our sensitivity damaged by a difficult history or by a trauma.
- Facing daily challenges (conflict, anxiety, competition, exam, job interview, surgical or medical treatment...).
- Keeping our spirits up: maintaining a hopeful outlook against all odds.
- Better accepting our self-image.
- Regaining our self esteem and making peace with ourselves.

## ► TO MOTIVATE OURSELVES IN ORDER TO ANTICIPATE BETTER

- Stopping the downward spiral of failures.
- Moving forward with projects, with learning, and personal growth:
  - Health: recovery, re-adaptation, quitting smoking or simply feeling better...
  - Work: searching for employment, refresher courses, retraining or professional adaptation...
  - Job training and apprenticeship: beginning, pursuing or returning to school...
  - Personal: taking up a challenge, improving ourselves, undertaking something...
- Avoiding panic.
- Preparing for an important event:
  - The job seeker...before a job interview.
  - The musician... for a more soulful performance.
  - The student...for more effective revisions before an exam.
  - The sportsman...for optimal preparation before a competition.
  - Future parents...for the birth and homecoming of the baby.
- In general, for everyone:
  - Preparing for surgery,
  - Organizing a party,
  - Moving in or out...
  - Or simply having a life project.

In her own poetic way, **Marie-France** sums up what is at stake with this process:

MARIE-  
FRANCE

*Sparkle in the eyes? Waves? Synchronized breathing?  
To tell? To dare? To let myself go? To fall flat on my face?  
Friendship? Too late?  
Harmony. Joy. Hope. Fear. Intense pleasure.  
I can now play all these notes to write my own life symphony".*

# EMOTION, WHAT IS IT?

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## ▷ LAROUSSE DICTIONARY

**Transient** disturbance caused by an acute feeling of joy, fear...  
Comes from Latin: “e-movere” what makes the body and the mind move.

## ▷ NEUROSCIENCES

Thanks to scans and MRIs it is now possible to explore deep parts of the brain that were never explored before: the limbic brain is the management center of our emotions.

Recent research gives us a first mapping of emotions. Some areas deal with joy, fear, anger or disappointment. Research shows the impact of the “emotion area” on the whole brain function.

- Emotion is not a state but an evolving and constantly changing **process**.
- It is **essential** for adaptation and survival: our rational thinking needs emotions to be effective!

## ▷ WITH DYNAMIC SOPHROLOGY®

We focus on the active/dynamic side of emotion, like the “movements of the soul” so to speak:

- a more subtle energy than muscular energy,
- not easy to define yet powerful,
- that can change, in an instant, the whole person: in his/her body, as well as in his way of thinking, reacting or interacting with others...

► Changes that are  
physical as well as mental!

A fit of laughter both relaxes and revitalizes:  
breathing is easier, eyes are sparkling; it renews our appetite for life, and gives us a new energy to deal with challenges; it lightens or strengthens our social connections...

Within Dynamic Sophrology®, the plan is to give back their real potential to emotions, to claim our ownership of them, to make peace with them, and turn them into our allies.

# HOW DO WE DO IT?

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## ① GETTING TO KNOW BETTER OUR EMOTIONS AND THEIR ENERGIES

By exercising our sensory intelligence, along with our training, we have already been able to become more aware of the link between the body and the emotions: depending on body sensations (when muscles are relaxing...), I am able to change the mood of my inner world (...I am more relaxed mentally as well.)

It also works the other way around. From one emotion, the brain will trigger a cascade of body reactions.

*"I am shaking with fear and my throat tightens"*  
*"I am shivering with joy"*  
*"I am all red from anger or I blush from shyness"*

All we need to do is to keep on practising in the "mood" mode now.

**Practically speaking**, once we are settled down in our inner self (see sensory intelligence sequence):

- We call to mind various emotional situations, as long as they are pleasant (rule n°2: we practise only with what feels good to us).
- We learn to observe what we feel (rule n°1: here and now, without preconceived ideas or judgment):
  - the various effects produced in the body: **where** is something happening? And **how** is it?
  - the energy released in the instant: renewed vitality inspired by this "movement of our soul", new impulse or envy to...

### *In Practice...*

Remember a **great moment in your life**, such as a beautiful concert, the last giggle, or a loving embrace...

1. Remember the atmosphere (colours, sounds, fragrances, the vividness of these moments...)
2. At the same time pay attention to your body reactions, face, breathing, heart...is everything still the same?
3. Do you feel a bit more energized? No? So try again, using your imagination...

As for sensory intelligence, in our practice, we focus on the "vitalizing" and /or motivating (project oriented) aspects of emotional energies. But we can enlarge, enhance and complete the wide range of our emotional resources, by using a variety of shades and tunes (and their effects).

In Dynamic Sophrology®, we intend to value emotional dynamics that are meaningful for us.

