

# **AUTOGENIC TRAINING**

**A PRACTICAL GUIDE IN SIX EASY  
STEPS**

**BY**

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Published by HSCTI  
P.O. Box 1298  
Woodstock, GA 30188

# AUTOGENIC TRAINING

Autogenic Training has been developed by Dr. Schultz who published the first book on the subject in 1932. Dr. Schultz recognized that during hypnosis the subject experiences various feelings such as warmth and heaviness. He went on to teach practices to self induce these feelings and, consequently, hypnotic states. From this self induction practice comes the name, Autogenic Training. Auto-genic means self created.

Schultz, who was a physician, said that in its practical application, Autogenic Training is a system of very specific auto suggestive formulas to relax tensions and to alleviate psychosomatic disturbances, including many cases of insomnia, overweight, inability to concentrate, high blood pressure, constipation, skin problems, etc.

You can also use Autogenic Training to create a receptive basis for very specific formulaized resolutions. These resolutions can be a decisive help in solving many of your problems and in assisting you in many of your endeavors.

The practice of Autogenic Training causes a state of relaxation so deep that fifteen minutes of training can make up for a sleepless night.

Autogenic Training has been used successfully in Europe by thousands of people in every walk of life for more than half a century. In Europe, Autogenic Training is taught mostly in doctors' offices, in hospitals, and in universities.

One of the great advantages of

autogenic Training is that almost anybody except young children can learn it by just reading a how-to guide book as this one. It is better, however, to practice with a group.

More important, Autogenic Training can be mastered in a relatively short period of time. Most people become proficient in it in a matter of a few weeks by practicing two or three times daily for five to ten minutes.

To practice Autogenic Training you need no tolls, paraphernalia, gurus, or physical exertion. It is self-generated in your mind.

Methods related to autogenic Training are Coueism ("day by day I am better and better"), progressive relaxation, Zen, and Yoga. Autogenic Training has more in common with Yoga than with progressive relaxation.

Dr. Schultz developed Autogenic Training in the first quarter of this century. He was drawing mainly from hypnosis and yoga. His first book, "Autogenic Training, Concentrative Self Relaxation," appeared first in 1932.

The basic practice of Autogenic Training consists of seven formulas that you repeat in a specific pattern:

I am completely calm (once)  
My right arm is heavy (six times)  
I am completely calm (once)  
My right arm is warm (six times)  
I am completely calm (once)  
My heart beats calmly and regularly (six times)  
I am completely calm (once)  
My breathing is calm and regular  
... it breathes me (six times)

I am completely calm (once)  
My abdomen is flowingly warm (six times)

I am completely calm (once)  
My forehead is pleasantly cool (six times)

I am completely calm (once)

You may then proceed with formulaized resolutions that you repeat between ten and thirty times. Such formulas are very effective, because you repeat them during an altered state of consciousness.

You end the session by cancelling out the effects of Autogenic Training with the following formula:

Arms firm, breathe deeply, and open eyes.

In the following chapters you will find a more detailed introduction in the various stages of Autogenic Training.

## **AUTOGENIC TRAINING AND HYPNOSIS**

People who are under hypnosis experience usually two conditions: a feeling of heaviness and a pleasant feeling of warmth. Other feelings depend on the level of depth of the hypnosis.

It is important to know that every hypnosis is in reality a self generated state of mind that is helped by the suggestions of a skilled hypnotist. Autogenic Training goes one step further than hypnosis. In Autogenic Training it is the subject who is also the hypnotist. With Autogenic Training you self induce the

physiological conditions of hypnosis. Once you have induced the physiological conditions of hypnosis, the psychological conditions of this state follow naturally!

Autogenic Training actually leads to deeper and more workable states of consciousness than most modern day hypnotists achieve in their subjects. This is so because most professional hypnotists use progressive relaxation as an induction method that brings their clients into a mere hypnoid state rather than a hypnosis. Usually they lack the skill to lead their subjects into deeper levels of hypnosis. Hypnoid states of consciousness lack the depth that is needed to bring about significant change in the subject.

