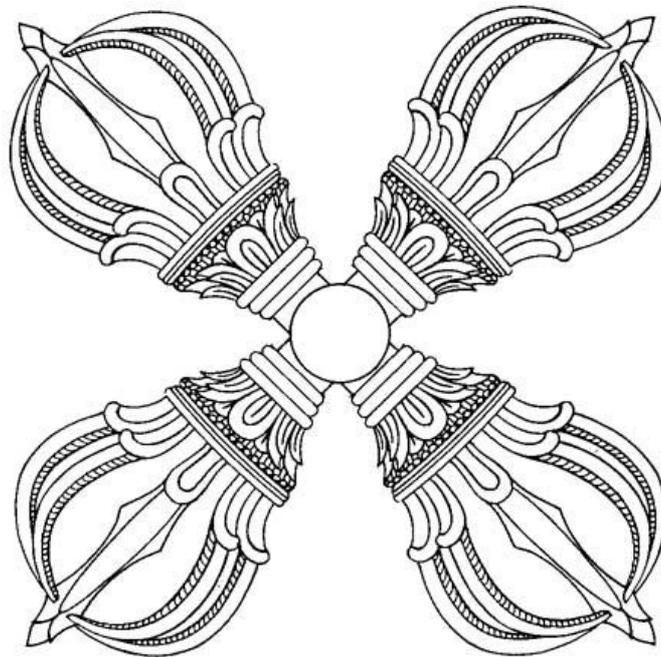


PSYCHONEURONAL REINTEGRATION©

The short Vajra Technique Manual



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Introduction:

PNR is a psychological tool and should be used as an additional treatment, embedded in a safe and well established psychotherapy and environment with a solid therapeutic relationship, guidance, and support. It can be used as a first aid treatment but it can **not** replace a complete psychotherapeutic process or a full range of adequate psychiatric or psychotherapeutic treatments.

The Method can be divided into **3** Levels:

- **Level I:** for using PNR as a relaxation exercise and for becoming more familiar and comfortable with the process and the focused state of mind.
- **Level II:** for the treatment of body based ailments , distress or pain sensations.
- **Level III:** for the of severe psychological problems, emotional and mental diseases and ailments is treated.
- **Level IV / Reverse PNR:** Reverse PNR is a modified version of PNR, integrating techniques from hypnotherapeutic sources like the *absorbing technique* or *wedge technique*¹ serving as a powerful tool for reframing and stabilization. (*Not part of this manual*)

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We can divide the patients for **Level III** into three different groups:

- clients with light erratic mood swings, difficulties in coping with stress, insomnia and light depressive episodes and more current emotional conflicts.
- clients with more severe emotional problems, maladaptive stress disorders, acute post traumatic stress syndromes, compulsive and addictive disorders.
- clients with long lasting psychiatric or psychological disorders, chronic PTSD, Borderline personality disorders, Depressions etc.

Relative contraindications are strong emotional misbalance, compulsive disorders dissociative states etc.!

Absolute contraindications are active drug addiction as well as active alcoholism, present and non treated bipolar disorders and all states of psychosis, dissociative, delusive or with a schizophrenic background !

PNR for the second and third group should be practiced under guidance and support of a PNR trained psychotherapist or a therapist in training as well with all necessary psychotherapy and psychiatric medical support if necessary.

¹ Wedge Technique by Leeds and Kiessling 1999

Instructions

Level I

1. You can either sit on a chair or on the floor in a traditional position for meditation. Make sure that you make yourself as comfortable as possible. If you have a patient in treatment just practice the exercise together giving instructions step by step. If you decide to sit on a chair either cross your ankles or your legs. You can put either leg or ankle on top.
2. Relax your tongue by relaxing your lower jaw and opening your lips slightly. If your tongue is relaxed and almost rolled up at the back of your mouth that is also perfectly fine. If the upper part of your tongue lightly touches the roof of your mouth that is a sign of optimal relaxation.
3. Now first simply try to guide your awareness to your heart and centre. This can quickly be done quite natural. If you like to deepen your relaxation or for certain clients further I recommend one of the following techniques which can be also used only for meditation:
 - *Both methods are done by visualization. The first way goes as follows: Imagine a fingernail-sized golden drop of fluid (nectar) representing your awareness in the middle of your brain sinking slowly via your throat and neck until it reaches the level of your heart and lands softly, like on a cushion. Imagine how your awareness is expanding gently by visualizing the extension of golden light in your heart up to infinity. Remain in that natural and blissful state for a while until thoughts arise or you like to proceed.*
 - *In the second exercise you are also visualizing a golden drop of nectar slowly sinking towards your heart centre passing throat and upper chest but here softly dropping into a golden pond of nectar². It can be done very slowly like in slow motion. When the drop is hitting the surface of the golden liquid just be aware of the waves of golden fluid slowly spreading out in infinite circles until the golden surface remains calm and peaceful. After a certain while you may be aware that fluid and the space filled with light in and around you are inseparable from each other and you remain in soft golden light only. Just stay in this state for meditation as long as you like before you go on.*
4. Cross your arms in front of your chest by placing your hands next to the opposite collarbone. It doesn't matter which arm goes on top, your arms should be in a natural position. Your arms will be crossed right above your heart centre.
5. Feel the connection between your fingertips and your shoulder on one side. Then slowly shift your awareness to the opposite side. Switch back and forth two more times. Afterwards try to keep your awareness focused **on both points simultaneously !**

² Sanskrit: *Amrita*, the blissful, immortal essence (nectar) of enlightenment and universal love and compassion. It is prescribed as thicker than water, nourishing all needs.

This relaxed state of widened awareness can last longer than expected. If possible do not break off that process.