## ② MODULATING THE INTENSITY OF OUR EMOTIONS

Since emotions are expressed in and by our body, we can use the skills we developed in the previous chapter (exercising our sensory intelligence) in order to:

- give back a place to “abandoned” emotions, by practising **activating**, waking up and enhancing body sensations that go along with them;
- - as well as reduce excesses in unpleasant sensations by practising **defusing** them.

### *In Practice...*

#### **To activate:**

1. Keep focusing on the areas of the body which “are moved” and focus on the breathing in part.
2. Eventually, add imagery and/or words that are “motivating” for yourself.

#### **To defuse:**

1. Pay attention to the body areas that stay calm, and to the breathing out part.
2. Add imagery and/or words that are quieting for yourself.

By using both switches, through practice, we start being able to adjust our inner mood, as needed. (The mood that suits us, whatever the weather: rain, wind, or storm outside).

## ③ TRANSFORMING THIS ADJUSTED ENERGY INTO A REAL “SENSE OF BEING”

By valuing what we perceive, emotions allow us to appreciate what we live:

- what exists or is happening around us...
- and also appreciate ourselves: **self-esteem**.

*“My girlfriend left me: I am sad and feel like a loser...  
But after I won this game, the euphoria of the victory made me feel great again!”*

All along the emotional experiences of our life since we were born, a real **“Sense of Being”** has grown within our consciousness: *“I am Me, I am conscious that I exist now, in this world, and I am even conscious of this very “Feeling”.*

Every emotional energy, triggered by any situation we live, does contribute to build this “Feeling”.

But often we are not conscious of it; we are more subjected to it rather than wanting it!

#### ► Building this feeling

Pride after a success strengthens it, disappointment after a failure brings things into perspective and adds a little humility...unless too much of it causes us to lose our self – esteem!

In Dynamic Sophrology®, the goal is to involve all our emotional intelligence in building and letting grow the **Conscious Feeling of Self**, helping to value ourselves more accurately, to assess any situation better, to better define our place in the world, or interact with others...

### What about this FEELING?

A feeling of presence to oneself, of being alive, of value, righteousness, goodness, beauty of everything living...or any other Feeling (still to be discovered) which will be yours!

Dynamic Sophrology® enables us to hold our head up, to bring value back to who we are, and to what we do, in **a conscious way and whatever the circumstances may be**, provided we practise on a regular basis and respect the rules...

In practice, such a Feeling of Self is being built in Double Concentration.

This means using our natural ability to perceive ourselves both:

- **from within:**  
consciousness of self coming from information from within our body, see chapter 4 (propioception and interoception)

#### *In Practice...*

Make yourself comfortable, close your eyes and focus on your sensations...

1. Using a broad and slow gesture, touch your knee with your hand. Follow how the motion is made from your inner perceptions (sensations of the muscles, heat, point of contact...)
2. Repeat the gesture and this time follow it with an outside view of yourself (where you are in the room, your body posture, the noise, the distance hand/knee getting shorter...)

With a little bit of training...you can do that, always with closed eyes, by focusing at the same time on perceptions from inside and outside yourself: there you are, **you are in double concentration!**



- **from outside:** consciousness of self in the exterior world.

Such **double concentration** makes it possible to adjust a gesture, a posture, an attitude, a presence:

- whatever the situation may be (especially if it is stressful, challenging or painful...),
- and whatever other people may think (parent, teacher, boss, next door neighbour or even sophrologist!)

Practising double concentration reinforces the feeling of "being" and helps recover self-esteem.

#### ④ OUR EMOTIONS CAN SERVE THE FUTURE WE ANTICIPATE BETTER

Emotions colour the present moment but they will also influence the way we see the future: **some dynamics facilitate building a pleasant future, while others slow the process down.**

The quality of the physical state as well as the emotional tone mobilized from the start will make a difference to prepare for the future. Therefore, we must use all the skills of sensory and emotional intelligences we have worked with so far, to improve our capacity to anticipate.

► Emotions have an impact on the anticipation of the future...

It is difficult to imagine pleasant tomorrows when the present is full of pain, anguish or despair...  
The future gets brighter as soon as I feel better or well after a joyful moment, after a laugh, after a tender or peaceful time.

So, during the first 2 stages of a session, every person will mobilize the physical tonus (1) and the emotional dynamics (2) relevant for him or her depending on his or her desire, need or plan...

Then, everyone will anticipate, that means, will let the best vital experience of "now" be forwarded in time (a time chosen according to goals): in the next moment, tomorrow, next week, next holiday, in a year or more...

#### *In Practice...*

Eg: To prepare for a game, test or exam...

First feel great = mobilize your energy with tonic exercises.

Then, get motivated = think about emotions such as boldness, rage to win, victory, pride...

Last, take this new dynamics forward before, during or even after the game...