In Autogenic Training the practitioner repeats formulaized resolutions instead of the positive suggestions that the hypnotist usually gives. The practitioner of Autogenic Training needs to be careful to formulate the resolutions correctly. The subconscious that is addressed with the resolution has the habit of taking things quite literally.

You may also use autogenic Training to enhance the suggestions on a self hypnosis tape. This is so because the state that you can reach with the method of autogenic Training is much more receptive than the states that the progressive relaxation techniques on tapes can ever induce. An unspecified formula such as '... and you are getting deeper and deeper into a state of relaxation and hypnosis' does not always do the trick.

# MAGICAL STATES AND AUTOGENIC TRAINING

Magical states are kin to hypnotic states. Many of the more advanced magical states compare to very deep hypnotic states. However there are also significant differences between magical states and hypnotic states. One of the most important differences is that in a magical state the practicing magician remains fully conscious and in control. Considering this characteristic of magical states, we know that Autogenic Training is very similar to them. Therefore the practice of autogenic Training lends itself to the induction or enhancement of magical states.

In my book "A Course in Cosmic Consciousness" I am using methods that are related to Autogenic Training to bring about a self induced alignment of the four elements. The magical protection and power that you can achieve with this method of alignment are superior to the rather feeble invoking of the four corners or the pentagram ritual.

Persons who have mastered Autogenic Training are familiar with methods of rapid induction of the autogenic state. Once you have induced this autogenic state, you may follow by specific formulas that you design to induce any desired magical state, even the most complex one.

The use of Autogenic Training to help inducing and enhancing magical states is anew method that deserves more elaborate study.

# HOW TO LEARN AUTOGENIC TRAINING

To learn Autogenic Training is very easy. All you need to do is sit or lie down comfortably and consistently repeat the formulas.

If you believe in the power of the method, you have an added plus that enhances the speed of your learning process. However you need not have this attitude of believing. The method will show success rather rapidly. As a result of such direct evidence you will develop an unshakable confidence in the practice of Autogenic Training. Results are a much better motivator than thousands of words ever can be.

It is very important that you practice of Autogenic Training systematically on a regular basis. If you are a beginner, you should follow the instructions as closely as possible.

As a beginner you should practice Autogenic Training two or three times every day, five to ten minutes every time. Ideal times are before you go to sleep and right after you wake up. To begin the day with Autogenic Training can be source of well being for the whole day. This practice can help you attain and maintain your perspective.

In the case you have the tendency to fall back asleep while you are training in the morning, you need to repeat the following formula during your practice:

I am staying free and fresh while  
I am training.

You should use the same formula if you practice anywhere you do not want

to fall asleep.

It is very important that you practice regularly. Regular practice produces the desired results much faster and more easily.

Excessive effort is counterproductive to the practice of Autogenic Training. Wanting to succeed implies that success is not achieved.

## **TIMING OF YOUR EXERCISES**

A systematic and precise training plan can bring you the most powerful results and benefits of Autogenic Training. Therefore it is very important for the beginner of this practice to set up an exact time schedule for practicing autogenic Training. The beginner should then follow this schedule as closely as possible. You may use some freedom of action, especially when you are not used to live by a fixed time schedule. However, for the majority of those who learn the system, it is best to time the exercises precisely right from the beginning.

You will discover for yourself the best time to practice Autogenic Training. Most people do their last exercise shortly before they go to sleep. This has many advantages, especially for people who are suffering from insomnia of some kind or another. To practice every evening is absolutely necessary for the beginner.

To begin your day with Autogenic Training can be a source of psychic and physiological well being. Anyone who thinks that he or she cannot afford five

or ten minutes of practice may live under such pressure that developed this illusion. Usually the same person does a lot of things every morning that waste a lot more time.

Particularly in the morning you should not allow to be driven by false ideas. To practice Autogenic Training in the morning can help you begin your day without tension and to attain and maintain your perspective for the whole day.

Some students reported that they inclined to go back to sleep during their morning practice. You can counteract this in several ways. Best is if you repeat the following formula during your practice:

I stay free and fresh while training.

Insert this formula several times during your practice. You may also use the same formula when you are practicing in a place where you do not wish to fall asleep.