Instead try to keep this state of synchronized awareness as long as it feels natural or until a natural body shift³ like a deep breath is occurring. This also includes the need to stretch or move. Maybe your arms want to drop down or your legs might unfold. These are all signs of a deep relaxation process.

6. If you feel like repeating the exercise, sometimes you might feel like changing positions or sides. Feel free to do so, starting the process again.

After a certain amount of training the first two steps of the exercise, where you move your awareness down to your heart, will happen immediately just by your intention. Although the exercise will become easier after a while I recommend practicing the full exercise from time to time for training.

Level II

On Level II of the *Vajra Technique* we will try to accelerate the processing of information by using this exercise to release and transform different kinds of distress in the body. It can be used for tensions, back pains, pain in general etc. Any kind of patterns of discomfort in the body are transformable and can be treated with this process. *Consider these symptoms simply as perceivable, changeable states and patterns of information.*

Here we follow the previous instructions up to *point three* but proceed differently as follows:

4. Before you cross your arms, try to rate your distress on a scale from **0** – **10**. Consider **0** as no distress at all and as completely comfortable and **10** as the worst possible case with an almost indescribable level of distress.

Now you proceed just like you did in level I, crossing your arms in front of your chest. Symbolically grab the specific issue and its rating with the first hand. The other hand symbolizes one of the possible places of change and a possible solution you have in mind. The first hand might start to feel heavier (*Ideomotoric Principle*⁴). As in Level I your arms will be crossed in front of your chest, level with your heart. Again, either arm can go on top.

5. Will be followed as described in the **Level I** Manual: Start to feel the connection between the first hand and your shoulder, than the other. When you get to the point of awareness of both sides at once, really focus on the connection between the hand symbolizing your problem and the one symbolizing the change.

³ The term *body shift* had been characterized by *Eugene Gendlin* the originator of the *Focusing Therapy*

⁴ The *ideomotoric principle* had been described by *J.H. Schultz*, developer of *Autogenous Training*

At this point it is even more important to take your time and remain in that state of relaxed awareness. After the first period of relaxation and the body shift, the process often continues and further body shifts might take place. When the change in your body is completed, a feeling of getting done will arise naturally.

When you reach that point, reevaluate the level of your distress, rate it again and compare the outcome and your current state with how you felt before starting the exercise. Take your time until you decide to start again or to finish the exercise.

Level III

Now we will proceed with using the *Vajra technique* / *PNR* with psychological problems, their symptoms and connected emotional conflicts and issues. While the two previous levels are a simple way of achieving relaxation and well-being in everyday life, the third level of *PNR* requires professional experience as a psychotherapist or psychiatrist.

The treatment on this level requires a diagnostic unit based on psychological or psychiatric manuals⁵ to evaluate the different psychological facets and symptoms of the problem.

Therapeutic experience in exercises or body based psychotherapy to evaluate the current distress via body language can be very helpful. There is a saying: *The body bears the burden*. This statement is of high importance as you can use the body and its various feelings as a target for treatment and for subjective measurement.

Before it was mentioned that in *PNR* we take any kind of symptom simply as **changeable patterns of information**. Every emotional problem will appear along with a variety of symptoms, thoughts and signals to evaluate. You take them as possible targets and starting points for the exercise. Remember that the whole exercise is an open ended process, you look for change in your patients without expectations of a perfect outcome. Little changes can easily make a big difference for the person in treatment. Simply trust the process of *PNR* because informations which are not valuable while the exercise will repeat and pop up later for further processing. During the exercise like in every kind of therapeutic intervention in general it is of importance to be aware of transference and countertransference phenomena between the client and and therapist because these experiences can deliver powerful information for the treatment as well for individual needs in safety and the relationship to the therapist.

Before you follow the steps described in **Level II**, the patient should have a functioning mental construct or model of his illness or disorder. They should also be informed of how this method works and how it can change their mental and emotional state. They should know that any kind of psychotherapeutic method, including quick working procedures like *PNR*, can quickly activate maladapted informational patterns in brain and body. It should be made clear that individual recovery can sometimes take longer than expected. Further it is of ethical importance to inform the client of the effects and side effects, just like in any other therapeutical or medical treatment. The client has to have knowledge of possible effects that

⁵ Clinical experience in general psychopathological diagnostics like DSM IV or other.

might last longer than the therapy session and can lead to sudden changes in mind and body, affecting sleep, habits, thinking, emotional status and behavior. He should also know that in the beginning there can be a subtle worsening of symptoms which means that he and you are right on target. Your patient should be familiar and comfortable with the PNR process before you start to work with psychological and mental issues. Especially in the beginning it is important to support him in shifting his awareness to the heart, in relaxing his tongue and loosening his lower jaw. It is really good to use the technique just for the purpose of relaxation and stabilization for many times before you enter level two or three.

In **Level III** the scale of distress becomes quite important. Like in Level II rating the momentary state of distress helps to target the issue. Targeting by measuring and rating can help strengthen the unconscious connection between symptom and solution. By using the scale it is easier to see progress after the exercise. Before the body shift the process following the synchronization might last longer than expected. Maybe the client will keep his arms and legs crossed for a longer time. Support them by telling them that this is their individual reaction and that it shows that the process is working very well. sometimes the physiological tension in the body may rise first instead of calming down. A leg or arm might jump out of it's position unexpectedly and tension will get released through the exercise. These are all signs of the advanced informational processing in progress. By *pacing and leading* ⁶the client carefully, the exercise will be more effective and can offer powerful results.

Please feel free to contact me if you are interested in a special training or workshops in PNR Level III or Level IV R-PNR. If you apply PNR in treatment with clients or using PNR I would appreciate it if you send me some feedback for a coming book on PNR.

Thank you!

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⁶ Milton Erickson / Ericksonian Hypnosis