In Dynamic Sophrology®, the most important thing is to create and maintain the right momentum, starting now, that is necessary to go further than the present, for **THE FUTURE BEGINS NOW!**

SURPRISE! There is already a “return on the investment”: the path toward this future – although virtual – reinforces us immediately (*“I am feeling even greater and more motivated!”*)

By practising regularly, we can make real, and consolidate a project or a personal future. And if we do not have a project yet... a little help from our intuition will be welcome.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# CHAPTER 6

## 3<sup>RD</sup> STEP:

## EXPLORING INTUITIVE INTELLIGENCE

### WHAT FOR?

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**Amélie:** *"Anyhow, I knew it... but I have a hard time listening to my first impression: it seemed so stupid to me... when I thought about it. In the end, I would have been better off following it."*

**Paul:** *"Intuition is the sixth sense, isn't it? My mother used to talk about it: it's a woman thing..."*

**Jean:** *"For me it's rubbish. Just wanting to be different. Might as well listen to Madame Sun, the astrologist..."*

Such so-called intuition is a real mystery: impossible to understand, unexplainable, irreproducible, occurring any time... one believes in it or one doesn't!

WHY then should we exercise it?

### ▷ BECOMING MORE AWARE OF OUR INTUITION (THE "1<sup>ST</sup> IMPRESSION")

- Finding or rediscovering new abilities in gesture or movement:
  - Recreating one's life with a temporary or lifelong handicap,
  - Adjusting to a new job (position),
  - Mastering a new sport or technical skill.
- Opening and creating new possibilities for relationships:
  - Getting out of social isolation, or conflicting situations,
  - Jobs with lots of social interaction: therapeutic, educational, social creativity...
- Taming and spreading our imagination in order to:
  - Discover and/or enhance an artistic, personal or professional activity.
  - Create, organize or design the office, house, garden...
  - Cook, decorate, do it yourself activities...

## ▷ EXPLORING OUR VARIOUS TYPES OF MEMORY IN A DIFFERENT WAY

- Improving the memory process: learning and speed reading.
- Maintaining and developing our ability to memorize.
- Rereading our personal History with a different perspective:
  - Understanding better an apparently illogical sequence of events.
  - Noticing and understanding recurring patterns and behaviors.
  - Giving a meaning to our life...

Intuition is a feeling that causes anxiety and misunderstanding as it is out of our control; so we have a tendency not to listen to it.

With training, we could perhaps trust it more, like Marie, and use it as a guide.

MARIE

*"I do have intuition; I can even tell you that it guided my choices in life. Impossible to explain but I couldn't help but following it."*

## INTUITION, WHAT IS IT?

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### ▷ LAROUSSE DICTIONARY

Direct, immediate knowledge, without the intervention of reasoning, imposing itself. One day or another, we all had the experience: facing one of life hardships, our thinking process may happen to halt, slow down or get lost... and then suddenly just when we were about to give up, a great idea pops up, in a dazzling spontaneous way, without explanation!

### ▷ NEUROSCIENCES

Neurosciences are following a few lines of research to understand this "phenomenon": a huge amount of data is actually reaching our brain every minute.

- Even in its wakeful (conscious) state, our brain can only pay attention to a small part of it;
- The rest of the data is still registered, unknowingly, through the back door.
- This real “black market work” does indeed contribute to our assessment of a situation, and to solutions we find, without us being aware of it.

#### ► An intuition is sometimes held back

When they do a test for memory, researchers can see a person's brain react when looking at the right answer, even though he may then give a wrong answer: the brain knows, gives an impression...but we don't always take it into account!

## ► IN DYNAMIC SOPHROLOGY®

We are interested by the powerful **creative energy** of intuitive intelligence: its capacity to create meaning.

This energy can actually link elements that may seem totally independent at first, in an illogical (but coherent) way, and that occur in the outside world (events, perceptions...) as well as in our inner world (sensations, emotions, images, idea...). It is as if, setting up the pieces of a puzzle in a different way, it would create a new image, offering a new perspective.

Such innovative links, **illogical as they have a symbolic nature**, give meaning to what we are doing, to what we are living.

Whenever we become aware of these meaningful links, a **new type of knowledge** springs up, without resorting to the usual pattern of thinking...; then we have another vision of things that is more complete and more pertinent in the very moment.

*“Of course! That is it!”*

**New challenge for sophrology: how to tame our intuitions so that our creativity can emerge.**

## HOW DO WE DO IT?

It is useless to look for intuitive solutions: they never come after reasoning for a long while, but in an unexpected and “off” way, rather in a day dreaming way, when our consciousness is floating, and half asleep.

*“Don't they say: night time is a good counselor?”*

Right on! In sophrology, we practise at that moment when consciousness is near that “in between” state (paradoxal wakefulness – see chapter 2 on Consciousness).

After training our first two intelligences, we now know how to maintain our consciousness **both relaxed and attentive**, thus achieving the conditions for **enabling** our intuitive intelligence **to emerge**.

However, knowing its unpredictable character, it is better to approach its exercise like a “treasure hunt”.

## ① PREPARING THE GAME FIELD

With the “sensation + emotion” sequences we are first preparing our own inner space. It needs to be:

- strong enough (a concrete, rich and tonic presence to ourselves),
- confident enough (a feeling of being that is serene with diverse shades),

so that we can receive the often bizarre signs of our intuitive intelligence at work.