The more regularly you practice, the more easily you will experience the desired results and the faster will you be able to advance to a practical use of the method.

As you advance the practice of the six basic formulas will bring results faster and faster. Later you will learn how to shorten the formulas for your convenience. Eventually you will know to enter the state of autogenic Training at a simple command that you utter mentally.

If you have the opportunity to do so, it is beneficial if you practice in a slightly darkened room that is not overly warm. You should keep the windows

closed to keep out undesirable and disturbing noises.

You have more difficulty to practice with a full stomach. Stimulants such as coffee increase the difficulty to concentrate. The ability to concentrate is essential in the practice of autogenic Training. However, as you proceed with your practice you will strengthen your ability to concentrate. Special formulaized resolutions will enhance the capability to concentrate even more.

## **THE BODY POSITION OF THE EXERCISES**

You should practice any relaxation exercise in a relaxed position. Any relaxed position will do. Sometimes it is necessary to adjust to circumstances.

A traditional position for the practice of Autogenic Training is the so-called cabdriver's position. Dr. Schultz called this position originally the 'coachman's position.'

To get into this position you sit down into a chair. First you straighten your back, then you slump down. Make sure that there is no pressure on the stomach, i.e., do not bend forward too far. In this position the head hangs loosely forward. The hands rest relaxed on the thighs. The upper arms are supporting the weight of the head and upper body. The hands should not touch each other, because this may create a diversion. Both feet rest flat on the floor.

The eyelids are closed. The tongue is loose and heavy. The jaws are slack although the mouth need not be

open.

This position is also called 'the active sitting position.' You can assume it anywhere. It differs from the passive sitting position in which you lean against the back of the chair. At home, you can best do this in an armchair, if possible, resting your head against or on top of the chair back. The arms should rest easily on the arms of the chair. The legs must not be crossed, because this may interfere with the exercise.

Most people prefer to exercise while lying on their backs and with their heads slightly raised. In this position the elbows are slightly bent, the palms of the hands rest next to the thighs or slightly angled away from the body. You may put a pillow under the shoulders. The feet should point slightly outward. If they point upward, this means that you are not relaxed. Not everyone finds it easy to practice while lying on the back.

When you decide to practice before you are going to sleep this last position is ideal, because you may slide into sleep while training.

## **MORE ABOUT RELAXATION**

The successful switching from tension to relaxation determines whether we feel well. The person who is gripped by physical tension and cramped muscles will also be psychologically cramped. Such a person's relation to the world around will also be beset with tension. Unhappiness, physiological problems and failures may result.

Tensions are always part of life.

But today it seems to be more difficult to relax than ever before. Although tension is necessary, even beneficial, in many situations of life, indiscriminate and chronic tension is not.

The more chronically tense a person is, the stronger the desire to relax, and the more difficult it is to find this desired relaxation.

Everyone reacts differently to states of tension. But every sickness also leads to an increase in tension that can have physical, psychological, and social effects. We all know people whose constant state of nervousness irritates us. Such people are in a permanent state of excessive tension.

People wear a mask, i.e., they are in a permanent state of tension. These people have chronic muscle spasms. Wilhelm Reich called this the muscular armor. This armor is at the root of much malfunctioning on all levels: of our bodies and in our personal and social relationships. Autogenic Training can be a significant help in easing, even dissolving, the armoring of a person.

You should practice the relaxation method that is inherent in Autogenic Training in your own self interest. It leads to states of relaxation that are much deeper than you can ever reach with methods of progressive relaxation, even hypnosis that is induced by others.

By turning your attention to your own body you will not only learn that you have a body, but also that you are body. According to Schultz you must slip passively into the physical experience of your

body. You must transport yourself into the organ that you wish to influence. This has nothing to do with willpower, because successful autosuggestion takes place without the exertion of the will and its consequent interference.

Violation of this principle may produce paradoxical effects. Consider the following:

Anytime you absolutely want to fall asleep or try to force this, you will find falling asleep is more difficult, even impossible.

Some persons find it difficult to distinguish between concentration, i.e., the focus on specific ideas, images, etc., and the personal will that is always related to active tension. The magician who is 'willing' certain things is less effective than the magician who 'is setting a focus' on the same things.