## ② ENTERING THE GAME, FINDING INDICES

What we need to do then is to loosen up a little more our consciousness. **The “dream awake” technique helps our mind to let go and let intuition “speak”:**

- Starting with a theme that remains vague and not very logical, on purpose (the visit of a house, walking along a river back to its spring...)
- Letting our spontaneous imagination loose...(a bit like in a dream)
- Paying attention to whatever **strange** is happening:
  - global striking impressions,
  - strong images, dreams,
  - double meaning words, “inner voice”...

### *In Practice...*

It is time for our inner movie:

After sitting comfortably  
and straight against the  
back of the chair...

Let the film  
unwind...following indices  
unconsciously sown by the  
author/actor/film maker:  
**ourselves!**

The proposed themes are open and large enough for **each individual** to explore in **his own way** his own inner world.

The attitude of “phenomenology observation” (number one rule) practised from the beginning of our training, enables us to accept the somewhat “foggy” and/or at first incomprehensible character of what comes, without judgment.

In Dynamic Sophrology®, we become the well-meaning spectator of our inner life, in order to discover its unsuspected resources.

### ③ UNCODING INDICES

We should let intuition speak... ok. However can we understand it!

As it is well known, dreams are an **enigma** for our rational intelligence linking facts to logic.

However we are sometimes struck by the fact that such dreams seem to linger on during our day.

► Dreams, that are more or less logical

"I'm running behind the bus because I am late."

> **OK! That's correct.**

"I'm running behind a beautiful chariot of fire that is eating me up."

> **Oh! What's that all about?**

In order to grasp the message, we need to call upon a specific language, known since primitive man: **symbolic language**.

From Greek "symballein" = to gather, a symbol is disturbing as:

- it **encompasses opposites** in the same representation (the chariot of fire can be both beautiful and ugly, a good or a bad thing...)
- it opens up to the vision of **paradox**: an apparently ambiguous assertion, partly truth (the horizontal line goes both right and left, or toward past and future);
- it liberates a **new vital energy** that we can feel intensely within our body at this time (and then we are grateful for the techniques of management of sensations and of physical energy that we have been training for from the beginning!)

A symbol is linking conscious and unconscious contents with a chain of meaning.

### ④ DISCOVERING THE TREASURE

The "let go" challenge is **to put an end to the "performing" culture**: for one moment set aside, will power, the obligation or wish for immediate results... as revelation about the chain of meaning cannot be "on command."



In Dynamic Sophrology®, though, we get on the starting block when we move into a sitting posture:

- from sitting in the back of the chair (when consciousness is floating, facilitating our gathering of indices),
- we move to the edge of the chair, in a posture more like zen meditation: vertical and centered, waiting without waiting for anything...(when consciousness is more subtle and both delicate and open, awakening...).

What is important is to trigger the opportunity and keep an open mind because the treasure can let itself be discovered at any time...

▶ A treasure that is hidden for a short or long time!

There, in the posture, or at the end of the session, in the train going back home during the following night, on the next Sunday...or even never.

## ⑤ INTUITION SERVING MEMORY

Such capacity to create a link of meaning improves and renews our memory skills.

In Dynamic Sophrology® we approach it in 2 different ways:

### • Help for memorizing

Associations that are meaningful for a person, facilitate new data input to be memorized.

*"The new numbers for my credit card?"*

*That's easy:*

*-32, my mother's county*

*-01, the day of my first job!"*

Based upon such an observation, techniques aiming at memory improvement start with the sequence 1 ("preparing the game field"), then they alternate:

- concentration on what must be learnt or memorized (sentence, text, figure, picture...)
- back to myself, letting loose all associations (of ideas, images, sensations, words or music...)

If what has to be kept in memory is simple (for instance a short text), one single sequence is sufficient. In a more complex case (a whole lesson), it is necessary to go step by step.

## • Help to read our personal History

We usually analyze our life with our rational intelligence, which ties our memories with cause to effect links.

*"I have become who I am because of what happened to me when I was X years old..."*

By calling upon our intuitive intelligence, we do proceed otherwise:

- same protocol as in sequence ① "preparing the game field"),

- in sequence ②, the dream awake stage is like digging randomly in our memories, at different phases in our life (rule n°2: practice with "good" memories), allowing others in, as echoes...,

- and then in sequence ③ and ④, triggering the arrival of a meaningful link: some sort of "energetic" common ground between memories, or between them and the way we are now.

*"...with my little blue hat in Grandpa's garden,...on my last day of high school with my friends,...last week running along the ocean shore....  
Well, of course He is who I have become!"*

Such a different approach enables us to open new perspectives (which are often more coherent) on a path that is affected by life hazards:

- Either by discovering parts of forgotten history (associated memories),
- Or getting a dynamic process started, creating a guiding red thread in our life path (a meaningful link).