Your complete abandonment to the content of the formulas that you use in your practice is in a way a form of abandonment of your will, even of forgetting yourself. It guarantees the success of your practice. Anyone who can learn how to relax during Autogenic Training will become relaxed in general.



# SIX STEPS OF PRACTICE

## BEFORE YOU BEGIN: LEARN HOW TO CANCEL

You are well aware of the fact that ideas, thoughts, and resolutions, have the tendency to materialize. The magician speaks of thought forms that will eventually become reality when alluding to this process.

If you use the first training formula, i.e., 'my right arm is very heavy,' certain changes will take place in that arm that last as long as you are in the autogenic state. The formulas that follow induce other changes.

When you end your practice, you need to undo these changes. To undo these changes you need to cancel them. Even if you have felt nothing it is good to undo. This is so because sometimes the formulas may induce delayed reactions. You cancel by following the instructions that Dr. Schultz has given:

Say: "Arms firm, breathe deeply, open eyes." At the same time you may stretch and bend your arms vigorously, then breathe deeply and open your eyes. Canceling will not work as well if you open your eyes before you relax your arm muscles again. If you open your eyes prior to cancelling, some feeling of heaviness or some other sensation may persist in your

arms for some time. If you do not cancel correctly some heaviness may last for several hours, in rare cases even days.

The more determinedly and conscientiously you cancel, the more effective the whole practice of autogenic Training will be. Should you fall asleep while practicing, you need not cancel, of course. The same holds if you are suddenly interrupted during your practice, by the telephone or the doorbell, for example. In such a case you will suffer a brief shock that makes it unnecessary to cancel.

## THE FIRST STEP: INDUCING HEAVINESS

All practice of Autogenic Training is simple. You sit or lie comfortably, preferably in a relaxed state.

The first training formula that you use is:

### **My right arm is very heavy**

Left handed people will do well to use their left arm because they can relate better to it. Their formula is therefore: "My left arm is very heavy."

You should repeat this training formula mentally. Do not speak it out. Spoken formulas may interfere with the exercise. When you are repeating the formula in your mind, you should do so as intensely as you can. You may imagine it written before you or you may hear someone speak the formula, or both. You may even imagine yourself writing the formula onto a poster board.

It is important that you concentrate on the training formula. Your imagination helps this concentration. Should sudden ideas, thoughts, memories and the like appear, it is important that you do not attach yourself to them and that you pay them not any attention. Simply disregard them and keep focusing on the training formula that you keep repeating. Concentration will come with practice.

You should repeat the training formula in your mind about six times. Then you follow with 'I am completely calm,' after which you follow with another six times of 'my right arm is very heavy,' one time of 'I am completely calm,' and so on.

Should any unpleasant feeling occur during the practice, you should stop it with the proper canceling technique.

Repeat the heaviness practice five to six times when you practice for the first time. You may also practice until you actually feel the heaviness.

Usually the feeling of heaviness will come with the first practice. In some cases several practice sessions are necessary to induce this feeling.

Do not proceed unless you have mastered the heaviness practice.

## THE SECOND STEP: INDUCING WARMTH

The induction of a feeling of warmth is aimed at relaxing the blood vessels. You should practice it after you have attained the feeling of heaviness. If you could not attain the feeling of heaviness after two weeks of practice, you may also proceed with the warmth formula.

A feeling of warmth indicates that the blood vessels have relaxed and dilated. The warmth practice will have results that are superior to the results of the progressive relaxation technique. Progressive relaxation techniques are very much the practice of choice in guided meditation practices as well as in some methods to induce hypnosis. States of relaxation that you can achieve with Autogenic Training are considerably deeper and much more thorough than what you can achieve with progressive relaxation and related methods. The warmth practice of Autogenic Training will prove this point to you beyond the shadow of any doubt. Especially the practices that follow will show you the tremendous control and power that you can achieve with the practice of Autogenic Training.

You induce the warmth as follows:

I am completely calm (once)

My right arm is very heavy (six times)

I am completely calm (once)

**My right arm is very warm**  
(six times)

I am completely calm (once)

My right arm is very warm (six times)

.....

(Repeat this sequence several times)

Cancel: Arms firm - Breathe deeply - Open eyes.

You may have more ease in attaining the feeling of warmth than the feeling of heaviness. Should you not attain this feeling after two weeks of training, I suggest that you bathe your arm in warm water shortly before the practice or that you place your hand on a warm object. The remembered feeling of warmth can facilitate the attainment of actual warmth during the practice. Never use the formula 'my right arm is very hot.'

The feeling of heaviness indicates that the muscles are relaxed. If your practice regularly, the feeling of heaviness will appear rather quickly and noticeably, as soon as you think of heaviness.

The sensation of warmth is caused by the relaxation (dilation) of the blood vessel walls. It has been demonstrated that the feelings of warmth and heaviness are accompanied by actual physical changes. In other words, we are not dealing here with either a figment of the imagination or with a self-deception. In fact, the arms will actually be slightly heavier as a result of increased blood supply into the relaxed, therefore, wider, blood vessels of the arms. For the same reason the temperature of the arms increases slightly. Special thermometers have shown that the increase in the arm's temperature can be more than 3.6 degrees F, and even more, in the hand, especially when the initial temperature was on the low side. Later you can learn powerful techniques to supply an increased amount of blood to any part of the body.

The autonomic nervous system is

such that the state of tension in one group of muscles communicates itself automatically to the adjacent group. The tension spreads and increases as a consequence. On the other hand, when the muscles of the arm are relaxed, this relaxation too influences other groups of muscles until relaxation spreads ultimately over the whole body. This desired extension of heaviness and warmth (relaxation of muscles and blood vessels) over the whole body is called "generalization."

The more advanced the practitioner of Autogenic Training is the more heaviness and warmth appear as simple reflexes. At a later point of your training the feelings of warmth and heaviness may appear upon your intention to practice, even before you lie down and before you begin with the training.

Once you are advanced, you can simplify your training formulas to 'arms very heavy' - 'calm' - 'arms very warm,' or 'calm - heavy - ...'

With advancement you can also insert resolution formulae into your training while you are practicing.

## **THE THIRD STEP: THE HEART PRACTICE**

The two basic exercises of heaviness and warmth result in a definite shifting of your body experience. Calmness is induced, the blood pressure may be normalized, pains reduced, spasms of asthma alleviated, indigestion, constipation, etc., can be dealt with, chronic

spasms may begin to dissolve. According to Dr. Schultz, improvement and even cure of some dysfunctions followed the practice of Autogenic Training. The experience of warmth influences the entire circulatory system, because the relaxation of the blood vessels tends to spread from the left arm to the coronary vessels. Consequently more blood and oxygen go through the heart and heart pains often disappear.

It is possible to exchange practices three, i.e., the heart practice, and four, the breathing practice which you will find in the next section.

The new training formula is the following:

**My heart beats calmly and regularly.**

Very sensitive people may use:

**My heart beats very calmly.**

It is dangerous to use the formula 'my heart beats very calmly and slowly.' The heart reacts very strongly to that and serious disturbances may result.

When practicing the heart formula, you will likely discover your heart, i.e., you will learn to feel your heart.

The full sequence of the exercises is now:

I am completely calm (once)

My right arm is very heavy (six times)

I am completely calm (once)

My right arm is very warm (six times)

I am completely calm (once)

**My heart beats calmly and**

**regularly** (six times)

I am completely calm (once)

My heart beats calmly and regularly (six times)

.....

Canceling: Arms firm, breathe deeply, open eyes.

## **THE FOURTH STEP: BREATHING PRACTICE**

Even with just one or two sessions of the heaviness practice, usually your breathing becomes much calmer and more regular. The new formula is:

**My breathing is very calm**

This does not mean at all that you should now try to influence your breathing. On the contrary, your breathing should self-regulate, i.e., it should determine its own rhythm. I advise that you abandon yourself to your own breathing. In other words: your breathing should just happen! Above all, avoid conscious and controlled breathing! If you have difficulties to do so, you may add to the formula 'it breathes me.'

Persons who are tense or who are in an emotionally disturbed state breathe irregularly with respect to frequency and volume. In such instances I suggest that you use 'my breathing is completely calm and regular.'