**In any case, this "new way to read"  
gives us energy to live here and now.**

[illegible]

# CHAPTER 7

## EACH TIME, EXERCISING RATIONAL INTELLIGENCE

*“Why, on earth, did I start reading this book?”*

Intuition, need, logic or chance? May be a little of all that...  
Whatever it is, you can be certain that, as soon as you are looking for an answer, you are using a rational thought.

### WHAT FOR?

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#### ▷ KNOWING BETTER OUR RESOURCES

- Identifying the relevant resources of the moment drawn on the different types of knowledge: our body, our emotions, our intuition...
- Naming them: reinforcing the effect, the impact of awareness.
- Distinguishing what is important and what is not: putting it into perspective.

#### ▷ BUILDING A TRAINING PROGRAM RELEVANT TO OURSELVES

- Choosing the exercises to repeat and those to avoid, according to our objectives and observed results.
- Reintroducing a session that was a rich learning experience.
- Taking things in hand; becoming responsible and actor in this exploration, in our own well-being.

#### ▷ CONNECTING BETTER WITH OTHERS

- Better defining and asserting who I am and how I react, simply speaking.
- Developing tolerance: being able to listen to someone different without judging; recognizing and accepting diversity.
- Becoming more independent from a group or family.

## ▷ IMPROVING ON SPEAKING IN FRONT OF OTHERS

- Practising and/or improving speaking in public.
- Asserting ourselves, our conviction, our presence, among a group.
- Gaining more self confidence.

## RATIONALITY, WHAT IS IT?

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### ▷ LAROUSSE DICTIONARY

**Rational:** what is based on reason, deduced by calculations and reasoning.

**Reasoning:** succession of propositions deduced from one another; argumentation.

**Reason:** ability to know, to judge; intellectual skill, as opposed to intuition and feelings.

Encouraged and trained since school, rational intelligence and its logic, rules, unchallenged, over our everyday lives (when the brain is awake):

- it **structures** our thinking and the way we express ourselves (written and spoken language).
- it helps us **to understand and to be understood** (questioning, reflecting, exchanging...).
- it also helps us to plan and to learn how **to act**.

*"- What are you doing?  
- I'm reading a book about sophrology because I've heard about it and I'm curious...  
- Do you understand anything?  
- Enough to start training!"*

### ▷ IN DYNAMIC SOPHROLOGY®

We consider rational intelligence as the energy (the movement of thought) which **gives** shape to awareness and **organizes** what we'll do with it: **acting** in our daily life.

The sophrology session is indeed a time to explore our intelligences and update their skills (time for new awareness).

But the objective is to transfer these skills into our daily lives in order to live better (time to implement).... That requires a little strategy and organization: the very skill of rationality.

AURÉLIE

*"Relaxing during a sophrology training session, it's easy... but remaining zen in my daily life, at work or at home, that's another story."*

## HOW DO WE DO IT?

During the dynamic sophrology sessions, rational intelligence is being sought as a **partner** of the other intelligences.

*"I'd rather be a teammate and in good company than alone as the boss!"*

### ① AT THE BEGINNING OF A SESSION: UNDERSTANDING WHAT WE ARE GOING TO DO

The sophrologist presents the session rigorously and clearly:

- the objective of a session (becoming aware of...+ recalling the three main rules of the game)
- the sequence of the proposed session (protocol)
- the exercises to be done, by showing and commenting on them.

It is time for the participants to ask their questions in order **to better understand and to adhere** to the proposed program.

*-Not clear, my explanations?  
-Euh...*

### ② DURING THE SESSION: GIVING SHAPE TO PERSONAL EXPERIENCE

The session is regularly punctuated by pauses during which everyone is invited – within himself/herself – to become aware and describe what she/he is living at the moment (his/her “vivance”).

So, at each stage, rational intelligence can help:

- **to identify** the sensations, emotions and intuitions felt (be careful: always suspending judgment – rule n°1);
- **to describe** this experience with words or images and/or symbols;
- to prepare **the assessment** of this experience at the end of the session:
  1. **to summarize** what we became aware of,

▶ Giving shape in order to understand

Sorting out, classifying, comparing, grouping, prioritizing observations.

2. **to emphasize** the resources discovered through the different proposed exercises

AGNÈS

*"When self massaging my arms and hands, I felt a heat which enveloped me. It was really soft and at the same time I had the feeling that my arms were ten times more powerful."*

### ③ AFTER THE SESSION: KEEPING A RECORD OF THE EXPERIENCE

Back to our normal waking consciousness, rational intelligence is also sought to express what was experienced in 2 steps and 2 different ways:

- **1st step = writing time:** with words or drawings, everyone is invited to keep a log book, a personal account of his/her experience. It's a time of "clarification" and, for some, analysis.
- **2nd step = verbal sharing time:** everybody can speak freely according to her/his own need or desire, and express all or part of the assessment of her/his own experience. This period allows everyone to refine her/his own discoveries, echoing or counterpointing those of the others, and often helps, as well, to complete the written record (forgotten elements found there, in the words of others).

From these traces stored in memory thanks to these two steps of expression, everyone will be able to reproduce the experience later and strengthen its outcome.

Of course, the three rules are still valid (phenomenological attitude, the "good for me", progression and ethics).

Exercising these different types of intelligence, at the same time and regularly, will give us access to a more global form of intelligence. Then, there will be a more subtle and complex perspective on Life and Mankind, through what we call Transcendent Intelligence.

[illegible]



# CHAPTER 8

## LAST, EXPLORING TRANSCENDENT INTELLIGENCE

### WHAT FOR?

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**Édith:** *“In the Pyrenees Mountains, on an April day... I open the living room window, instantaneously magic happens within me: the blue of the sky next to the green shades of the mountains. I am mesmerized by the beauty of the moment. I am no longer the same when walking back into the living room”.*

**Bernadette:** *“It was my first night under the stars in the desert. Once settled in my sleeping bag, I contemplate the sky. A true wonder! All of these stars, one always shining brighter than the other in this infinite space! I then feel a soft warmth, as if thousands of well-meaning stars were looking at me... I feel in harmony with the whole universe.”*

**Malika,** *the second daughter in a family of seven children, is always failing at school and has the feeling of being worthless. In spite of people around her dissuading her to do so she still took her exams which she passed – to everybody’s surprise! “I did not even know that I could do it and finally, it is possible.”*

**Sophie:** *the mother of 2 teenagers, after lots of research, seems to have found her balance. Then the sudden shock: she finds out that she has a serious illness. She was going to die. It was not planned, not now! She feels all alone; nobody seems to be aware of her distress. She realizes others cannot do anything for her, she decides to “take control of her life”...*

As for Malika, transcendent intelligence can help us..., help Sophie to take back control of her life.

### ▷ PUTTING THINGS INTO PERSPECTIVE AND BOUCING BACK

- Sorting out that which is essential and that which is superficial in terms of Life.

- Transforming the ordinary into the extraordinary: living the infinite greatness of commonplace and daily moments (doing odd jobs, gardening, making one's bed or doing the dishes...).
- Discovering a new life force.
- Overcoming seemingly unsurmountable events and situations: such as discrimination, prognosis, or disasters...

## ▷ GOING TOWARDS MORE HUMANENESS

- Approaching and considering the world with a broader and more respectful outlook: infinite richness of life.
- Relating to others beyond differences, feelings or preconceived ideas.
- Making peace with Life.
- Embracing Greatness and Humility.

In the link between “inside” ourself and “outside” ourself there exists a tremendous **resource of vitality**. Inoperative in daily life, it only reveals itself in extraordinary circumstances. How do we activate this “invisible Spring”?

## WHAT IS TRANSCENDENCE?

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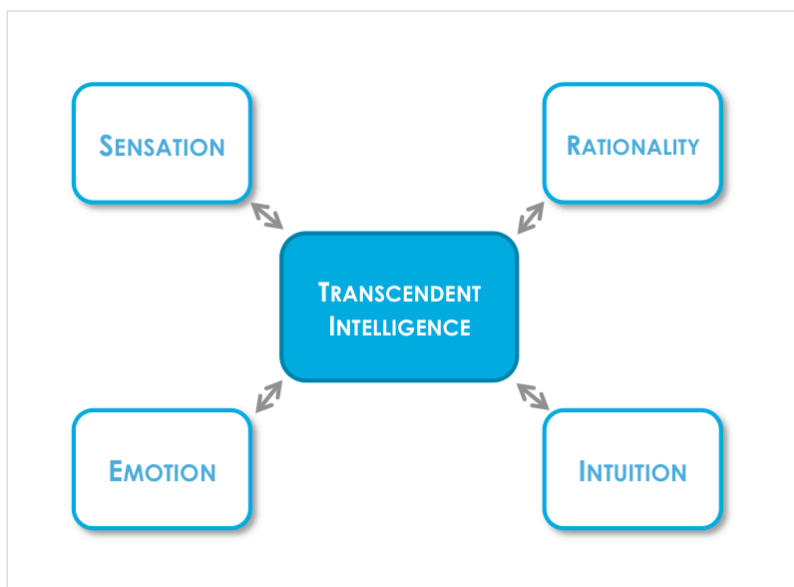
### ▷ LAROUSSE DICTIONARY

**Transcendent:** that which excels in its own kind, superior.

Philosophical meaning: out of the reach of any action or knowledge. It comes from Latin “transcendens” translating: which crosses over.

### ▷ IN DYNAMIC SOPHROLOGY®

We are interested in transcendence as a tremendous energy – resource which goes beyond the perceptible experience. This can arise from each intelligence:



- The awareness of the **Life Force** in our own body can lead us “beyond”.
- The conscious value, the **Sense of humaneness** can lead us “beyond”.
- The power of the “**Right**” creative act can lead us “beyond”.
- The beauty of logical **Coherence** can lead “beyond”.