Adding the breathing formula to the practice, your routine goes now as follows:

I am completely calm (once)

My right arm is very heavy (six

times)

I am completely calm (once)

My right arm is very warm (six times)

I am completely calm (once)

My heart beats calmly and regularly (six times)

I am completely calm (once)

**My breathing is calm and regular** (six times)

I am completely calm (once)

My breathing is calm and regular (six times)

.....

Canceling: Arms firm, breathe deeply, open eyes.

## THE FIFTH STEP: ABDOMINAL PRACTICE

After you have learned to relax your limbs and your chest organs, your proceed to calm down the abdominal organs with the following formula:

**My abdomen is flowingly warm**

or

**My solar plexus is flowingly warm**

The abdominal muscles react very sensitively to the psyche to an extent that in moments of extreme fear some people can actually soil themselves. Consequently, people who are very tense suffer from constipation, indigestion, and similar disturbances. Even the digestive glands are sensitive to our emotional conditions. Often they fail so that we cannot digest our food. Then they simply demand that we relax first and then

eat.

The person who has frequent mood changes, whether he or she is aware of them or not, or who assumes faulty emotional postures, can easily make his or her body a whipping boy. This leads to a determined attempt to gain control of the autonomous nervous system with the help of Autogenic Training.

The solar plexus is part of the autonomous nervous system. It is the largest nervous network. It is located behind the stomach, in back of and to both sides of the mid spine. Being midway between the breastbone and the naves, the solar plexus regulates the function of the abdominal organs and transfers our moods to them.

Subjectively you will feel a pleasant warmth in the upper abdomen while you practice autogenic training. Sometimes the entire body becomes warm. Occasionally you may first experience the feeling of warmth in the kidney area.

With this fifth practice, your training program looks as follows:

I am completely calm (once)

My right arm is very heavy (six times)

I am completely calm (once)

My right arm is very warm (six times)

I am completely calm (once)

My heart beats calmly and regularly (six times)

I am completely calm (once)

My breathing is calm and regular (six times)

I am completely calm (once)

**My abdomen is flowingly warm** (six times)

I am completely calm (once)  
My abdomen is flowingly warm (six times)

.....

Canceling: Arms firm, breathe deeply, open eyes.

## THE SIXTH STEP: HEAD PRACTICE

You are going to use the following formula:

**My forehead is pleasantly cool**

Including this formula, your complete practice of autogenic Training is as follows:

I am completely calm (once)  
My right arm is very heavy (six times)

I am completely calm (once)  
My right arm is very warm (six times)

I am completely calm (once)  
My heart beats calmly and regularly (six times)

I am completely calm (once)  
My breathing is calm and regular (six times)

I am completely calm (once)  
My abdomen is flowingly warm (six times)

I am completely calm (once)  
**My forehead is pleasantly cool** (six times)

I am completely calm (once)  
My forehead is pleasantly cool (six times)

**Formulaized resolutions**, ten to thirty times repeated.

Canceling: Arms firm, breathe deeply, open eyes.

I advise strongly that you use the wording as above until you have fully mastered the practices. Only when you have become very familiar with each one of the training formulas, then you may abbreviate them as follows:

Calm - Heavy - Warm - Heart and breathing completely calm - Abdomen flowingly warm  
- Forehead pleasantly cool. Canceling: Arms firm, breathe deeply, open eyes.

It is also very useful to keep records of your experiences in Autogenic Training. This is especially important if you combine your practice of autogenic Training with and program of magical or psychic development.

Formulaized resolutions may have a general character such as 'I am making it,' or more specific ones such as 'I am making good business decisions.'

If you are an aspiring magician or psychic, you will custom tailor your formulaized resolutions to your training.

Formulaized resolutions are also very helpful in dissolving the chronic spasms of your emotional armor. I suggest that you read the works of Wilhelm Reich.

The effects of Autogenic Training are enhanced significantly if you point a chi generator towards yourself during practice.

I will gladly give you additional information concerning Autogenic Training, especially practical application of this powerful technique for your general advancement. e-mail: karl@welz.net