The transcendent experience happens without warning, during an **exceptional** moment in our life, therefore opening us to a vaster perspective on existence, on Life.

► Favourable moments towards transcendence

- during a stroll,
- during a loving moment,
- a creative enlightenment,
- even in mathematical poetry...

Going beyond the scale of “our little self” it invites us to become aware of Life Beauty in its **universal** dimension.

- Infinite time and space such as Bernadette’s starry sky or Edith’s mountains
- Infinite possibilities such as this wonderful energy with Malika’s “and why not?”

The concrete experience of transcendence gives the person who is living it a “**powerful energy**” enabling him/her to “move mountains”.

**Sophie** is reconnected with life: this Greatness supported her to go through the ordeal of her illness. She has been enjoying the “here and now” for 14 years.

**Malika** gave up feeling “worthless” and is starting on her second year of training as a teacher.

## HOW DO WE DO IT?

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In Dynamic Sophrology® we are using the resources of all the intelligences at the same time **to facilitate access** to transcendence:

1. settling down in “the best vivance” of the body in the present moment,
2. waking up “the best” emotional “vivance” of the present moment,
3. opening ourselves up to the possibility of letting go in the present moment,
4. opening our “thought” to the vastness of the present moment.

Then, **standing up**, engaging the whole being (body, emotions, intuition and thought) **alternating**:

- inner focus (awareness of the infinite inner world),
- opening (awareness of the infinite exterior world).

**Thus we fully participate in Life of the present moment.**

**Linking Life inside ourselves with Life outside ourselves.**

Even when preparing ourselves carefully, access to transcendence remains a magical moment escaping there again to our will and retaining its part of Mystery.

Some live “spontaneously” or in following a meditative practice, this Life of “Mindfulness”. For others practising Dynamic Sophrology® can be a path of discovery.

The technique serves to get into the habit of presenting ourselves in front of the door, keeping in mind that “presenting ourselves in front of the door is not crossing the threshold”.

Indeed that destabilizes somewhat rational intelligence (which would always like to have a result at the end of the experience), but fortunately not our other intelligences (hence the need to exercise the first three intelligences before this one).

[illegible]

# CHAPTER 9

## THE BEST WAY TO WALK

### A PATH OF OPEN DISCOVERY...

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Dynamic Sophrology® is a path to discover ourselves – in full consciousness – our own resources:

- if we are well: for fun, curiosity, to get to know oneself better, to better manage oneself in life, or with a specific goal in mind;
- if we are not well: to regain well – being, to go through or to overcome an ordeal.... In case of serious trouble, it can advantageously complement a therapeutic approach.

According to his/her own objectives,  
each person can pursue the exploration – walk  
along – as far as he/she feels like or needs to.

In any case, **the gain in terms of quality of life** is real and tangible from the first sessions... then it increases and strengthens as we go along.

### ... AND AT EACH STAGE, SECURE

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As in hiking, it's better to start with a guide to learn how to prepare our backpack, to measure out our effort, how to open, a little bigger, the eyes and ears of our own consciousness.

### THE SOPHROLOGY GUIDE

- Training
- Experience
- Quality of listening and presence
- Creativity

### THE PARTICIPANT(S)

- State of consciousness
- Motivation:
  - Becoming an actor
  - Practicing regularly

### DYNAMIC SOPHROLOGY® ITINERARY

1. Structured sessions following a rigorous sequence.
2. Ethics: freedom of being, responsibility, autonomy, authenticity.
3. A long term learning process.

Once good reflexes are developed, we can begin to hike by ourselves.  
In the end, it's you who will tip the balance in your favour.

*"I'm the Captain of my evolution"*

## WHO ARE WE?

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EUROPEAN FEDERATION  
OF SOPHROLOGY

The **European Federation of Sophrology** brings together sophrologists and people practising Dynamic Sophrology®.

### Its goals:

- Spreading and passing on Dynamic Sophrology®.
- Pursuing research on Consciousness and the evolution of this specific trend.

### Its commitment to quality:

- Ensuring a high level of training for the sophrologists members (initial training within accredited schools and continuing education).
- A strong ethics: for any sophrologist adhering to the European Federation of Sophrology three fundamental values guide and permeate the work of the sophrologist as much as the relationship between people. **They guarantee respect and freedom for everyone.**

## ▷ RESPONSABILITY

Dynamic Sophrology® is a help towards awareness: in substance and in form a session must allow everyone to **discover by himself** his own resources. The protocol of each session, as well as the quality of the relationship – inspired by Carl Rogers – facilitates this process.

## ▷ AUTONOMY

The ultimate goal is for everyone to **appropriate for himself the knowledge and techniques** in order to be able to use them, if needed, in daily life. According to this principle, the sophrologist allows each participant to conclude on his own experience and refrains from interpretation.

## ▷ AUTHENTICITY

From the beginning to the end of each session, what we become conscious of relates to the inner reality (lived in the moment), inviting us to **continually distinguish** this reality from what is imagined. Such a constant reminder provides access to our own authenticity, far from the “self image” or the only “thought of self”.

The idea is that everyone can take control of his/her life: so, from the start, the sophrologist works with the thought in his mind not to be needed in the end...



This image shows a full page of white paper with horizontal dashed lines, typical of primary school writing paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# CHAPTER 10

## TRY IT YOURSELF

### A FEW PRELIMINARY EXERCISES TO GET A TASTE OF IT

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#### ▷ EAR MASSAGE

1. Slowly move your head to the side as if to look behind your left shoulder; go as far as possible without hurting yourself and choose a point in space.
2. Go back to your initial position and massage your ear for a while.
3. Move your head to the same side again and ask yourself: "what do I feel?"

Is the range of your movement the same (is the point in space further away this time)? Are the neck muscles more relaxed?

#### ▷ THE OUTLINE OF THE HANDS

1. Sit comfortably in front of a table.
2. Pay attention to what body sensations you are feeling.
3. Find a quiet natural and deep, breathing pattern.
4. Place your hands flat on the table.
5. Take time to perceive as many sensations in your hands as possible.
6. Pay attention to your right index finger and use it to follow the outline of the left hand by stimulating your skin: start with the outer part of the fist and draw the fingers up to the inner part of the fist.
7. Pause and observe the awakened sensations. To do so, you can compare with your right hand.
8. Now return to the sensations of the sitting posture; shake your hands and place them on your thighs.
9. Slowly exhale, imagining that you are blowing into a straw.
10. Again place your hands on the table; capture the sensations.
11. **Mentally imagine** doing the same exercise in reverse (outlining the right hand with the left index finger), always in **slow motion**.
12. Observation, comparison and review.

The brain does not realize the difference between what is real and what is imaginary. The body is extremely sensitive to a person's nourished intentions and his/her mental imagery.

## THE VERY 1ST SESSION: DYNAMIC INTROSPECTION

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### ▷ ITS ORIGIN

Adapted from “Do in” and “Dry wash” borrowed from Chinese culture, it follows the phases of a daily wash from head to toes.

### ▷ PRINCIPLE

It consists in “rubbing down”, massaging, the whole body... while dressed, in a more or less vigorous way.

But contrary to the daily wash, our mind instead of being busy with a thousand thoughts, is now centered on the triggered sensations:

**Yes, a wash, certainly but being mindful through it all.**

### ▷ IN PRACTICE

1. Find a quiet place, where you will not be disturbed for at least 15mn (while you are at it, why not turn off your cell phone?)  
And sit down in a comfortable way (though not too slouched!)
2. Get ready... (observe the sensations of your body resting on the chair, on the ground... take 2 or 3 deep calm breaths...).
3. Go: rub your hands, one against the other (as if to wash your hands...).
4. Then begin the “wash” pausing between each of the 3 stages described below:
  - the top of the body (the head, then the neck until the shoulders),
  - the middle of the body (front and back from the shoulders down to the hips),
  - the bottom part of the body (from the hips to the feet or toes if you don't have your shoes on).

5. During every pause (at the end of each stage), observe ALL that is going on, whatever shows up:
  - the new sensations in the hands,
  - the different sensations in the rest of the body.
  
6. Finish with massaging the “centers”:
  - in the back at the bottom of the spinal column
  - in the front around the belly button.
  
7. Review = now become aware of yourself:  
What did I get from the practice? (*What pleasant sensations? A different tonus? A little more calmness?*)  
It is better to take a few notes, in words or drawing, because even a different speed or intensity in the movement may change everything!

Thus, an infinite variety of possible sensations can be explored, opening the way to new self perceptions.

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# THE ESSENTIALS OF DYNAMIC SOPHROLOGY®

AT LAST, A SIMPLE TOOL TO LIVE OUR LIVES BETTER,  
IN EVERY DAY LIFE AS WELL AS IN SPECIAL MOMENTS!

We wake up every morning and, leaving sleep, our Consciousness reappears, helping us get a good start to our day.

- **SENSORY INTELLIGENCE** enables us to get up without falling, have a shower at the right temperature, get dressed properly, get breakfast ready and enjoy it;
- **EMOTIONAL INTELLIGENCE** has us listen to birds, or to a humoristic press review or to a lively tune to get our day going;
- **INTUITIVE INTELLIGENCE** sometimes surges up in a second of genius and solves the problem we got stuck with late in the night;
- **RATIONNAL INTELLIGENCE** organizes the agenda of the day, considering its effects.
- Whereas, moved even so briefly by the beauty of a sunrise,  
**TRANSCENDENT INTELLIGENCE** recharges our batteries with this part of Infinity.

There lie, within our own **Consciousness, Resources** we have been using scarcely so far.

Dynamic Sophrology® helps us better understand and mobilize all these intelligences through a simple method, anyone can use.

**Whether you are a beginner, an experienced  
or a professional user, this reference book will follow you  
along your practice of Sophrology.**



**EUROPEAN FEDERATION  
OF SOPHROLOGY**